

ST. CHARLES Connection



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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St. Charles
Health Campus

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Phone: 812.634.6570
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January 2019

Happy Birthday!

Residents

January 05	Jack W.
January 11	Louise P.
January 15	Robert M.
January 15	Pat M.
January 18	Judy W.
January 24	Patricia A. J.
January 26	Hilbert F.
January 26	Linda U.

Staff

January 05	Paula G.
January 05	Jamie W.
January 06	Darla I.
January 08	Angie L.
January 08	Emma U.
January 14	Joyce J.
January 14	Leslie L.
January 15	Jessy H.
January 15	Crystal M.
January 18	Darlene W.
January 19	Carma A.
January 20	Merris E.
January 26	Caribeth P.
January 29	Sara W.
January 31	Sharon S.

Did You Know...?

The Private Dining Rooms can be reserved for any event! Contact the Life Enrichment staff to make a reservation.

Happy Hour is weekly at 3:15pm on Fridays in the Assisted Living Dining room. Residents are more than welcome to bring their family members to join them for a drink and light snack.



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 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 Jasper 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. Our volunteers are an integral part of our St. Charles family. Thank you again for your support of the residents, families and team members!

Yours in Service,

Todd Maki, HFA, RN, CDP
Executive Director

Volunteer News

THANK YOU to all who helped decorate the Christmas trees! We sincerely appreciate the time spent to setup, fluff, decorate and detail the trees. Again, THANK YOU so very much for making the campus beautiful!



More from Volunteer News



Living Arts

The ladies are at it again baking! Well done ladies!



Live a Dream

This month we were able to grant Mabel L. her very own Live a Dream! Mabel was invited to bake a cake at a nearby bakery called Mad Batter. Watching her jump right into the techniques she used to use seemed as though time had never passed. Mabel used to bake and decorate cakes for all kinds of events right out of the very place she called home. Mabel was passionate about her cakes for 30+ years! Mabel is a very talented baker and decorator. She made one layer cakes up to 5+ layered cakes! Thank you, Mabel and Mabel's family for allowing us to take her on a Live a Dream.





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 A Trilogy Senior Living Community

A monthly newsletter serving the residents
 of St. Charles Health Campus

- Todd Maki
Executive Director
- Tanya Hentrup
Director of Health Services
- Lisa Dorsey
Asst. Director of Health Services
- Aimee Oser
MDS Coordinator
- Bailey Sherman
Community Services Director
- Bailey Cronin
Business Office Manager
- Joy Jackson
Guest Relations
- Jenny Schum
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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'New Year'

...continued from cover

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
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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
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V	J	H	K	I	G	K	T	R	N	Z	X	F	T	L	K	E	R	R
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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