

Celebrating Your Wellness in Heart Health Month

February is American Heart Health Month – a time that reminds us of the importance taking care of our cardiovascular health and wellness. By doing so, we can decrease our risk of high blood pressure and take meaningful steps to keep hypertension at bay. One of the key ways we can do this? Exercise!

According to the Center for Disease Control, engaging in physical activity is one of the most important ways that seniors can take care of their health. In addition to heart disease, staying physically active can also prevent some of the most common health problems that are often attributed to age. Of course, everyone is different – and engaging in physical activity should be executed to the extent in which your individual situation allows. Be sure to talk to your caregiver



about physical activities that work best for you, and we'll be happy to help you get into a routine.

With our *Vitality* program, we help our residents get into the groove of taking charge of their wellness with opportunities for physical activity at least three times a week. These opportunities include strength training, balance training, Tai Chi,

stretching, dancing, sport gaming systems activities, walking clubs, wellness seminars, and more!

At Trilogy, our number one priority will always be your health and wellbeing. For more information about all the ways we can help support an active lifestyle, talk to any member of our team today!

Happy Birthday!

Residents

Jennifer E.	February 02
Hannah P.	February 14
Lauren R.	February 15
Rita N.	February 21
Stacy C.	February 28

Staff

Judith C.	February 01
Russell R.	February 07
Nadine E.	February 09
Iva C.	February 18
Raymond T.	February 23

VISIT FROM SANTA AND MRS. CLAUS

Stonecroft Residents got a surprise visit from Santa himself. Each Resident received a beautiful gift basket from Volunteer Margie Clouse. Thanks Margie!



Santa & Mrs. Claus

Executive Director Corner

Welcome to February, everyone!

I hope the beginning of 2022 has been incredible for you as it has been for our campus team. We've been hard at work laying out some of the amazing activities we have planned over the course of the year – including our first Theme Week! From February 20th – 26th, we'll be hosting our most elegant Theme Week yet with our first ever **Snowflake Ball**. During this week, our campus will act as a venue for a one-of-a-kind gala featuring a week of theme-related activities, events, and an incredible theme dinner. Stay tuned for more information as we get closer to the event!

Our Sunday Brunch this month will be on February 20th from 11am-1pm. Resident may have two family members attend with them. Please

RSVP by February 18th. This month also, we also celebrate **American Heart Health Month** – a time which reminds us the importance of taking care of our cardiovascular health. Be sure to talk to any member of our team about our *Vitality* program, which provides opportunities for physical activity up to three times a week. Staying active is one of the best ways we can reduce our risk of high blood pressure, and we're here to help make that a reality for you to the fullest extent possible.

As always, if you need anything – or if you just want to catch up - please don't hesitate to reach out to me. I hope you have a great month!

Yours in Service,

Jenny Etienne
Executive Director



Barbara A. and Santa

HAPPY HOUR

Residents always have the best time at Happy Hour! Here's a look at our Snowman Soiree, we also had some fun at our photo booth. Join us every Friday at 3pm.



Erika J. & Emily Y.



Mary Ann H.



Wanda C.

Christmas Caroling Surprise

Students from Cedar Christian school surprised their Teacher and our Resident Linda S. with music and flowers.



Cedar Christian School visits Ms. Scaggs



Linda S. with one of her students.



STONECROFT

HEALTH CAMPUS

A Trilogy Senior Living Community

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Jenny Etienne
Executive Director

Kim Bailey
HR/Payroll

Stephanie Clephane
Social Work Director

Chelsea Barger
Food Services Director

Wayne Deckard
Plant Operations Director

Heather Taylor
Community Service Representative

Erika Jackson
Life Enrichment Director

Scott Corrie
Environmental Services Director

Krystal Binion
Director of Health Services

Donna VanHoosier
Legacy Lane Coordinator

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Keep up with latest campus news
and happenings by following
us on your favorite social networks!

We strive to provide the best customer
service and quality care for our residents.

Our Department Leaders are here
to solve any concerns you may have.

In the event that you need further
assistance with any unresolved concerns,
we encourage you to call or email
our Compliance Hotline: 800-908-8618,
ext. 2800; or comply@trilogyhs.com

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Monthly Trivia & Activity Corner

All trivia answers will be printed in our upcoming month's newsletter!

Question 1: What baseball player married Marilyn Monroe in 1953?

Question 2: What 1968 movie featured a computer named H.A.L.?

Question 3: What are the three primary colors?

I SPY: MY VALENTINE

Question 4: What is the
third sign of the zodiac?

Question 5: Which
country provided
the US with the
Statue of Liberty?

Flip the page for last
month's trivia answers:

Q5: What is the total number
of dots on a pair of dice?

Q4: What was the first
toy to be advertised on
TV?

Q3: What was the first
middle name of Elias

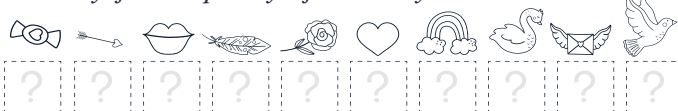
Q2: What was Walt Disney's
the winter? Hibernation

Q1: What is the state called
in New York? 1904

Q1: What was the first year
there were fireworks for the
New Year's Eve celebration



How many of each shape can you find? Fill in your answers below:



Word Search

A	J	Q	R	W	A	L	K	I	N	G	U	G	M	Q	U	F	E	I
T	N	B	Q	G	B	J	D	J	H	N	Z	J	O	V	C	B	C	W
P	G	T	B	Q	O	Y	Q	Z	C	Y	O	S	C	B	M	P	H	G
H	R	V	W	U	J	C	A	J	H	J	P	H	C	D	O	D	F	P
O	L	U	W	E	D	E	V	S	V	I	T	A	L	I	T	Y	R	I
V	C	N	T	R	A	I	N	I	N	G	E	S	X	P	A	A	O	Y
Y	J	N	B	S	D	S	F	X	N	S	U	T	U	Z	C	H	E	S
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Y	E	Y	N	J	L	A	R	M	F	S	X	O	A	J	C	M	I	H
H	E	A	L	T	H	N	S	J	K	Z	I	L	W	I	X	P	X	N
U	I	Y	B	V	H	R	E	E	M	R	Q	I	S	L	V	J	W	P
T	S	P	S	P	K	Y	Z	S	P	Q	Z	Y	V	J	N	Y	P	J
C	S	T	N	P	D	R	P	G	S	H	H	F	R	D	P	G	E	Z
A	G	I	N	G	V	A	P	X	D	P	X	N	T	B	D	X	S	I
D	A	N	C	E	X	E	R	C	I	S	E	M	Q	V	N	S	M	R

ACTIVE

DISEASE

PRIORITY

TRAINING

AGING

EXERCISE

STEPS

VITALITY

BALANCE

HEALTH

STRENGTH

WALKING

DANCE

PHYSICAL

STRETCH

WELLNESS