

# OAKWOOD *Happenings*

## 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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**Oakwood**

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Tell City, IN 47586  
Phone: 812.547.2333  
Fax: 812.547.2312  
[www.oakwoodhs.com](http://www.oakwoodhs.com)

January 2018

# Happy Birthday!

## Residents

Marie S.	January 04
Burk S.	January 12
Mary J.	January 16
Clara W.	January 19
Dean B.	January 20
Eloise K.	January 26
Gertrude R.	January 26
Bruce G.	January 31

## Staff

Marrie D.	January 06
Tiffany B.	January 09
Miranda C.	January 14
Evan F.	January 16
Janice J.	January 16
Tammy L.	January 17
Dawn M.	January 19
Shirley N.	January 19
Coutney M.	January 21
Linda F.	January 24
Madilyn H.	January 27

## Sunday Brunch

January 14th 11am -1pm  
Assisted Living Dining Room

## Taste of Town

Wendy's



## Executive Director Corner

Greetings  
from  
Oakwood  
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 Oakwood

Health Campus 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 Perry County 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 Oakwood Health Campus!

Yours in Service,

*Jon Howard*  
Executive Director

## Volunteer News

Volunteers are a true blessing to have in our building. Throughout the holidays they have taken time away their lives and loved one to share time with our Residents. On behalf of the the Residents we Thank you.



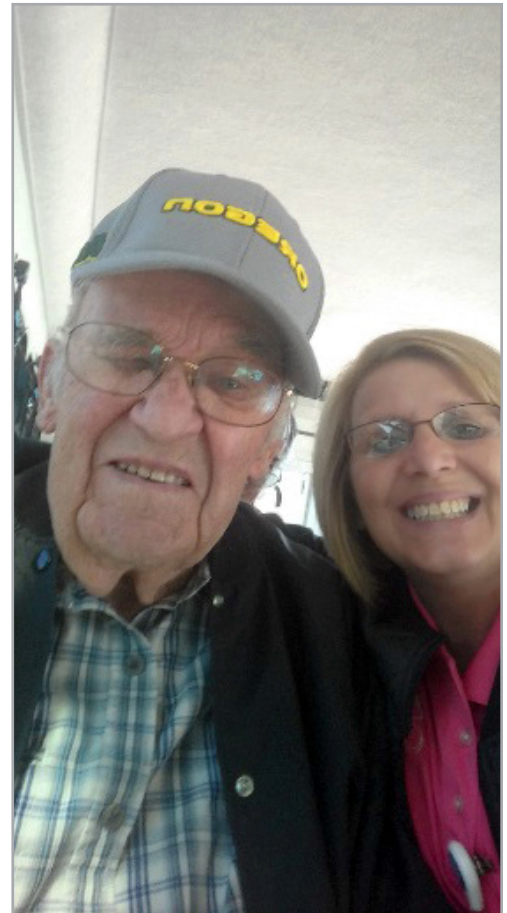
# Living Arts

Making jewelry and cooking are just a couple of our favorite thing to do.



# Smiles of the Month

Just to see you smile!!!





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 **A Trilogy Senior Living Community**

*A monthly newsletter serving the residents  
of Oakwood Health Campus*

- Jon Howard  
Executive Director
- Dawn Foster  
Director of Health Services
- Jennifer Coyle  
Community Support Representative
- Jennifer Coyle  
Community Support Specialist
- Stacy Talbott  
Social Services Director
- Jill Weedman  
Rehab Director
- Sherry Riley  
Life Enrichment Director
- Melody Daughtery  
Business Office Manager
- Penny Moorman  
Director of Dining Services
- Ryan Morton  
Director of Plant Operations
- Mindy Fulkerson  
Laundry/Housekeeping Director
- Polly Story  
Villa Director

**Stay in the Loop**    
Keep up with latest campus news  
and happenings by following  
us on your favorite social networks!  
[@OakwoodHC](https://twitter.com/OakwoodHC)  
Oakwood 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. Rhonda Warner,  
Divisional Vice President:  
[Rhonda.Warner@trilogyhs.com](mailto:Rhonda.Warner@trilogyhs.com)  
Compliance Hotline: 800-908-8618,  
ext. 2800; or [comply@trilogyhs.com](mailto: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

L	K	H	Q	G	F	H	O	B	U	N	I	P	T	X	K	Q	N	U
W	I	U	W	L	L	D	E	R	D	E	A	T	R	P	U	G	G	Q
M	E	J	U	P	K	E	J	R	D	X	Q	V	A	Z	S	U	V	D
R	H	X	B	L	X	Q	P	P	G	G	K	M	V	S	I	N	Q	L
O	P	Z	C	N	E	W	Y	E	A	R	S	V	E	P	N	P	Q	O
Q	X	D	P	U	M	O	E	G	C	D	W	R	L	K	O	G	J	F
A	Q	O	U	H	R	W	B	F	N	P	T	U	P	W	B	O	D	T
P	G	U	T	A	L	S	L	E	Q	S	Q	W	R	A	E	A	I	Y
L	H	Q	G	P	I	P	I	B	A	O	X	A	K	X	R	L	T	E
V	R	B	W	P	M	R	A	O	D	Q	X	F	O	W	N	S	V	M
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T	B	O	S	P	I	R	I	T	X	H	Y	K	J	P	H	J	T	V
P	K	M	I	D	N	I	G	H	T	I	H	C	L	E	O	Z	N	P
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R	E	Q	E	N	H	K	E	O	E	I	G	H	T	E	E	N	D	Q

EIGHTEEN  
EMBRACE  
EXCURSION  
FRIENDS

FUN  
GOALS  
HAPPY HOUR  
HEALTH

LOFTY  
MIDNIGHT  
NEW YEAR  
RESOLUTIONS

SPIRIT  
STRESS  
TRAVEL  
TRIP