

THE POINTE OF View

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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www.bethanypointehc.com

January 2018

Happy Birthday!

Resident

Robert A.	January 01
Charles S.	January 04
Charles R.	January 07
Ruth S.	January 12
Nancy S.	January 15
Mary F.	January 27
Jack V.	January 28
Ella W.	January 28
Mary M.	January 30

Staff

Adrianna W.	January 01
Paula P.	January 04
Tina T.	January 08
Amber S.	January 08
Amber C.	January 14
Marlene N.	January 14
Jennifer M.	January 16
Tamika G.	January 18
Deidra J.	January 26

Volunteer News

We ask that family members give one hour per month to volunteer at the campus. If you have a talent or hobby you would like to share or if you simply want to give of your time please see anyone from the Life Enrichment Department for opportunities. There's a place for everyone.

Sunday Brunch

Please join us for Sunday Brunch on January 21st from 11am to 1pm. Reservation are necessary and can be made by calling guest relations.



Executive Director Corner

Greetings from Bethany Pointe 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 Bethany

Pointe. 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 Anderson 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 Bethany Pointe!

Yours in service,
Kyle Linn,
Executive Director

Live a Dream

We are on the search for dreams to make into realities! Does your loved one have something they have always wanted to do? Something on their bucket list? Our Live A Dream program is looking to make those dreams come true. Bring your dreams to our Life Enrichment Department and see if we can make them happen.

Smile of the Month

Shirley and puppy.



Legacy Lane Spotlight



Residents at Legacy Lane enjoying a hat party



Everyone gets in on the cooking at Legacy

Photo Highlights



Bethany Pointe partnered with Ivy Tech to bring art students out to work with residents.



Residents get into the holiday spirit fluffing up the Christmas wreaths.

Lifeshare App

If you like using your smart phone to stay in touch, please download the LifeShare app. This app allows you to see the Life Enrichment calendar as well as what's on the menu today. If you need assistance see the Life Enrichment Director.

January Events

- 01/07 Bill Dayton gospel music at 1pm
- 01/07 Jimmy Priest piano magic at 4pm
- 01/08 Sam Piercy playing piano & singing at 4pm
- 01/10 John Beck on the Organ at 4pm
- 01/14 Paul White singing at 1pm
- 01/17 Todd Berry singing at 4pm
- 01/20 Doug DeBaun singing & playing guitar at 1pm
- 01/20 Randy Humerickhouse spinning vinyl records at 4pm
- 01/21 Jimmy Priest on the piano at 1pm

Theme Dinner

2018 Themed Dinner's will be Broadway Shows. February will be My Fair Lady. May, The Sound of Music, August will bring South Pacific and October, Beauty and the Beast. What a great lineup. You won't want to miss any of these great themed dinners. Come out and be a part of the fun that takes place the whole week.

Did You Know...?

Happy Hour is weekly at 4:00 pm on Friday. We invite you to come and share this time with your family member. It's a great opportunity to connect with staff, other residents and other families.

That you can read the [monthly newsletter on-line](#). Please follow the campus link Trilogyhs.com



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A Trilogy Senior Living Community

A monthly newsletter serving the residents
of Bethany Pointe Health Campus

Kyle Linn
Executive Director
Alicia Lambert
Administrator
Amber Stewart
Director of Health Services
Stephany Morgan
Social Services Director
Justus Norris
Director of Plant Operations
Marlene Nugent
Life Enrichment Director
Ven Murugesan
Director of Rehab Services
Jennifer Edgecomb
Business Office Manager
Sydney Parrish
Guest Relations
Monica McFerran
Director of Food Services
Heather Waymire
Legacy Neighborhood Director

Stay in the Loop  

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

@BethanyPointeHC

Bethany Pointe 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 call our Compliance Line.

Compliance Hotline:
800-908-8618, ext. 2800;
or comply@trilogyhs.com

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‘Resolutions’

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

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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
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EIGHTEEN
EMBRACE
EXCURSION
FRIENDS

FUN
GOALS
HAPPY HOUR
HEALTH

LOFTY
MIDNIGHT
NEW YEAR
RESOLUTIONS

SPIRIT
STRESS
TRAVEL
TRIP