


COBBLESTONE CROSSINGS Connection

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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**Cobblestone
Crossings**
HEALTH CAMPUS

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January 2018

Happy Birthday!

Staff

Rebecca C.	January 11
Sharlynn R.	January 12
Amanda F.	January 21
Sam M.	January 22
Bree S.	January 29

Residents

Willie Jo B.	January 03
Donald G.	January 06
Norma C.	January 08
Rogene F.	January 08
Patricia M.	January 12
Bernice G.	January 14
Robert R.	January 20
Robert Q.	January 22
Janet K.	January 24
Colleen B.	January 26
Douglas L.	January 29

Sunday Brunch

Please join us January 14 from 11am-1pm for a buffet. All family members and friends are invited to attend. Each resident is allowed 2 complimentary guests; additional guests will be charged \$7 each. Our reservation policy for brunch is that any resident or family member can call and reserve a room or table for their group. We ask that a time of 11am-12pm or 12pm-1pm be chosen for reservations. If you plan to make a reservation, please call the campus ahead of time at 812-232-0406.



Executive Director Corner

Greetings from CCHC 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 CCHC. 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 Terre Haute 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 CCHC!

Yours in service,
Nikki Griffith
Executive Director

Intergenerational

In September, we started a partnership with our friends from Sarah Scott Middle School, where we take an outing to their school each month and they provide activities for our residents. This past month we played different Christmas themed games and all of the residents went home with a special prize. The residents always are smiling from ear to ear when we get back from our afternoon with our "Scottie Friends" and go on saying how they truly love seeing all of the kids work so hard to provide these fun activities for them! We are excited to continue this program with Sarah Scott into the next year!



Gail A. unwrapping a present with oven mitts.



Nola J. playing Jingle Bell Toss.

More Photos from Intergenerational



Laura R. received a light up tree.



Bonnie H. fishing for candy canes.



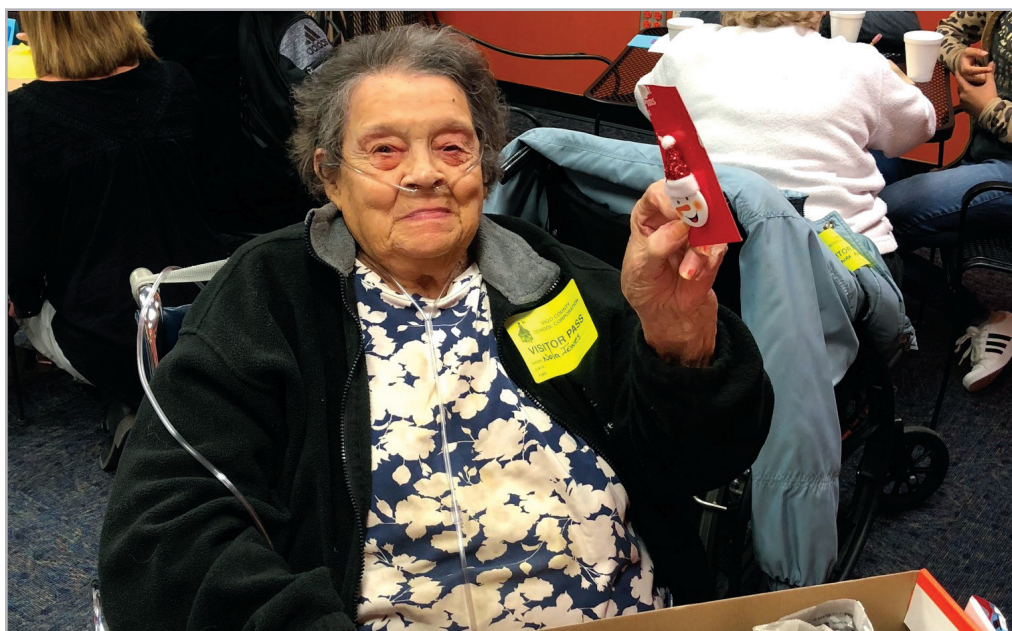
Bonnie H. bowling for Snowmen.



(Left) Meladie W. won an adorable Santa mug.



(Right) Amy W. earned herself a snowman ornament.



Nola J. with her snowmen pin she won.

Cooking Class

Our next Cooking Show is scheduled for January 4 at 6pm. The cost is \$10 per person. Please call our the facility by Jan. 1 to RSVP. For all other questions, please contact Terrie Pine, DFS.

Taste of Town

Each month CCHC selects a restaurant to bring a special treat to the residents. Our Taste of the Town for November will be from First Wok. Residents are able to enjoy a special meal prepared by the selected caterer with the convenience of not leaving the campus. The meal will be served for lunch on January 5 at 12pm.



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A Trilog Senior Living Community

A monthly newsletter serving the residents of Cobblestone Crossing Health Campus

- Nikki Griffith
Executive Director
- Debbie Haag
Director of Health Services
- Jessica Bailey
Asst. Director of Health Services
- Erin Campbell
Business Office Manager
- Jennifer Roberts
Customer Service Representative
- Bree Sparks
Life Enrichment Director
- Kim Palmer
Director of Resident Services
- Terrie Pine
Director of Dining Services
- Brandi Edwards
Therapy Program Director
- Wes Hopkins
Director of Plant Operations
- Jamie Couthen
Director of Environmental Services

Stay in the Loop  

Keep up with latest campus news and happenings by following us on your favorite social networks!
 @CobblestoneCHC
 Cobblestone Crossings 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. Fabian Calisto, Divisional Vice President: Fabian.Calisto@trilogys.com
 Compliance Hotline: 800-908-8618, ext. 2800; or comply@trilogys.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
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EIGHTEEN
 EMBRACE
 EXCURSION
 FRIENDS

FUN
 GOALS
 HAPPY HOUR
 HEALTH

LOFTY
 MIDNIGHT
 NEW YEAR
 RESOLUTIONS

SPIRIT
 STRESS
 TRAVEL
 TRIP