

A VIEW FROM THE *Ridge*

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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Blair Ridge
Health Campus

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January 2018

Happy Birthday!

January 02	Robert B.
January 08	Dorothy H.
January 09	Mary Laverne B.
January 10	Lee C.
January 15	Thomas B.
January 24	Donna H.
January 24	Dorothy S.
January 26	Mildred L.
January 29	Janice Z.

Did You Know...?

- That you can read the monthly newsletter on-line? Please follow the campus link: www.blairridge.com
- The private dining room and basement can be reserved for parties, meetings and get togethers. Contact Life Enrichment to reserve a room.
- Happy Hour is every Friday at 3pm.
- Follow us on Facebook: Blair Ridge Health Campus
Follow us on Twitter: @BlairRidgeHC
See photos and upcoming special events.
- Sunday Brunch is on the second Sunday of the month. Please be sure to RSVP in advance.



Executive Director Corner

Greetings from Blair Ridge 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 Blair

Ridge. 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 for 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 Peru 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 team at Blair Ridge.

Yours in Service,
Mike Wray, RN
Executive Director

What's Been Happening...

As always, there was a little bit of everything happening at our campus. Residents decorated for the holidays, received a visit from the zoo, took horse drawn wagon rides and made items to take into the community just to name a few. We love doing a variety of activities.



More from What's Been Happening...



Out and About

Please be sure to remember our standard. If the temperature is below 20 degrees including wind chill outings will be postponed or cancelled. We appreciate your understanding. Let us all try to stay as healthy as we can through this winter season!

100 Years!

Mary Laverne is celebrating 100 years of life! She would like to invite everyone to partake in cake and punch. They will be celebrating on January 9th at 1:30pm in the day room by the library. Mary Laverne and her family would like to extend an invitation to everyone. Come and celebrate with them.



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A Trilogy Senior Living Community

A monthly newsletter serving the residents
of Blair Ridge Health Campus

- Mike Wray
Executive Director
- Erin Murphy
Life Enrichment Director
- Jen Astrup
Assistant Director of Health Service
- Mary Gross
Customer Service Rep.
- Kaleigh Collins
Director of Resident Services
- Becca Iliff
Business Office Manager
- Caleb Meives
Therapy Program Director
- Brenda Jackson
Environmental Service Director
- Shane Grubb
Director of Food Service
- Jeremy Fisher
Director of Plant Operations

Stay in the Loop

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

@BlairRidgeHC

Blair Ridge 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 the Divisional
Vice President or our Compliance
Line. Marnie Davission, Divisional
Vice President: Marnie.Davission@
trilogyhs.com Compliance Hotline:
800-908-8618, ext. 2800;
or comply@trilogyhs.com

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'Resolutions'

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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
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EIGHTEEN
EMBRACE
EXCURSION
FRIENDS

FUN
GOALS
HAPPY HOUR
HEALTH

LOFTY
MIDNIGHT
NEW YEAR
RESOLUTIONS

SPIRIT
STRESS
TRAVEL
TRIP