

THE SPRINGHURST *Sentinel*

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.

...continued on back page



Springhurst
Health Campus

628 N. Meridian Road
Greenfield, IN 46140
Campus: 317.462.7067
Legacy: 317.468.7168
Fax: 317.462.7007
www.springhursthc.com

January 2018

Happy Birthday!

Residents

January 01	Loraine A.
January 03	Kenneth D.
January 03	Frances D.
January 06	Marjorie A.
January 07	Dorothy S.
January 08	Helen S.
January 08	Mary T.
January 08	Joseph H.
January 08	Caroline W.
January 09	Geneva F.
January 19	Sharon Y.
January 20	Wilma W.
January 21	Patricia W.
January 21	Josephine L.
January 23	Harold N.
January 23	Betty F.
January 31	Albert V.

Out and About

We are on the go with the residents 2 times per week!

Sunday Brunch

Join your loved one for Sunday Brunch December 17th. Please sign up and pay for your Brunch tickets. 2 complimentary tickets per resident and only \$7.00 after for each guest.

Did You Know...?

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

The Private Dining Room can be reserved for parties, reunions, and much more.

Happy Hour is weekly at 3pm weekly. Family and friends are encouraged to attend with their loved one!



Executive Director Corner

Executive Director Corner-Greetings

from Springhurst 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 Springhurst. 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 Greenfield 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 Springhurst Health Campus!

Yours in Service,
Traci J. Scott, HFA, BSM
Executive Director

Volunteer News

Thanks to Kurt V. for volunteering his time to speak at our Veterans Program and a special Thank You to all of our Veterans for their service.



Living Arts

The residents made jewelry during our Living Arts Program.



Themed Dinner

The residents will be enjoying Broadway Themed Dinners this year including: My Fair Lady, Sound of Music, South Pacific, and Beauty and the Beast. Nicole Bridgens entertains the residents during our Caribbean Cruise Theme Dinner.

Legacy Lane Spotlight

The residents are always ready for engaging activities including: Learning about our Summer/Fall Harvest while shucking corn. We can't forget our furry friends visit!



Corn Shucking



Mary with dogs

Featured Resident



Louella G. cuddling with Gretta!



Gretta the Therapy Dog Fashion Show!

Taste of Town

The second Tuesday of each month the residents will be served a meal from a local restaurants. Last months was Cracker Barrel.



Smile of the Month



Bernice T. pictured learning about Snapchat filters during our TechFit Program. 'Tis the Season!



Springhurst
Health Campus

628 N. Meridian Road
Greenfield, IN 46140
Campus: 317.462.7067
Legacy: 317.468.7168
Fax: 317.462.7007
www.springhursthc.com



A Trilogy Senior Living Community

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

- Traci Scott
Executive Director
- Christy Canter
Director of Health Services
- Julie Brown
MDS Coordinator
- Dana Kirkpatrick
Director Resident Services
- Teri House
Community Services Rep.
- Rondy Feller
Life Enrichment Director
- Laura Titara
Villa Lifestyle Director
- Angie Janes
Dir. of Environmental Services
- Deb Vetter
Legacy Neighborhood Director
- April Durbin
Director of Dining Services

Stay in the Loop  

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

@SpringhurstHC

Springhurst Health Campus

*In our recent surveys, several families
expressed a desire to call The Legacy
directly. We are happy to announce
that because of your feedback, our
Legacy now has its own number!
Please look for our new Legacy
number in our contact information.*

*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.*

Adam Parton, Divisional Vice
President: Adam.Parton@trilogy.com

Compliance Hotline: 800-908-8618,
ext. 2800; or comply@trilogyhs.com

Newsletter Production by
PorterOneDesign.com

'Resolutions'

...continued from cover

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