

FOREST SPRINGS *Press*

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 Springs
Health Campus

4120 Wooded Acre Lane
Louisville, KY 40245
Phone: 502.243.1643
Fax: 502.243.1678
www.forestspringshc.com

January 2018

Happy Birthday!

Thomas P.	January 19
Stephen V.	January 20
Linda M.	January 24
Kallie O.	January 26

Out and About

The Life Enrichment Department enjoys taking our residents on trips within the community. We not only like going out to eat, we enjoy educational outings as well. We have a great time on our outings and we hope you can join in on the fun. Please check out your monthly calendar and LifeShare to see our upcoming events and let the Life Enrichment Department know in advance if you would like to go, so we can save you a spot! Just a friendly reminder if you would like to participate in outings: you will need to provide your own financial resources. Please see the Life Enrichment Director for more information.

Taste of the Town

Taste of the Town is an opportunity on the third Tuesday of every month for our residents to “eat out” without the hassles of leaving the building! Residents are encouraged to provide feedback to our chef during “Chef Circle”. Resident preferences will determine the restaurant we will host at our campus for the month.



Executive Director Corner

Greetings from Forest 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 Forest

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 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 Louisville 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 Springs!

Yours in Service,
Sean McCoy
Executive Director

Activity Highlights



Lunch at Sichuan Gardens



Trinity Chapel making joyful noise!



Resident Spotlight: *Shirley S.*

Shirley was born and raised in Mt. Olive, Illinois, a small town of twenty-four hundred people. She was an only child. Shirley graduated from Mt Olive High School where she was the Homecoming Queen. She then went on to attend Eastern Illinois University where she earned her masters at the University of Louisville.

Shirley met her husband Bill, at a dance where she and her friends used to gather and she stated that she loved to jitter bug. They were married for fifty-five years and have three children, Linda, Marilyn and Bob. She is the proud grandmother of six grandchildren and six great grandchildren.

She moved to Kentucky, when her husband got a job in Louisville. She was a schoolteacher and taught Elementary School for twenty- there years for Jefferson County Public School System.

She enjoys playing bridge and is always looking to get a game going. She also enjoys bunco, reading, traveling, gardening and baby-sitting. She is a member of Meadowview Presbyterian Church.

We are blessed to have Shirley as part of our family here at Forest Springs!

More from Activity Highlights



Ruby making peanut butter cookies!



It's Bingocize Time!



Lunch at Claudia Sanders

Live A Dream

Our "Live a Dream" program is designed to grant long-held wishes for our residents. We collaborate with the Trilogy Foundation to help finance our bigger dreams, but even small dreams are granted, through this wonderful program. Please let the Life Enrichment Director know if your loved one has expressed a wish and will do our best to grant it!

Sunday Brunch

We always look forward to mingling with our residents and their families and friends during our Sunday Brunches, the second Sunday of every month. Each resident can invite up to two guests free of charge. Additional tickets may be purchased for \$10 from the business office or that day from a staff member. If you anticipate bringing a large group, reservations are accepted up to three days in advance. *Our Chef will be ramping up a new menu. So come join us for a delicious meal!*

Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link at forestspringshc.com and you can also see our monthly calendar.

Please follow us on Facebook and Twitter! You will see a lot of fun and exciting things we do here at our campus!

Don't forget to ask about how to get hooked up to LifeShare. Ask our staff to get started!



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A Trilogy Senior Living Community

A monthly newsletter serving the residents of Forest Springs Health Campus

- Sean McCoy
Executive Director
- Becky Dunaway
Life Enrichment Director
- Kelsey Strader
Customer Service Specialist
- Allison Garrett
Villa Lifestyle Director
- Kelsey Strader
Community Services Representative
- Laurie Patton
Director of Medical Records
- Julie Cash
Business Office Manager
- Sarah Zehnder
Director of Assisted Living
- Jimmie Miller
Director of Plant Operations
- Suzette White
Director of Environmental Services
- David Williamson
Director of Food Service
- Jennifer Alvarez
Social Services Director
- Tammy Bailey
Director of Post-Acute
- Krista Shepherd
Assistant Director of Post-Acute

Stay in the Loop  

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

@ForestSpringsHC

Forest Springs 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. Melissa Larmour, Divisional Vice President: 859-234-2702 Melissa.Larmour@trilogyhs.com Compliance Hotline: 800-908-8618, ext. 2800; or comply@trilogyhs.com

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'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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EIGHTEEN
 EMBRACE
 EXCURSION
 FRIENDS

FUN
 GOALS
 HAPPY HOUR
 HEALTH

LOFTY
 MIDNIGHT
 NEW YEAR
 RESOLUTIONS

SPIRIT
 STRESS
 TRAVEL
 TRIP