

# THE ASHFORD PLACE *Chronicle*

## New Year Goals



It's the New Year, and a lot of people are stressed out.

Why? Because they've made their resolutions and they're determined to stick to them.

They travel in packs to gyms where they run and sweat and stretch until they don't feel well. They head to health food stores and pack their carts with a variety of healthy foods that may get eaten, or, more often than not, will find a quiet, dark place in the corner of a cabinet, never to be heard from again. They set lofty goals and get depressed when it turns out they might not be as easy to reach as they thought.

At our campus, we also believe in making resolutions. But we've learned from experience (and from wise advice given to us by our residents) that setting goals that stress you out is no way to kick off a new year. So instead we focus on creating goals that we can all enjoy achieving together, and that are fun to pursue on top of that!

Here are a few we've made for 2018:

### **Goal #1: Make New Friends**

Whether we bond with someone over a mutual love of music (and handcrafted appetizers) during Happy Hour, engage in a bit of friendly competition at the yearly Trilogy Olympics, or share a seat on one of our excursions into town, meeting new friends is easy when they're also your neighbors. We're excited to continue traditions like our famous Themed Dinners and Artisans program, and to expanding our circle even wider by inviting friends and family to join us.

### **Goal #2: Take a Trip**

A lot of people think that once you move to a senior living community, your time for fun trips is at an end. Ask that to someone who went on one of last year's companywide trips (which included retreats to gorgeous natural landmarks and hotels, along with an all-inclusive Caribbean cruise) and you'll discover that that's not the case. This year we've made the commitment to get bitten by the travel bug again, and we can't wait to see where we end up.

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*Ashford Place*  
**Health Campus**

2200 N. Riley Highway  
Shelbyville, IN 46176  
Phone: 317.398.8422  
Fax: 317.398.8425

[www.ashfordplacehc.com](http://www.ashfordplacehc.com)

January 2018

# Happy Birthday!

## Residents

Harry C.	January 03
Ella D.	January 06
Roberta R.	January 08
Edna C.	January 09
Charlie K.	January 11
Julia H.	January 18
Frances K.	January 19
Anna G.	January 20
Judy B.	January 28

## Staff

Tori Seaborn	January 03
Candy McPherson	January 07
Crystala Evans	January 07
Robert Bowman	January 09
Shey Tillison	January 11
Heather Raider	January 17
Stephanie Juan-Gonzalez	January 17
Shaun Steele	January 27
Cody Riggs	January 28
Emily Coffey	January 30
Josh Slusser	January 31

## Sunday Brunch

Our Sunday Brunch will be held on January 14th from 11am to 1pm. Please come join us and share a nice meal with your loved one. We have a delicious buffet that we prepare complete with salad bar, main entree and dessert. You can invite up to 2 family members free of charge!

## Volunteers Needed

The Life Enrichment Department is looking for Volunteer's for 2018. These are people who have a special talent that you would like to share with the Ashford Place residents - please feel free to call us at (317) 398-8422. We are in need of people with special musical talents, entertainers, people who want to assist with Bingo, pet visits, games, and art projects. Please call Crystala Evans, Life Enrichment Director to find out how YOU can become the next Ashford Volunteer.



## Executive Director Corner

Greetings from Ashford Place Health Campus and

Happy New Year! I hope that you found yourself surrounded by those you love over the Christmas season. I would like to thank everyone who donated their time, talent or treasure over these past months. Even if you just stopped by our campus to participate in an activity or visit with a loved one, your presence made a difference and brightened someone's day and I hope you were blessed in the process!

The New Year is a great time to recommit to healthy habits and challenge ourselves to set the bar even higher. In that spirit, I would like to take a moment to recommit to you, our family members, residents, and friends,

on behalf of the team at Ashford Place Health Campus! In 2018, we remain committed to exceeding your expectations. We promise that we will keep searching for new ways to enrich the lives of those we serve and make a positive impact in the community we call home. We're excited about everything 2018 has in store, and can't wait to make twelve more months of memories we can cherish for years to come.

It is truly our pleasure to serve the Shelbyville community. If you have any suggestions regarding how we can continue to improve, please do not hesitate to let us know. Thank you again for your support of our campus!

Yours in Service,  
**Shaun R. Steele**  
Area Executive Director

**Transportation Reminders** – *The Ashford Place Health Campus bus is available to transport residents to doctor appointments on Monday, Wednesday and Friday. We reserve the bus for Life Enrichment and fun activities on Tuesday and Thursday.*

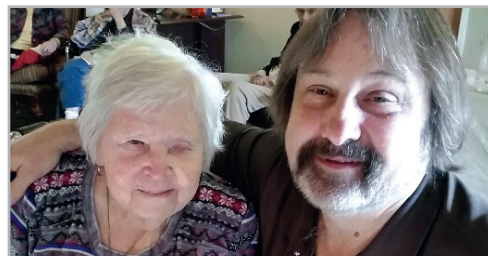
## Photo Highlights



*Evelyn A and Family*



*Rosemary, Barb and Josephine and friends*



*Katherine P and Danny*



*The Skirvin's out and about*

# More Photo Highlights



Bill G. smiles



Gladys M - We LOVE you!



Happy 20th Trilogy and Happy New Year!



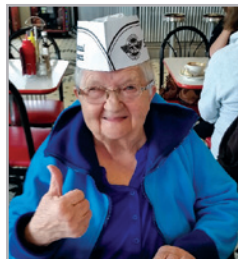
Lois L.



