

CREASY SPRINGS *Chronicle*

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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Creasy Springs
Health Campus

1750 S. Creasy Lane
Lafayette, IN 47905
Campus: 765.447.6600
Legacy: 765.807.8598
Fax: 765.447.6602
www.creasyspringshc.com

January 2018

Happy Birthday!

Residents

January 22	Margaret P.
January 22	Jane P.
January 24	Betty W.
January 24	Mary S.
January 26	Harry M.
January 27	Elbert S.

Staff

January 01	Rebecca D.
January 01	Amanda S.
January 02	Monica G.
January 03	Dee S.
January 07	Lora T.
January 11	Joan B.
January 16	Summer D.
January 18	Elizabeth D.
January 19	Brittany G.
January 20	Beth G.
January 23	Julie A.
January 26	Sunni C.



Executive Director Corner

Greetings from Creasy Springs, 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 Creasy

Springs. 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 Lafayette 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 Creasy Springs!

Yours in Service,
Justin Rife
Executive Director

Painting with a Twist



Jean is having a blast!



Margaret said "this is the best time I've had in a while!"

Upcoming Special Events

Jan. 21 Sunday Brunch

Special Outings

Jan. 03 Shopping at Walmart

Jan. 10 Tour of the Tippecanoe Court House

Jan. 17 Lunch at Shelly's Café

Jan. 24 Shopping at Sell It Here

Jan. 31 Lunch at the Downtowner

*** (Outings are subject to change.)*

More from Painting with a Twist



Harry and Clyde working on their canvas painting



Velma was very happy she decided to attend!

Happy 100th Birthday!



Happy 100th birthday Iva



Enjoying some cake and ice cream during our monthly birthday party

Tree Fluffing



Lot's of team work getting the activity room tree fluffed and ready

O'Charley's



Judy and Rosemary are ready for their free pie!

Sock Snowmen!

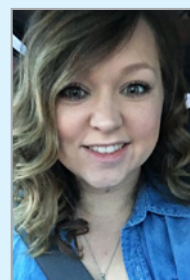


Rosemary and Gretel showing off their snowmen



Cindy and Lou with their finished product

Note from Linsey, Life Enrichment Director!



Happy New Year! Wow, 2017 has come and gone so fast! Let's hope 2018 brings us some

memorable memories filled with good health and lots of laughs and happiness just like 2017.

We do have some new outings on the calendar this month. If you see an outing that you would like to attend, please see a Life Enrichment staff to be signed up.

Our monthly Sunday Brunch will be on the 21st. Guest tickets are \$10 after the second guest. Call the campus at 765-447-6600 and make your reservation by January 16th.

We pride ourselves in ensuring we put full effort in helping our residents live out their dreams. If you have something you have always wanted to do or you would like to do again, please let us know. Although we are providing opportunities for your loved ones at our group activities, we are beyond privileged to offer "one on one visits" for those residents that are unable to, or choose not to attend group activities. I am thankful for the opportunity to grow and become an outstanding Life Enrichment Director at Creasy Springs for your loved ones.

Linsey Beardsley, LED



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A Trilogy Senior Living Community

A monthly newsletter serving the residents
of Creasy Springs Health Campus

- Justin Rife
Executive Director
- Summer Day
Director of Health Services
- Tosha Chapman
Legacy Neighborhood Director
- Beth George
Social Service Director
- Linsey Beardsley
Life Enrichment Director
- Amy Barnett
Director of Environmental Services
- Jim McDonald
Director of Plant Operations
- Mandy Walters
Director of Food Services
- Marcy Eads
Director of Therapy
- Angela Poole
Business Office Manager
- Erin Miller
Villas Lifestyle Director
- Tammy Bryant
MDS Coordinator

Stay in the Loop

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

@CreasySpringsHC
Creasy Springs Health Campus

In our recent surveys, several families
expressed a desire to call The Legacy
directly. We are happy to announce that
because of your feedback, our Legacy
now has its own number! Please look
for our new Legacy number in our
contact information.

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,
Fabian Calisto/Perry Daugherty or our
Compliance Line.

Compliance Hotline: 800-908-8618, ext.
2800; or comply@trilogyhs.com

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'Resolutions'

...continued from cover

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
M E J U P K E J R D X Q V A Z S U V D
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EIGHTEEN
EMBRACE
EXCURSION
FRIENDS

FUN
GOALS
HAPPY HOUR
HEALTH

LOFTY
MIDNIGHT
NEW YEAR
RESOLUTIONS

SPIRIT
STRESS
TRAVEL
TRIP