



TAYLOR SPRINGS

HEALTH CAMPUS

A Trilogy Senior Living Community

News

February 2022

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

Dotty W. February 19

Staff

Meredith B. February 06

Mahwa B. February 10

Dusu S. February 12

Rebecca G. February 12

Sasha M. February 22

Giovanni M. February 23

Alonna L. February 24

Save the Date

You won't want to miss our fabulous winter event! Dust off your tuxedos and formal wear! We are having a Snowflake Ball and dinner on February 24th.

Family Brunch

Mark your calendars for Family Brunch on Sunday, February 20th. Two complimentary guests. RSVP to Kellie at kellie.waters@taylorspringshc.com.

Volunteer News

We are always looking for volunteers! Do you have a special talent or interest you'd like to share? Do you want to lead a scheduled activity? Have any new ideas for fun activities? Contact your Life Enrichment Director, Kellie, for more information.



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!

This month, 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,

Robin Helzerman

Executive Director

Employee of the Month

Kirsten is our Director of Food Services. She is always going above and beyond and works countless hours to assist her team and serve our residents. Kirsten is an amazing chef and adds finishing touches to each meal, and pays attention to details, as we all eat with our eyes first. Kirsten exceeds expectations, leads by example and is a wonderful example of Team Approach Works Best. She also came in 3rd place for the South Ohio divisional holiday dessert competition. We're so excited that Kirsten is our OGO for the month of December.



ACTIVITY HIGHLIGHTS



Floral Design Classes are a big hit!

Smile of the Month

No doubt about it... Susan wins this month's best smile!



Our reigning King & Queen, Bill & Dazel!

Happy Hour

Friday Happy Hours keep getting Happier! Just ask Janice!



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Robin Helzerman
Executive Director

Andrea May
Director of Health Services

TBD
Assistant Director of Health Services

Devon Bossart
Community Service Representative

Jenny Brown
Customer Services Specialist

Lora Ford
Resident Services Director

Kellie Waters
Life Enrichment Director

Kristen Little
Director of Food Services

Ashley Byron
Business Office Manager

Andy Brown
Director of Plant Operations

Carl Perkins
Environmental Services Director

TBD
MDS Director

Crystel Garrett
Therapy Director

Meredith Beutel
AP/Payroll Coordinator

Stay in the Loop

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?

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? 42 dots

Q4: What was the first
toy to be advertised on
TV? Mr. Potato Head

Q3: What was the first
middle name? 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

I SPY: MY VALENTINE



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

								
?	?	?	?	?	?	?	?	?

Word Search

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ACTIVE

AGING

BALANCE

DANCE

DISEASE

EXERCISE

HEALTH

PHYSICAL

PRIORITY

STEPS

STRENGTH

STRETCH

TRAINING

VITALITY

WALKING

WELLNESS