

CREASY SPRINGS *Chronicle*



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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Creasy Springs
Health Campus

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January 2019

Volunteer News

Volunteers give the gift of time.

Over 3,000 people presently serve as volunteers within Trilogy campuses. Families make great volunteers!!

As a volunteer, you are part of the Trilogy team. So why volunteer?

Here are just a few benefits:

- Personal satisfaction
- Community involvement
- New, meaningful friendships
- Developing new skills
- Utilizing your skills to teach others

Suggested ways to volunteer include but are not limited to:

- Manicures (nail painting)
- Visiting with Residents
- Leading an activity or teaching a skill, such as knitting or crocheting
- Reading to residents
- Helping residents get to and from activities and meals
- Photography for special events



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. 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 Lafayette 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 Creasy Springs.

Yours in Service,
Justin Rife
Executive Director

Photo Highlights



*Taste of town was a crowd favorite! Can you guess what we had?
That's right, Long John Silver!*

More Photo Highlights



Christmas tea light win glasses



Craft club with Judy Cuppy

Legacy Moments



Fun with Columbian Park Zoo.



Harry was brave enough to pet the alligator.



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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
- Kylie Deig
Legacy Neighborhood Director
- Beth George
Social Service Director
- Linsey Beardsley
Life Enrichment Director
- Amy Barnett
Director of Environmental Services
- Jodi Hollingsworth
Director of Food Services
- Marcy Eads
Director of Therapy
- Angela Poole
Business Office Manager
- Kathy Hyman
Villas Lifestyle Director
- Nancy Crowder
MDS Coordinator
- Gregory Peterson
Director of Plant Operations

Stay in the Loop
Keep up with latest campus news
and happenings by following
us on your favorite social networks!
[@CreasySpringsHC](https://twitter.com/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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'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
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
U	C	W	Y	J	S	Y	R	X	T	O	O	A	A	R	T	I	S	T
N	A	S	X	X	D	S	Y	K	H	I	X	B	K	L	U	T	T	K
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
I	D	X	I	A	P	F	L	C	Y	M	W	B	A	U	E	W	B	E
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