



COVERED BRIDGE

HEALTH CAMPUS

*A Trilogy Senior Living Community*

*On Campus*

December 2022

## Embracing the Season of Giving

Whether you're looking for that special something to give to a loved one or are writing up your own wishlist, here are a few simple – but effective – gift ideas to keep in mind as we head into the holiday season.

### **The Power of Books and Novels**

Who doesn't love getting lost in another world? Send your loved one a physical copy of a tale from their favorite author, or refer them to an E-book about a topic they might have an interest in.

As beneficial to the mind as it is the soul, reading is proven to help sharpen mental acuity – making it the perfect gift for anyone looking to explore the works of others.

### **What It Means to Receive a Letter**

Reflect on what it is that you love most about that special person in your life. Is it their smile? Their wit? How comfortable you feel



when you're with them? Whatever it is about your loved one that brightens your days, use your voice to put those feelings onto paper and let them know just how much they mean to you.

When it comes to gift giving, it doesn't matter how large or small the gesture is – only that it's coming from you. When your

loved one sees your name written on an envelope, stickered onto a box, or signed at the end of a note, they'll simply be reminded of the joy that you bring into their lives, and how easy it is to have those same feelings about you.

**Happy Holidays from  
our family to yours!**

# Happy Birthday!

## *Residents*

Kathryn P.	12/06
Donald C.	12/06
Duane V.	12/07
Norma C.	12/12
Ronald D.	12/16
Janet C.	12/18
Della H.	12/29

## *Staff*

Carolyn B.	12/01
Abigail C.	12/02
Cody S.	12/17
Kimberly C.	12/26

## Out & About

This year's big field trips have come to an end, but that doesn't mean we have stopped going out! However, please note that bus trips may be canceled due to inclement weather. Please watch LifeShare Announcements for any changes that could be made to planned outings.



## *Executive Director Corner*

Welcome to December!

It's officially the most wonderful

time of the year, which means that every day becomes a merry celebration. This could mean baking a favorite family recipe, creating a decorative holiday wreath, or attending a worship service with our Inspirations program, which meets once weekly. We always strive to honor the traditions that mean so much to those we serve, so ask our Life Enrichment Director about how you can celebrate the holidays your way!

At a time when there's so much joy to be shared with friends and family, we also remember those who may be spending their Christmas worrying about their livelihood. That's why until December 31st, we'll be continuing to accept donations

towards our annual Hope for the Holidays campaign, which supports our local charities throughout the holiday season. If you or a loved one would like to make a donation, be sure to talk to a member of our team!

As 2022 begins to draw to a close, I also wanted to say thank you to each and every one of you for such a fantastic year. From all of our incredible Theme Dinners to our lunch outings, our Happy Hours to our birthday celebrations, there hasn't been a single moment that I would trade to be anywhere else but with you and your families. This year has truly been one for the books.

I hope that you have a great holiday and an unforgettable New Year!

Yours in Service,

*Angie Short*

Executive Director





# COMMUNITY CONNECTIONS

Deck the halls with boughs of holly...

Calling all volunteers, family, and community members! This year we are wishing you can help us 'deck our halls' and bring Christmas cheer to Covered Bridge Health Campus by

“adopting” a neighborhood with a tastefully decorated tree that can be dropped off. You may choose to drop off the tree and decorations separately if transport is difficult or even use what we already have! The recommendation is jewel tones, and a guide can be provided. (All personally provided supplies will be returned after the holiday season!) Please contact Brittany Vetter, Customer Service Representative or Erin Robinson, Life Enrichment Director

## Did You Know?

Our Flavorful Balance program is designed to nourish our residents' bodies and their spirits by using fresh, flavorful ingredients to create balanced meals that taste just like home.

**Selected by Residents, Prepared by Chefs:** Our residents' preferences drive what appears on their plate, and our chefs regularly seek their feedback through our Chef's Circle program.

