

RIVER TERRACE 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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RIVER TERRACE
HEALTH CAMPUS

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January 2018

Happy Birthday!

Residents

Burton M. January 07

Richard G. January 07

Staff

Jennifer R. January 01

Katelynn G. January 08

Rebekah S. January 08

Rebecca W. January 12

Vicki K. January 16

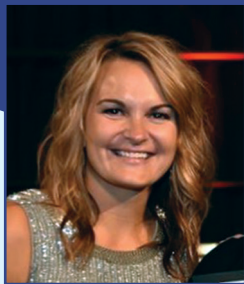
Tina B. January 25

Did You Know...?

- We have multiple private dining rooms that you can reserve for any event. Just call our guest relations and schedule a day and time with us.
- Happy Hour is every Friday at 3:30. Come enjoy some live music, small appetizers and drinks!

The Most Wonderful Time of the Year

Our campus is beautiful all year but it has that extra sparkle during the holidays and it is all thanks to our wonderful residents. Everyone had a part in getting our building ready for Christmas and it turned out amazing.



Executive Director Corner

Greetings from River Terrace 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 River

Terrace. 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 Madison 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 River Terrace!

Yours in Service,

Brittan Mefford

Executive Director



Soul Food

Nothing is quite better than some good southern cooking. We took a trip to Claudia Sanders restaurant to get just that.



Sand Art

We are truly blessed with the volunteers that we have and love their passion to put a smile on anyone's face. The art that came out of this project was amazing and one of a kind.



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 **A Trilogy Senior Living Community**
A monthly newsletter serving the residents
of River Terrace Health Campus

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Executive Director

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Director of Health Services

Jennifer McFadden
Assistant Director of Health Services

Kyle Sphire
Director of Social Services

Michael Maloney
Director of Plant Operations

Eric Clippert
Director of Food Services

Katelynn Gosman
Life Enrichment Director

Lisa Crawford
Business Office Manager

Dana Riddle
Customer Services Representative

Evelyn Reynolds
Director of Environmental Services

Tina Bell
Medical Records

Stay in the Loop  

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

@RiverTerraceHC

River Terrace 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, Andrea Bladen
or our 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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EIGHTEEN
EMBRACE
EXCURSION
FRIENDS

FUN
GOALS
HAPPY HOUR
HEALTH

LOFTY
MIDNIGHT
NEW YEAR
RESOLUTIONS

SPIRIT
STRESS
TRAVEL
TRIP