Mary C.



Mary Jean J.



Viva Ellis

## Life Enrichment

As we begin the New Year, we are placing a special focus on granting wishes our residents may have. Resident wishes will be granted with the assistance of a program called Live a Dream. Our primary purpose is to reach out to our residents to help make their dreams and wishes come true.

What wish would your loved one like to have granted? The possibilities are endless and may include: a Life-long dream (Example - tickets to a Cubs game), Fun-filled wish (Example - receive a makeover and go to dinner), Memory wish (Example - be reunited with a childhood friend), One last time wish (Example - visit the family farm one last time), Needs-based wish (Example - a walker with a seat on it).

As always, we want to know how we can best serve the social, cognitive and physical needs of your loved one. You can always call and ask for Crystala Evans in the Life Enrichment Department at (317) 398-8422. We love to hear compliments, questions, suggestions and concerns about the program we provide. We are so blessed, and I want to thank each of you for the opportunity to care for your loved one. As always, I am here to serve. Please continue to share your any comments, suggestions, and concerns to assist us in our commitment to compassionate care.

Happy New Year from the Life Enrichment Team!

## Did You Know...?

*That you can read the monthly news-letter on-line.* Please follow the campus link: [www.ashfordplacehc.com](http://www.ashfordplacehc.com) We also invite you to like us on Facebook or follow us on Twitter @AshfordPlaceHC.

*The Private Dining Room and Activity Room can be reserved* for families to come and enjoy a party, get together, or to share a meal with their loved ones.

*Happy Hour is every Friday at 3:30p.m.*—please feel free to join us in the fun!

*The Trilogy Foundation grants wishes and Live a Dream submissions to our residents.* If you can think of something that your loved one would enjoy doing please call Crystala Evans, Life Enrichment Director at (317) 398-8422. We would love to grant as many wishes as we can in 2017 & 2018.

## Dates to Remember

Taste of Town - Tap Room	1/02
Sunday Brunch	1/14
Resident Council	1/15
Senior Executive Club	1/17
Out to Lunch – Texas Corral	1/23

**THEME:** New Beginnings

## Taste of Town

Our Taste of Town will be held on January 2nd and we will be serving food from the Tap Room for lunch. The residents will be looking forward to enjoying some delicious local food. They like having us bring in food from around town. We bring all the restaurant items such as the food, cups, straws, plates, etc... Its is as close to being there as possible.

## Out and About

On January 23rd will be going to the Texas Corral restaurant to enjoy some food for our monthly “Out to Lunch Bunch”. Residents will be excited to go out and try their delicious food. We hear they have many choices which are sure to please!

## Senior Executive Club

Join us for the next meeting on Wednesday, January 17th from 10-11 am in the Assisted Living Dining Room. Lunch will be provided. Please RSVP to Natalie Padgett, Guest Relations, at 317-398-8422. Your reservation is appreciated and helps us to plan accordingly!

## Resident Council

We will be having our monthly Resident Council on January 16th. This is a great way for us to get together and make plans for next month. We have fun talking about what the future holds.



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A Trilogy Senior Living Community

A monthly newsletter serving the residents  
of Ashford Place Health Campus

Shaun R. Steele  
Area Executive Director

Erin Huntsman, RN  
Director of Health Services

Mary Ann Lux  
Community Service Representative

Colleen Weatherford  
Customer Service Specialist

Natalie Padgett  
Guest Relations/Villa Lifestyle Director

Natalie Woodward  
Assistant Director of Health Services

Julie Tennell, BSW  
Director of Resident Services

Crystala Evans  
Life Enrichment Director

Deva Duncan  
Director of Dining Services

Anne-Marie Lawrence  
Business Office Manager

Joe Fuentes  
Director of Plant Operations

Tory Hembree  
Director of Medical Records

Troy Allen  
Environmental Services Director

Tawni Morningstar  
AP Payroll

Rhonda Marsh  
MDS Coordinator

Penny Jessup  
Staffing Coordinator

Stay in the Loop  

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

@AshfordPlaceHC

Ashford Place Health Campus

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  
contact the Area Executive Director,  
Shaun R. Steele: [Shaun.Steele@trilogyhs.com](mailto:Shaun.Steele@trilogyhs.com)  
or our Compliance  
Hotline: 800-908-8618, ext. 2800;  
or [comply@trilogyhs.com](mailto:comply@trilogyhs.com)  
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# 'Resolutions'

...continued from cover

## Goal #3: Embrace a Lifestyle of Wellness

At our campus, wellness is a way of life, which is why it's so easy to keep this resolution year after year. While we take great pride in the nutritional value of the food we serve, we also understand that indulging in a slice of warm, home baked goodness is great for the spirit. And while we believe that exercise is important at any age, we make sure that our fitness activities can be enjoyed by people of all mobility levels.

These three goals are just the beginning, but we think you'll

agree that they're enough to get us started. If you have a loved one at our campus, or are thinking about switching out your resolution for something a lot less stressful and a lot more fun, stop by and see us. We would love to pursue our goals with you!



## Word Search

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

EIGHTEEN  
EMBRACE  
EXCURSION  
FRIENDS

FUN  
GOALS  
HAPPY HOUR  
HEALTH

LOFTY  
MIDNIGHT  
NEW YEAR  
RESOLUTIONS

SPIRIT  
STRESS  
TRAVEL  
TRIP