

# RIVER TERRACE 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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**RIVER TERRACE**  
HEALTH CAMPUS

120 Presbyterian Ave.  
Madison, IN 47250  
Phone: 812.265.0080  
Fax: 812.265.0082  
[www.riverterrhc.com](http://www.riverterrhc.com)

January 2019

# Happy Birthday!

## Residents

Jan 7th	Burton M.
Jan 10th	Robert T.
Jan 15th	Patsy A.
Jan 17th	Margaret C.
Jan 24th	Renny R.
Jan 25th	Joseph Q.

## Sunday Brunch

Sunday Brunch is held once a month here at River Terrace Health Campus and it is a wonderful event! There is nothing better than spending time with the ones we love, while sharing great food! The year 2019 is in full swing and we would like to invite you all to our first Sunday Brunch of the year on January 20th from 11am - 1pm. Come and spend precious time with the ones that you love!

## Volunteer News

Here at River Terrace Health Campus we have many amazing volunteers. We also have many groups and organizations that volunteer their time to do many different activities with our Residents. The month of December was a month filled with special activities facilitated by groups and organizations from the community!!! Thank you for sharing your time during this Holiday time with us! You make a difference in the lives of our residents.



## 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 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 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 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 Health Campus.

Yours in Service,  
*Brittan Mefford*  
Executive Director

## Cookies With Santa

Thank you to everyone who participated in Cookies with Santa! It was a success. Enjoy our Santa photo collage.





# More from Cookies with Santa





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

*Brittan Mefford*  
Executive Director

*Krissy Sample*  
Director of Health Services

*Jennifer McFadden*  
Assistant Director of Health Services

*Kyle Sphire*  
Director of Social Services

*Michael Maloney*  
Director of Plant Operations

*Eric Torline*  
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](mailto:comply@trilogyhs.com)*

*Newsletter Production by PorterOneDesign.com*

# '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
O	L	J	R	Q	Z	Z	S	L	U	G	G	I	S	H	Y	M	D	D
L	S	F	O	E	K	A	R	T	F	N	L	N	Z	H	V	Z	B	A
U	C	W	Y	J	S	Y	R	X	T	O	O	A	A	R	T	I	S	T
N	A	S	X	X	D	S	Y	K	H	I	X	B	K	L	U	T	T	K
T	M	V	Y	C	U	B	G	J	T	Q	E	N	R	I	C	H	Z	M
E	I	X	J	F	Y	O	N	U	V	E	V	F	H	V	I	S	O	P
E	W	L	X	A	S	F	L	J	B	R	P	W	W	T	M	I	A	B
R	R	M	P	T	N	O	B	A	L	L	Y	P	P	R	P	N	X	W
V	G	P	G	R	S	U	X	E	Y	G	D	G	I	B	R	V	W	I
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
Q	L	I	V	E	S	Y	Y	P	C	L	A	M	X	A	D	A	J	N
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