

COBBLESTONE CROSSINGS *Connection*



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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**Cobblestone
Crossings**
HEALTH CAMPUS

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January 2019

Happy Birthday!

Residents

Jack S.	January 01
Donald G.	January 06
Rogene F.	January 08
Bernice G.	January 14
Rosemary E.	January 17
Ida D.	January 18
Robert R.	January 20
Doug L.	January 29

Staff

Kevin M.	January 08
Rebecca C	January 11
Sharlynn R.	January 12
Amanda F.	January 21
Morgan P.	January 26
Bree S.	January 29

Sunday Brunch

Please join us Sunday, January 13 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.

Taste of Town

Each month CCHC selects a restaurant or caterer to bring a catered meal to the residents. This month's Taste of the Town will be from Charlie's Pub. Residents will get to enjoy lunch from the selected restaurant on Friday, January 4!



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.

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 Terre Haute 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 Cobblestone Crossings Health Campus!

Yours in Service,
Nikki Griffith
Executive Director

A Look Back at 2018

2018 was an eventful year of fun activities, outings, Family Nights, Themed Dinners, and Community Events here at CCHC. We are so blessed to be able to provide these memories for our residents and their families. We hope you enjoyed 2018 as much as we did and wish you the best in the New Year!



Kiss the Bricks Summer Field Trip to the Indianapolis Motor Speedway.



Bob D. showing his real life story during our South Pacific Themed Dinner.

More from A Look Back at 2018



Just the Guys Nerf Gun Course



Doug L. eating s'mores with his grandchildren at our Grandparents Day Sleepover.



Helen D. loved painting with fly swatters during our Artisans program.



First fall outing to Ditzler Orchard.



Our 2018 Life Enrichment Retreat to the Covered Bridge Festival in Bridgeton.



Gayla B. loved meeting the kitties when we delivered the toys and treats we made for the Wabache Feline Rescue.



The residents made ornaments to sell at this year's Holiday Bazaar.



Our Annual Fishing Trip to Fowler Park.



Norman H. and Aileah S. starting off our Campus in Color Season.



Carol N. made a beautiful floral arrangement during our Life Long Learning activity.

Upcoming Events

January 3

Cooking Show 6pm

January 4

Taste of Town:

Charlie's Pub 12pm

January 13

Sunday Brunch 11am-1pm

Did You Know...?

To keep up with all of the fun events and everything going on at the campus like us on Facebook at Cobblestone Crossings Health Campus and follow us on Twitter at @CobblestoneCHC!



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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
- Nikki Ellingsworth
Therapy Program Director
- Brad Elder
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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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
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ARTIST
ENRICH
FRESH
GOODIES

HOLIDAY
IMPACT
IMPROVE
JANUARY

LIVES
NAP
NEW YEAR
RESOLUTIONS

SLUGGISH
STRESS
VOLUNTEER
WINTER