



RIVER TERRACE

HEALTH CAMPUS

*A Trilogy Senior Living Community*

# News

September 2022

## Living the Trilogy Lifestyle

At Trilogy, we believe that each day should be more special than the last. That's why our lifestyle offers a variety of different ways that you can connect, celebrate, and make the most out of life with the people in your life that matter most. Here's how.

### Campus Retreats

Taking place at least once a year, Campus Retreats offer a week filled with arts and crafts, unique menu options, and one-of-a-kind programs designed to provide you with the creative outlets that Trilogy family members love and deserve. Whether we're setting up an indoor campsite or getting a Tailgate ready for the big game, Campus Retreats promise to be a unique experience that you'll never forget!

### Summer Field Trips

Walk through history, get up close and personal with wildlife, or just go for a stroll

through the park. However it is you enjoy spending your time, our summer field trips will have your days filled with trips to museums, zoos, and other attractions that you'll enjoy with friends and family!

### Campus in Color

A celebration of the culture behind our care, Campus in Color is an annual event which takes place

on the grounds and in the garden areas of our campuses. Tending to your inner horticulturist, Campus in Color invites you to participate in the growth of our gardens while you enjoy the sunniest days of the year so far.

*Interested in learning more about how you can get involved? Talk to any member of our team today. We'd love to hear from you!*



# Happy Birthday!

## Residents

Janet C.	09/01
Mary S.	09/08
Gilbert R.	09/21
Ralph H.	09/22
William H.	09/23
Robert S.	09/26
Elizabeth O.	09/27

## Staff

Amanda H.	09/06
Kelly V.	09/06
Becky H.	09/06
Benjamin P.	09/10
Kinslea C.	09/13
Brittan M.	09/21
Jessica L.	09/22
Nolan S.	09/24

## ARTISAN CLUB

We had a day to remember as we had a guest artist guide us through our Paint & Sip Canvas Art. Painting the state of Indiana with a heart over Madison, listening to Indiana musicians, and reminiscing over where everyone grew up and what brought them to where they are in Indiana made the morning of art even more joyous for all.

Residents and staff not only gave their final artwork a 10-star rating, but also the enjoyment of the activity! 10/10 win for everyone!



## Executive Director Corner

Welcome to September, everyone!

I hope everyone had

a great time at our "Beyond The Sea" Theme Week! Our team put on an incredible show - from Culinary with the delicious She Crab Bisque to Life Enrichment with all the amazing cruise décor. Thank you to everyone who was involved, and thank you to everyone who came out!

This month is **Healthy Aging Month** – a time for us to celebrate keeping our hearts strong and keeping our minds free from worry. Through our Vitality program, we're proud to offer wellness activities such as yoga, Tai Chi, and strength

training up to three times a week. And if you're thinking about making a change to your diet, our chefs are always receptive to feedback, and will be more than happy to adjust a meal based on your unique needs. Talk to any member of our team to learn more!

As we begin transitioning away from summer, we'll be letting you know about events, community outings, and opportunities for socialization that you've come to expect from our campus lifestyle. Stay tuned for more information as we head towards the fall!

I hope you have a great month!

Yours in Service,

*Brittan Mefford*

Executive Director



*Joan is very focused & enjoys the peace she finds in painting.*



*Marti doubted her ability but was so proud at her final work. She is an artist!*



*Pat only wanted to watch but decided to dive in and was so grateful she did!*



*Cheryl did a wonderful job creating beautiful artwork!*



*10/10 stars!*



*George has been an artist all his life, it shows!*



# We're Going to the Chapel...

We are happy to announce Karen, a Life Enrichment Associate, was married last month and our residents were a large part of her special day! Karen came to us with the idea of the people she cared about dearly at RTHC to add a special touch to her wedding day, and of course both the staff and residents wanted to make that happen. Residents worked hard to make the most perfect centerpieces for Karen, with fresh cut flowers, beads & ribbon, and other touches they asked to add each individually. After this beautiful and purposeful activity, we think we should start a floral shop. We have very talented individuals that call River Terrace Health Campus home. Congratulations, Karen! Thank you for having your RTHC friends help make your day a bit more special!



## Did You Know?

River Terrace Health Campus shares several upcoming events, special dates and pictures of our resident's and staff members active around our campus on social media? We invite and encourage you to find us on Facebook by searching for River Terrace Health Campus or @RiverTerraceHC and follow us by liking our page. We know how difficult it is to navigate life through a pandemic as well as not being able to see your loved ones daily- by following our Facebook you'll be up to date on the latest events and activities- we promise you won't want to miss this! Want to see more or have suggestions- you can simply send us a private message on the page. The residents truly enjoy seeing family and friends interact with what we share- please take the time to interact on the posts by liking and commenting on them. I can assure you each resident is aware, and it brings a huge smile to their face, as we hope it does yours as well.

*The passion and purpose brought out in this life enriching activity was such a beautiful moment to share. Not only does Karen have something to hold in her heart forever, but the resident's were able to create something truly special for such a monumental day.*



# RIVER TERRACE

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*Brittan Mefford*  
Executive Director

*Krissy Sample*  
Director of Health Service

*Bethany Smith*  
Assistant Director of Health Service

*Marcia Pyles*  
Assisted Living Coordinator

*Dana Riddle*  
Customer Service Representative

*Jessica Leap*  
Business Office Manager

*Kayla Stokes*  
Director of Social Service

*Jeff Vester*  
Director of Plant Operations

*Kelli Snapp*  
Director of Life Enrichment

*Jessica Jackson*  
Director of Food Services

*Evelyn Reynolds*  
Director of Environmental Services

*Karli Youngs*  
Staff Development 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](mailto:comply@trilogyhs.com)*

*Newsletter Production by PorterOneDesign.com*

# Monthly Trivia & Activity Corner

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

**Question 1:** Which mammal has the most powerful bite?

**Question 2:** Who was the first emperor of Rome?

**Question 3:** What is the center of a hurricane called?

**Question 4:** What 1950's musical  
was based in California?

**Question 5:** What soft drink  
was invented in 1892?

*Flip the page for last  
month's trivia answers:*

*Q1: At what age does your  
brain fully form? 25  
Q2: The ocean covers more than  
percent of the Earth's surface. 70  
Q3: What is a group of lions called? A pride  
Q4: True or false: Paul Revere shouted  
"The British Are Coming!". False  
Q5: What is the only sport to be  
played on the moon? Golf*

## SUDOKU

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## Word Search

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ATTRACTIONS  
CAMP  
CELEBRATE  
COLOR

CONNECT  
EXPERIENCE  
FAMILY  
FLOWERS

GARDEN  
GROW  
HORTICULTURE  
LIFESTYLE

OUTINGS  
RETREAT  
TRIPS  
VARIETY