

A VIEW FROM THE *Ridge*



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.



Blair Ridge
Health Campus

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Peru, Indiana
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www.blairridge.com

January 2019

...continued on back page

Happy Birthday!

January 01	Ray Q.
January 02	Robert B.
January 03	Carol A.
January 07	Rita L.
January 08	Jean H.
January 09	Mary Lavern B.
January 13	Merlin W.
January 15	Thomas B.
January 24	Dorothy S.
January 26	Millie L.
January 28	Betty L.
January 30	Bonnie B.

Sunday Brunch

Brunch will be on January 13th 11:30am - 1pm. Please RSVP if you plan to have guests. By doing so, it ensure that we will have an adequate amount of food as well as seating available for you and your guests.

Out and About

With the cold weather upon us, please remember that if the temperature, including wind chill, is below 24 degrees outings will be cancelled. We want to ensure everyone stays as healthy as possible through this cold winter weather. Thank you for your understanding.



Executive Director Corner

Greetings from Blair Ridge 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. 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 Peru and Miami 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 Blair Ridge!

Yours in Service,
Mike Wray, RN
Executive Director

Smile of the Month

Over the past few month we have enjoyed making several living art projects everything from pumpkin paintings to pinecone Christmas trees. We love to see the creative side of all our residents and the different interpretation of the same idea!



More from Smile of the Month



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.



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 A Trilogy Senior Living Community
A monthly newsletter serving the residents
of Blair Ridge Health Campus

- Mike Wray
Executive Director
- Jen Astrup
Director of Health Services
- Erin Murphy
Life Enrichment Director
- 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
- Mary Ann Estes
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. Perry Daugherty, Divisional
Vice President: Perry.Daugherty@
trilogyhs.com Compliance Hotline:
800-908-8618, ext. 2800;
or comply@trilogyhs.com

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'New Year'

...continued from cover

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
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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
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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