

# FOREST GLEN *Gazette*



## 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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**Forest Glen**  
*Health Campus*

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Springfield, OH 45503  
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January 2019

# Happy Birthday!

## Residents

Gertrude J.	January 03
Willie M.	January 06
Bernice R.	January 06
Valentina S.	January 09
Wilma M.	January 10
Jo T.	January 13
Joan C.	January 16
Beatrice Y.	January 17
Mary Lou A.	January 20
Betty H.	January 24
Carolyn N.	January 27
Mary M.	January 29
Janet D.	January 30
Robert F.	January 31

## Staff

Shelly R.	January 10
Audrey A.	January 10
Sydney F.	January 11
Chelsie R.	January 23
Rena A.	January 23
Antonay H.	January 23
Donna B.	January 24
Ethan G.	January 25
Vicky S.	January 26
Angela B.	January 29

## Sunday Brunch

Join us for Sunday Brunch on January 20, 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.



## 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. 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 Springfield 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 Forest Glen!

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

## Volunteer News

On December 10, 2018, Bert W. celebrated her 11th anniversary of volunteering at Forest Glen. Bert's mother was a resident with us. Relationships developed between Bert and many residents and staff during her visits. This led Bert to begin volunteering. After her mother passed, Bert decided she would like to continue volunteering. During her time as a volunteer, she has lead Euchre games and singing groups, helped with Casino nights, served Thanksgiving Feasts and served Independent Living Residents during Happy Hour. Her service and servant's heart have endeared her to so many at Forest Glen. Thanks for all you do, Bert! Happy anniversary!





**Secret Santa** Northminster Presbyterian Church has hosted a Secret Santa shop at Forest Glen for five years. Church volunteers accept various donations throughout the year from the congregation and set up the items on tables where residents can shop for their loved ones free of charge! The generosity of the church group gives the residents an opportunity to do some good gifting at Christmas. Pictured are Mary L., Ann A., Marilyn C. and Hope B.



## Living Arts

In addition to making beautiful art, our Creative Arts Group likes to be involved in helping the community. For a recent group, everyone wrapped children's gifts to donate to the Free Hands Store. This store assists individuals and families with various need at no charge! After enjoying each other's company while gift-wrapping, Pastor Woody, who runs the store, paid a visit to Forest Glen with a huge thank you to receive the gifts.



## Smile of the Month

There is a new just-for fun activity at Forest Glen! It is a Happy Cart filled with all sorts of goodies. Managers take it around to staff once each week. That is why Ashleigh M. is smiling!



## Taste of Town

We will enjoy Lee's Famous Recipe Chicken for taste of the town on January 30. It's finger licking good!

## 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 4:00pm 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
- Tami Mayes  
Assistant Director of Health Services
- Teresa Blue  
Customer Service Specialist
- Alivia Huffine  
Customer Service Representative
- Paula Burgstaller  
Life Enrichment Director
- Linda Jenkins  
Director of Resident Services
- Tonya Martin  
Therapy Program Manager
- Mary Swank  
Legacy Neighborhood Director
- Aleah Rader  
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

# '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