

FOREST GLEN *Gazette*

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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Forest Glen
Health Campus

2150 Montego Drive
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Campus: 937.390.9913
Legacy: 937.346.0397
Fax: 937.390.9915
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January 2018

Happy Birthday!

Residents

01/02	Mary D.
01/05	Norine K.
01/05	James L.
01/06	Marianne H.
01/06	Willie M.
01/06	Bernice R.
01/09	Colleen S.
01/10	Wilma M.
01/16	Joan C.
01/16	Larry S.
01/20	Mary Lou A.
01/24	Betty H.
01/27	Carolyn N.
01/29	Marjorie C.
01/30	Eugene L.
01/31	Robert F.

Staff

01/06	Brittany G.
01/08	Stacey F.
01/08	Melissa B.
01/09	Annemarie F.
01/10	Shelly L.
01/11	Rachel C.
01/11	Sydney F.
01/23	Antonay H.
01/26	Vicki S.
01/29	Angela B.

Sunday Brunch

Join us for Sunday Brunch on December 17 from 11:00 a.m. until 1:00 p.m. Each resident may invite two guests free of charge. There will be a charge of \$7 for additional guests. Enjoy a chef prepared meal and leave the dishes to us! Please RSVP to Terri Bowermaster at 937-390-9913.

Taste of Town

We will enjoy Schuler's donuts for taste of the town on January 31. Schuler's is a local landmark and has been in business since 1937. Coined as "The home of Homemade," Schuler's baked goods are known nationwide. And just think, It's right here in Springfield!



Executive Director Corner

Greetings from Forest Glen, 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 Forest Glen. 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 Springfield 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 Forest Glen!

Yours in Service,
Nathan A. Carder,
MHA, LNHA, Executive Director

Veterans Program

We honored our Veterans – residents and staff – in November. In attendance were Veterans from all branches of the Military Service. Each received a lapel pin and a beautiful certificate in appreciation and recognition of their service and sacrifice for our great nation.



Gene B. and Melanie B.

Cookies with Mr. and Mrs. Claus

Forest Glen had an early visit from Santa and Mrs. Claus this year! Our very own KC B. was Mrs. and her hubby Ron B. was Santa. They shared their joy and love for many years in their own community and now with the Forest Glen family. Everyone who came got their picture taken and decorated a fresh baked Christmas cookie.



Bob and Mary A.



Mary Lou A.



Group picture with Mr. and Mrs. Claus

Out and About

Our "Out and About" group enjoyed pizza and salad from Pizza Hut.



Ann A. and Dan L.



Dorothy B. and son Harold

Family Night

We celebrated family and friends at our Thanksgiving Feast. The food was outstanding and the fellowship set the mood for this wonderful event. This is a much-anticipated annual event where families can gather and enjoy a delicious meal served in true Trilogy fashion!



Frank and Vicki S.



Genevieve S. and friend

Smile of the Month

Our Executive Director was all smiles on his special day! We all enjoyed celebrating with him and sharing his cake! Getting older is not so bad when you can share your day with friends!



Did You Know...?

- The Private Dining Room can be reserved for special events you would like to share with your family member. You can reserve the room for birthday parties, family meals or other special occasion.
- Happy Hour is weekly at 4:00 p.m. in the Health Care and Assisted Living Dining Rooms as well as the Legacy Lounge. Join us for refreshments, fun and fellowship.



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A Trilogy Senior Living Community

A monthly newsletter serving the residents of Forest Glen Health Campus

- Nathan Carder
Executive Director
- Melisa Newman
Director of Health Services
- Tammy Inman
Assistant Director of Health Services
- Teresa Blue
Customer Service Specialist
- Jamie Craig
Customer Service Representative
- Paula Burgstaller
Life Enrichment Director
- Linda Jenkins
Director of Resident Services
- Tonya Martin
Therapy Program Manager
- Mary Swank
Legacy Neighborhood Director
- Mia Klosterman
Staff Development Director
- Mary Beth Schmitt
Medical Records

Stay in the Loop  

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

@ForestGlenHC

Forest Glen 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 or our Compliance Line. Matt Haynes, Divisional Vice President: Matt.Haynes@trilogyhs.com. Compliance Hotline: 800-908-8618, ext. 2800; or comply@trilogyhs.com

Newsletter Production by PorterOneDesign.com

'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

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W I U W L L D E R D E A T R P U G G Q
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EIGHTEEN
EMBRACE
EXCURSION
FRIENDS

FUN
GOALS
HAPPY HOUR
HEALTH

LOFTY
MIDNIGHT
NEW YEAR
RESOLUTIONS

SPIRIT
STRESS
TRAVEL
TRIP