

# THE POINTE OF *View*

## 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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1707 Bethany Road  
Anderson, IN 46012

Campus: 765.622.1211

Legacy: 765.374.4614

Fax: 765.622.1214

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

January 2019

## Happy Birthday!

Martin M.  
Ruth S.  
Nancy S.  
Mary F.  
Marjorie V.  
Marilyn M.  
Jack V.

## Volunteer News

We are now accepting applications for Volunteers! If you or someone you know have a heart for serving please stop by and see the Life Enrichment Director!

## Did You Know...?

Happy Hour is weekly at 4pm! Come join us for a good time of fellowship and fun!

## Photo Highlights



## Executive Director Corner

Greetings from Bethany Pointe Health Campus, 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, 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 Anderson 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 Bethany Pointe Health Campus.

Yours in Service,

*Christopher Fields,*  
Executive Director



# More Photo Highlights



## Upcoming Events

1/7 @ 10:30

Lunch @ Evas

1/11 @ 1:30

Joyriding with Jamie

1/14 @ 10:30

Drive & Donuts

1/18 @ 1:30

Drive Scavenger Hunt

1/21

Lunch @ Cammack Station

1/25 @ 1:30

Joyriding with Jamie

1/25 @ 1:30

Scenic Drive Thru

Mounds State Park







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 A Trilogy Senior Living Community

A monthly newsletter serving the residents of Bethany Pointe Health Campus

- Christopher Fields  
Executive Director
- Alicia Lambert  
Administrator
- Amber Stewart  
Director of Health Services
- Stephany Morgan  
Legacy Neighborhood Director
- Justus Norris  
Director of Plant Operations
- Ven Murugesan  
Director of Rehab Services
- Jennifer Edgecomb  
Business Office Manager
- Bridget Orcutt  
Guest Relations
- Monica McFerran  
Director of Food Services

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](mailto:comply@trilogyhs.com)

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PorterOneDesign.com

# '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