

THE SPRINGHURST *Sentinel*

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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Springhurst
Health Campus

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January 2019

Happy Birthday!

In astrology, those born between January 1–19 are Capricorn's Goats. Goats are focused on lofty goals; these hardworking and determined souls will prevail with grit and resilience. Those born between January 20–31 are Water Bearers of Aquarius. Water Bearers are deep-thinking intellectuals, unafraid of exploring outlandish ideas. Their strong sense of community makes them good friends and valuable team members.

January 1st	Lorraine A.
January 3rd	Kenneth D.
January 3rd	Frances D.
January 4th	Harry F.
January 4th	Ida H.
January 6th	Marjorie A.
January 7th	Dorothy S.
January 7th	Jerry A.
January 8th	Mary T.
January 8th	Caroline W.
January 9th	Geneva F.
January 12th	Gladys K.
January 17th	Joann G.
January 18th	Jerry J.
January 21st	Betty C.
January 21st	Pat W.
January 23rd	Harold N.
January 23rd	Betty F.
January 25th	Marva P.

Sunday Brunch

Join your loved one for Brunch January 20th. We offer two free tickets per resident, if needing more tickets the cost to purchase is only \$7.00 each.



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 Health

Campus. 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 Greenfield 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 Springhurst Health Campus!

Yours in Service,
Andy Musser
Executive Director

Andy and His Dog Cass



Tree Lighting & Holiday Party



HC Council President: Lois B.

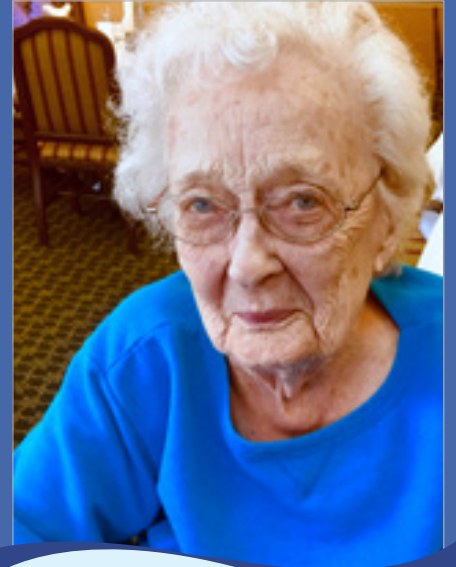


AL President: Ellen B.



Special Events

There is no one else on this planet like Loraine A. Caring, pretty, funny, patient and extremely crafty; Loraine is in class all by herself. We will be celebrating her 106th birthday on January 01, 2019 in Riley Lounge at 2:00pm.



Living Arts



Volunteer News

Would you like to spend an hour or more with our residents? We have activities, outings, and special events each month where volunteers can help enrich the lives of our residents. For more information about volunteer opportunities, please contact our Life Enrichment team. You can complete an application online at <http://trilogyhs.wufoo.com/forms/hearts-and-hands-volunteer>.

Live a Dream

Do you know a resident who has a dream? If so, please ask our Life Enrichment team about our Live a Dream program. The dream could come true!



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

- Andy Musser
Executive Director
- Janice Davis
Director of Health Services (Interim)
- Julie Brown
MDS Coordinator
- Dana Kirkpatrick
Director Resident Services
- Teri House
Community Services Rep.
- Angie Brooks
Life Enrichment Director
- Jean Wuerch
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

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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
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
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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