

FOREST SPRINGS *Press*



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 Springs
Health Campus

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January 2019

Happy Birthday!

Tom W.	January 05
Dickie C.	January 05
Kallie O.	January 26
Mary M.	January 29

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. So come join us for a delicious meal!

Just a Reminder

The Holiday's are here. We have rooms that you can reserve for a special family get together. We encourage you to call and reserve the times you want by calling Makenzie as soon as possible!

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!



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 at Forest 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 Louisville 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 Springs!

Yours in Service,
Sean McCoy
Executive Director

Photo Highlights

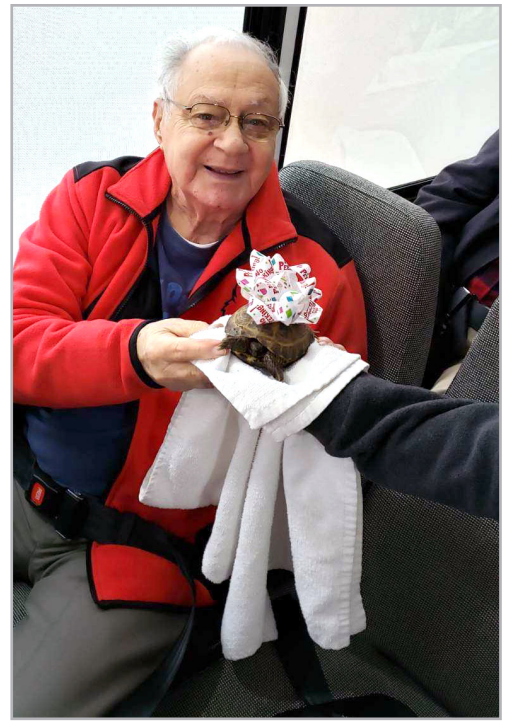


Lunch at Raising Cane's!

More Photo Highlights



Starting a good game of Scrabble!



Ray with a Russian Tortoise!



Making Sun Catchers!



Art with Don!

Taste of 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. Last month we had Chick-fil-a and the famous cow paid us a visit.

Volunteers Needed

Forest Springs strives to make all of our resident's days fun and enjoyable. Volunteers are the heart and soul of our campus and the key to making that happen. We are asking for just one hour per week/month to make a difference in their lives. If you are interested please contact: Becky Dunaway Life Enrichment Director.



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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
Taelor Adams
Customer Service Specialist
Allison Garrett
Villa Lifestyle Director
Kelsey Strader
Community Services Representative
Julie Cash
Business Office Manager
Denise Bevins
Director of Assisted Living
Keith Dobson
Director of Plant Operations
Suzette White
Director of Environmental Services
David Williamson
Director of Food Service
Jennifer Alvarez
Social Services Director
Krista Shepherd
Director of Post-Acute
Brandon Campbell
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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'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
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ARTIST
ENRICH
FRESH
GOODIES

HOLIDAY
IMPACT
IMPROVE
JANUARY

LIVES
NAP
NEW YEAR
RESOLUTIONS

SLUGGISH
STRESS
VOLUNTEER
WINTER