

NORTH RIVER News

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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North River
HEALTH CAMPUS

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January 2018

Happy Birthday!

Marian O.

January 17

Did You Know...?

You can read the monthly newsletter on-line. Please follow the campus link: www.nriverhc.com

The Private Dining Room can be reserved for family gatherings, birthdays and more!

Out and About

Ladies and gentlemen, start your engines! Our residents enjoyed a trip to the Dream Car Museum where they saw cars from all eras and price ranges. Residents learned about the different vehicles, how they came to be and saw neon signs and memorabilia from days past!



Executive Director Corner

Greetings... from North River Health Campus 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 North River. 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 are 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 communities of Vanderburg and Warrick counties. 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 North River!

Yours in Service,

Vicky Harpenau, HFA
Executive Director



Sunday Brunch

North River welcomed over 90 family members and friends to our Thanksgiving Sunday Brunch on November 12. Our residents and families enjoyed the traditional Thanksgiving fare along with an array of Sunday Brunch treats. Thank you for gathering together with us as we celebrated the season of giving!



Honor Everywhere

On Tuesday November 21, North River Health Campus, in conjunction with Rolling Thunder and Heart to Heart Hospice, held an Honor Everywhere program for our veterans of World War II, the Vietnam War and the Korean War. This program is held to honor veterans of these wars, who cannot travel to Washington DC on an Honor Flight to see the monuments in person. Our five veterans were honored with a certificate, pinning, and shown a video of our nation's monuments honoring the troops who fought in and during these wars. Rolling Thunder also presented the Missing Man Table ceremony, honoring those Missing in Action or Prisoners of War who have yet to return home. North River would like to say thank you to our veterans for the courage, honor and commitment they have shown our country and community through their service.



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A Trilogy Senior Living Community

A monthly newsletter serving the residents of North River Health Campus

- Vicky Harpenau
Executive Director
- Kealy Turpin
Director of Health Services
- Jennifer Reeb
Villa Lifestyle Director
- Julie Vandever
Community Service Representative
- Katelin Bradley
Life Enrichment Director
- Teri McNeely
Social Services Director
- Kelley Tenbarge
Business Office Manager
- Shane Render
Director of Dining Services
- Maddie Cook
Environmental Service Director
- Mike Peak
Director of Plant Operations

Stay in the Loop  

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

@NorthRiverHC

North River 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, Rhonda Warner or the Compliance Line. 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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| EXCURSION | HAPPY HOUR | NEW YEAR | TRAVEL |
| FRIENDS | HEALTH | RESOLUTIONS | TRIP |