

# THE ASHFORD PLACE *Chronicle*



## A New Year, A Fresh Start

This past month has been filled with all of the best holiday trappings – plates piled high with mounds of buttery mashed potatoes and thick slabs of pie, early evenings, late mornings, and afternoons spent napping, snacking, or snuggling up with a blanket and a heartwarming movie.

‘Twas the season for treating yourself, and indulging in your favorite things are what the holidays are all about! Give it a few weeks, though, and you may have started to feel sluggish, anxious, and even more tired than you were before the holidays began. Thankfully January is here, and it’s brought with it an excuse to start fresh: The New Year!

Making New Year’s resolutions can be stressful. More often than not, we don’t live up to the ambitious goals we set for ourselves. So how can we help ensure our success? We believe that when it comes to resolutions, it’s best to keep it simple. You don’t have to transform completely, and you don’t have to go far to find ways to improve and

enrich your life and the lives of those around you.

Volunteering at our campus is a great way to keep spreading cheer long after the holidays. This time of year can be difficult for many, and something as simple as visiting with someone who may be feeling lonely can have a big impact. We’re always looking for volunteers of all ages, and we welcome anyone with a kind heart, a desire to give, and time to share with others.

Our campus is also serving up the perfect remedy for the fatigue that comes with days of heavy holiday fare– fresh, delicious food that won’t weigh you down. The thought of a salad bar or fresh fruit after weeks of stuffing and gravy may throw you for a loop, but trust us when we say that there’s nothing quite like some Vitamin C to get you back to feeling like yourself again. If you’re searching for something more filling, our chefs are always crafting dishes that are as nutritious as they are delicious. Spending most of your winter on the couch may sound appealing at first, but joining us for an outing or activity will provide a sense of purpose and belonging that you won’t find amongst the cushions.

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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 2019

# Happy Birthday!

## Residents

Harry C.	January 03
Ella D.	January 06
Charles K.	January 11
Julia H.	January 18
Francis K.	January 19
Anna G.	January 20
Lula K.	January 29

## Staff

Tory S.	January 03
Candy M.	January 07
Stephanie Parr-Hill	January 09
Robert B.	January 09
Shey T.	January 11
Shaunda W.	January 14
Stephanie G.	January 17
Samantha H.	January 29
Paige S.	January 29
Josh S.	January 31

## Sunday Brunch

Our first Sunday Brunch of the year will be held on January 13th from 11:00am - 1:00pm! Please join us for some delicious food prepared by our excellent culinary team here at Ashford Place. Be sure to RSVP! We can't wait to see you all there!

## Taste of Town

Our first Taste of Town of 2019 will be brought to you by Jackson Street Pizzeria! This local establishment will be sure to please!



## Executive Director Corner

Greetings from Ashford Place and Happy New

Year! I hope that you found yourself surrounded by those you love over the holiday 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.

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. We promise that we will keep searching for new ways to enrich the lives of those we serve and make a positive impact on the community we call home. We're excited for everything 2019 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 Shelby County community. If you have any suggestions regarding how we can continue to improve, or if you would like to volunteer at our community, please do not hesitate to let us know. Thank you again for your support of Ashford Place.

Yours in Service,

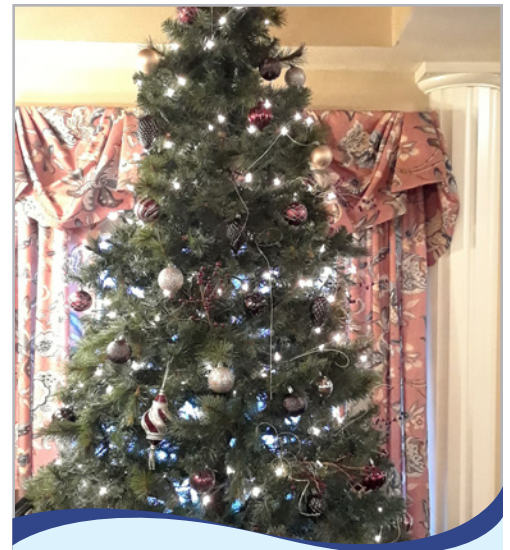
*Julie Reed*

Interim Executive Director

## Photo Highlights



## More Photo Highlights



## Out and About

On January 22nd we will be kicking off our first Lunch Bunch of the year with a fun trip to Grandma's Pancake House right here in Shelbyville on State Road 9! They serve all day breakfast, and offer many different styles of food, including Greek, Italian, and American! Make sure to reserve your spot today!

## Did You Know?

- That you can read the monthly newsletter on-line in addition to the printed copy or rather than receiving it in the mail? Please follow the campus link: [www.ashfordplacehc.com](http://www.ashfordplacehc.com).
- The Private Dining Room can be reserved for any of your family/friend gatherings
- Happy Hour is held weekly on Fridays at 3:30pm
- 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 Megan Mitton, Life Enrichment Director at (317) 398-8422.





# Ashford Place

## Health Campus

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### A Trilogy Senior Living Community

*A monthly newsletter serving the residents of Ashford Place Health Campus*

- Julie Reed  
Interim Executive Director
- Julie Tennell, BSW  
Social Services Director
- Megan Mitton  
Life Enrichment Director
- Mary Ann Lux  
Customer Service Representative
- Anne-Marie Lawrence  
Business Office Manager
- Joseph Fuentes  
Director of Plant Operations
- Deva Duncan  
Director of Food Services
- Troy Allen  
Director of Environmental Services

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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# 'New Year'

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Whether we're checking out a local restaurant, exploring a nearby museum, or tapping into our inner artist, we always have a great time!

So this month, make a resolution to live life inspired. Touch the lives of others, savor new flavors, and make it a point to get in on the fun at our campus. We think you'll find that a fresh outlook helps melt away holiday stress just as much as one more piece of pie and a long winter's nap.



## Word Search

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

ARTIST  
ENRICH  
FRESH  
GOODIES

HOLIDAY  
IMPACT  
IMPROVE  
JANUARY

LIVES  
NAP  
NEW YEAR  
RESOLUTIONS

SLUGGISH  
STRESS  
VOLUNTEER  
WINTER