

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!

Health Center

Florence B.	February 07
Michael D.	February 09
Michael H.	February 16
Ace A.	February 18

Assisted Living

John B.	February 07
Bob S.	February 09
Mary F.	February 22
Margaret W.	February 24
Keith H.	February 26

Staff

Kandi F	February 04
Rachel B	February 07
Billie H	February 08
Kristine S	February 10
Nathan C	February 11
Elizabeth R	February 14
Kimberly M	February 14
David P	February 15
Katelyn S	February 17
Kay H	February 23
Cassandra S	February 23
Khyana S	February 26



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,

Cassie Dunlap
Executive Director

DAIRY QUEEN

On a very chilly winter day, we decided to go to Dairy Queen for milkshakes. Everyone enjoyed the sweet treats!



Happy Hour

We had a blast ringing in the New Year!



Artisan Program

Norma loved the frosted pinecone tree she made in Legacy Lane's Artisans program.



Out & About

We had a great time shopping at The Goshen Antique Mall. Thelma enjoyed trying on old hats.





WATERFORD CROSSING

A Trilogy Senior Living Community

1332 Waterford Circle

Goshen, IN 46526

574-534-3920

waterfordcrossingsl.com |

Cassie Dunlap
Executive Director

Cassandra Seedorff
Director of Health Services

Amy Moore
Assistant Director of Health Services

Angaleana Dixon
Community Service Representative

Lisa Zollinger
Community Service Representative

Brittney Hodges
Business Office Manager

Brittney Hodges
Assistant Business Office Manager

Jenna Barghahn
Life Enrichment Director

Jennifer Bradley
Life Enrichment Director
Legacy Lane Coordinator (AL)

Chef Michael Schreck
Director of Food Services

Brittney Randall
Director of Social Services

Connie Melton
Director of Environmental Services

Mike Laskowski
Director of Plant Operations

Billie Hartman
Director of Assisted Living

Mark Howard
Assisted Living Administrator

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?

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? 42 dots*

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

*Q3: What was the first
middle name? Elias*

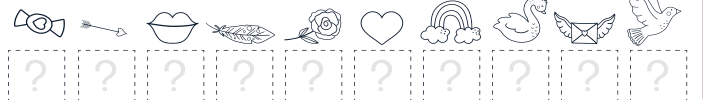
*Q2: What was Walt Disney's
the winter? Hibernation*

*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*



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

AGING

BALANCE

DANCE

DISEASE

EXERCISE

HEALTH

PHYSICAL

PRIORITY

STEPS

STRENGTH

STRETCH

TRAINING

VITALITY

WALKING

WELLNESS