**Food in its Natural State:** All our dishes are prepared from scratch, using the best ingredients in their natural state, which are better utilized by your body.

**Healthy Options + Comfort Foods = Balanced Menus:** Our meals are categorized as Gold, Silver, or Bronze. Gold meals meet our highest nutritional standards, including low sodium and fat content, while Silver and Bronze meals include more comfort foods. To achieve Flavorful Balance, our menus include a mixture of all three!

**Better Food for Better Outcomes:** Eating right is key to staying well. By offering our residents nutritious options they love to eat, we help combat weight loss and decrease recovery time for illnesses or injuries



## Sunday Brunch

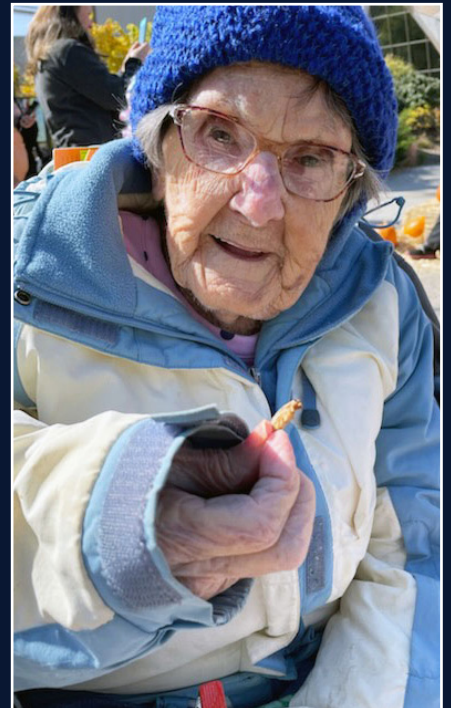
Sunday Brunch will be held on Sunday, December 11th from 11:00am-1:00pm. Residents are permitted and encouraged to invite up to 2 guests. Please RSVP to the Culinary Department by Friday, December 2nd if you wish to attend.

## Save the Date

The Resident Christmas party will be held on Friday, December 23rd at 9:00am. Please be on the lookout for date(s) for Santa's visit!

## Smile of the Month

Sophie S. regularly attends outings and activities. She is always a delight and makes those around her happy as well. Recently, she went on our day trip to the Indianapolis Zoo and tried a bacon cheddar cricket!





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Business Office Manager

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Life Enrichment Director

Erika Muhlbach  
Director of Social Services

Cody Schwade  
Director of Plant Operations

Sheila Joy- Haws  
Director of Food Services

Debbie Redmond  
Environmental Services Supervisor

Dr. Neil Strait Hill  
Medical Director

Tamantha Lotton  
Legacy Lane Coordinator

Kim Niehaus  
Assisted Living Director

## 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)

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# Monthly Trivia & Activity Corner

Cut, color, and make a card to give!

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

**Question 1:** How many days of Kwanza are there?

**Question 2:** What country was the original St. Nicholas from?

**Question 3:** How many ghosts are in the movie A Christmas Carol?

**Question 4:** How do you say "Merry Christmas" in Spanish?

**Question 5:** What are the names of the three reindeer whose names start with the letter "D"?

Flip the page for last month's trivia answers:

- Q1: Who was the first U.S. President to pardon a turkey? George H.W. Bush
- Q2: How many days did the first Thanksgiving celebration last? Three days
- Q3: True or False: Canada also celebrates Thanksgiving in November. False
- Q4: Are pumpkins vegetables or fruits? Fruits
- Q5: What popular Christmas song was originally written to be a Thanksgiving song? Jingle Bells



## Word Search

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

BOOK  
BRIGHTEN  
FEELING  
FESTIVE

GESTURE  
GIFT  
GIVING  
HOLIDAY

JOYFUL  
LETTER  
NOTE  
NOVEL

SEASON  
SPECIAL  
STICKERS  
WISHLIST