

NORTH RIVER News

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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North River
HEALTH CAMPUS

811 East Baseline Rd.
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Phone: 812.867.7256
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www.nriverhc.com

January 2019

Happy Birthday!

Staff

Tracy S.	January 03
Stephanie W.	January 14
Amy S.	January 16
Debra S.	January 20
Sophie W.	January 25
Melissa C.	January 26
Karli A.	January 27
Jamia N.	January 27

Residents

Shirley R.	January 17
Marian O.	January 17
Imolee B.	January 19

Live a Dream

We were honored to have been able to send veteran, Bill, on the most recent Honor Flight with Southwestern Indiana Honor Flight. Bill and our CRCA Mallory traveled to Washington D.C. with other veterans to observe the war memorials and sights of Washington. Thank you for your service Bill!

Did You Know...?

That you can read the monthly newsletter on-line in addition to the printed copy or rather than receiving it in the mail? Please follow the campus link: www.nriverhc.com and let us know you would like to discontinue the newsletter by mail.



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. 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 Vanderburgh and Warrick County communities. 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 North River!

Yours in Service,

Vicky Harpenau, HFA
Executive Director

Taste of the Town

North River residents were treated to Subway for the November Taste of the Town! Thank you Subway and also to our home sandwich artists, Angie-Director of Health Services and Lisa-Customer Service Specialist.





Out and About

In honor of Veteran's Day, our residents, staff and family visited the Evansville War Museum. We were treated to a tour of the facility complete with machinery, vehicles and memorabilia of the times.



Resident Thanksgiving Meal

North River staff and residents came together to prepare a meal that they could enjoy together before the holidays! Special thank you to resident Marian O. for providing recipes to her dressing, cranberry salad and dumplings and assisting us with the process!



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 **A Trilogy Senior Living Community**

A monthly newsletter serving the residents of North River Health Campus

- Vicky Harpenau
Executive Director
- Angela Wilhite
Director of Health Services
- Delores Ellis
Assistant Director of Health Services
- Jennifer Reeb
Villa Lifestyle Director
- Lisa Whitten
Customer Service Specialist
- Julie Vandever
Community Service Representative
- Katelin Bradley
Life Enrichment Director
- Megan Miller
Social Services Director
- Eli Haddix
Director of Food Services
- Maddie Cook
Environmental Service Director
- Mike Peak
Director of Plant Operations
- Nikki Collins
Staff Development

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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'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
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ARTIST
 ENRICH
 FRESH
 GOODIES

HOLIDAY
 IMPACT
 IMPROVE
 JANUARY

LIVES
 NAP
 NEW YEAR
 RESOLUTIONS

SLUGGISH
 STRESS
 VOLUNTEER
 WINTER