

ST. CHARLES Connection

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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St. Charles
Health Campus

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Phone: 812.634.6570
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www.stcharleshc.com

January 2018

Happy Birthday!

Staff

January 05	Paula G.
January 05	Jamie W.
January 06	Darla I.
January 08	Angie L.
January 13	Emily F.
January 14	Joyce J.
January 18	Darlene W.
January 20	Merris E.
January 22	Melissa S.
January 29	Sara W.
January 31	Sharon S.

Residents

January 04	Alvera J. G.
January 05	Jack W.
January 05	Betty W.
January 11	Louise P.
January 15	Lorene M.
January 17	Ronald F. F.
January 26	Hilbert F.
January 30	James B.



Executive Director Corner

Greetings from St Charles

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 St

Charles. 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 Jasper 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 St Charles Health Campus!

Yours in Service,
Todd Maki, HFA, RN, CDP
Executive Director



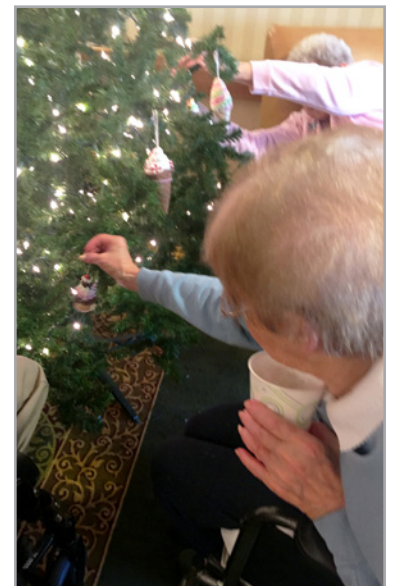
Out and About

The residents love going on bus rides to see the lights! They were able to visit with one of the resident's daughter and her Great Dane!



Living Arts

THANK YOU to ALL who helped with Christmas trees this year! We greatly appreciate it every year and always look forward to having help putting up the trees and taking the trees down.






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A Trilogy Senior Living Community
*A monthly newsletter serving the residents
 of St. Charles Health Campus*

- Todd Maki
Executive Director
- Tricia Blackgrove
Director of Health Services
- Lisa Dorsey
Asst. Director of Health Services
- Pamela Cissell
MDS Coordinator
- Theresa Wolf
Community Services Director
- Bailey Cronin
Business Office Manager
- Joy Jackson
Guest Relations
- Jenny Weinzapsel
Social Services Director
- Deena Mokris
Therapy Program Director
- Jamie Welker
Director of Environmental Services
- Toni Clifton
Assisted Living Unit Manager
- Sherri Byers
Life Enrichment Director

Stay in the Loop  
 Keep up with latest campus news
 and happenings by following
 us on your favorite social networks!
 @StCharlesHC
 St. Charles 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@trilogys.com
 Compliance Hotline: 800-908-8618, ext.
 2800; or comply@trilogys.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

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
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EIGHTEEN
 EMBRACE
 EXCURSION
 FRIENDS

FUN
 GOALS
 HAPPY HOUR
 HEALTH

LOFTY
 MIDNIGHT
 NEW YEAR
 RESOLUTIONS

SPIRIT
 STRESS
 TRAVEL
 TRIP