

OAKWOOD *Happenings*



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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Oakwood

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Tell City, IN 47586
Phone: 812.547.2333
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www.oakwoodhs.com

January 2019

Happy Birthday!

Residents

01/04 Marie S
01/20 Dean B
01/27 Doris T

Staff

01/03 Ashley A
01/07 Kylie D.
01/09 Tiffany B.
01/11 Vanessa B.
01/16 Madilyn H
01/16 Janice J.
01/16 Evan F
01/19 Tori M.
01/19 Shirley N.
01/21 Layla P.
01/21 Tina D.
01/21 Cori R
01/22 Morgan H.
01/24 Linda F.
01/25 Tammy S.
01/27 Madilyn H

Sunday Brunch

January 13th, 2019

Taste of Town

Nobles IGA

Themed Dinner

February 28th New Orleans

Marti Gras

Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link: www.oakwoodhs.com.

The Private Dining Room can be reserved for birthday parties and special occasions. Contact Sherry Riley Life Enrichment Director for your reservations.

Happy Hour is weekly on Fridays at 3:00 PM



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. 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 Perry County 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 Oakwood!

Yours in Service,
Jon Howard
Executive Director

Volunteer News

Perry Central High School singing for our residents.





Living Arts

Ending the 2018

by learning how to make old time favorite holiday decorations in a new way.



Legacy/Legacy Lane Spotlight

Residents are staying fit by playing games and having fun.



Smiles of the Month

Anna always has a hello and a smile for everyone!





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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

Polly Story
Community Support Representative

Whitney Zellers
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

Jennifer Burk
Laundry/ Housekeeping Director

Jenny Brunner
Villa Director

Stay in the Loop  

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

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

ARTIST
ENRICH
FRESH
GOODIES

HOLIDAY
IMPACT
IMPROVE
JANUARY

LIVES
NAP
NEW YEAR
RESOLUTIONS

SLUGGISH
STRESS
VOLUNTEER
WINTER