

# THE MEADOWS Messenger

## 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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January 2018

# Happy Birthday!

## Residents

January 01	Marilyn C.
January 02	Margaret B.
January 11	Ann G.
January 12	Shirley R.
January 13	Margaret A.
January 15	Juliana W.
January 19	Jean J.
January 23	Mary K.
January 24	Karis S.
January 27	Joanne F.
January 28	Laura W.
January 28	Sandra L.

## Staff

January 05	Gary B.
January 07	Claudia G.
January 08	Samantha B.
January 15	Teresa H.
January 16	Alivia K.
January 17	Cora G.
January 27	Christy N.
January 27	Debra B.
January 28	Tracey P.



## Executive Director Corner

Greetings from The Meadows of Leipsic and

Happy New Year! I hope that you found yourself surrounded by those you love during the Christmas and New Year holidays. 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!

We had a great Christmas season. Our Jingle Bell run had a great turnout. Thanks to everyone who helped make it a success! We also had a live nativity hosted by the First Christian Church of Leipsic. We want to thank them

for choosing our campus for the location. They always do such a great job with this, and It brings joy to our residents every year! We also want to give a special thanks to all the carolers who came to visit over the holidays.

This month we will have our brunch on January 21st. We'd love to see you! The first two guests of any resident are free. Each additional guest is \$7. Please RSVP to the office.

As always, if I can do anything to assist you, please let me know! Thank you for giving us the opportunity to serve your loved one.

Sincerely,

*Steve Apple*  
Executive Director

## Sunday Brunch

Mark Your Calendars: Sunday, January 21, 2018 from 11:30-1:00. RSVP's are very much appreciated due to the number of people who attend this event. Just a reminder: Each resident can have up to 2 guests at no additional cost. Each additional guest will be charged \$7 for the meal. Thank you. Hope to see you there!

## Taste of Town

Taste of the Town will be held on Friday, January 26, 2018. If you have any suggestions, please contact Matt, Director of Dining Food Services.

## Volunteer News

To help celebrate Veteran's Day, we had some special visitors that put on a great show to honor our veterans! Thank you, American Legion Auxiliary of Leipsic!



## Senior Executive Club

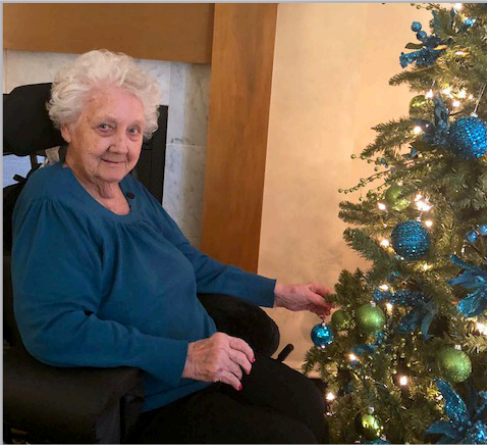
Senior Executive Club will be held on Tuesday, January 16, 2018. We will be meeting in the Lilac House. The Guest Speaker, Bingo and appetizers will start at 12:30pm with the lunch meal being served at 1:00pm. Hope to see you there!



# Living Arts



*We enjoyed making Christmas ornaments during Artist Cove. The aroma with the cinnamon sticks definitely put us in the Christmas spirit.*



*Mary Lou W. and Marjorie B. enjoyed decorating. Believing in the magic of Christmas, which magic only happens only to those that believe!*

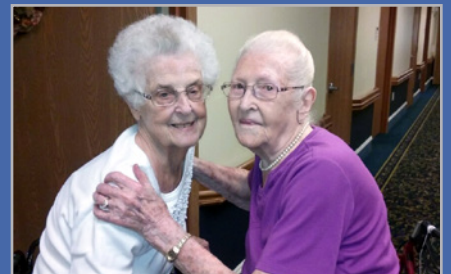


*During Culinary Corner with Matt, we decorated Christmas Cookies.*

## Smiles of the Month



*Share your smile with the world, Mary N. Because of your smile, you make life more beautiful.*



*Good friends are hard to find, harder to leave, and impossible to forget.*

## Did You Know...?

*That you can read the monthly newsletter on-line. Please follow the campus link: [www.meadowsofleipsic.com](http://www.meadowsofleipsic.com)*

*Happy Hour is weekly at 3:00pm in the Main Dining Room unless noted otherwise on the calendars. Please join us for games, good food and laughter.*

*The Trilogy Foundation grants Live a Dream Wishes for residents that have a desire to experience something big or small that they have always wanted to try or do again. Please contact Lisa Stateler, Life Enrichment Director, at 419-943-2103 for more information.*

## Out & About

*Out to lunch with a great group of people! LuLu's in Bluffton is a perfect stop for some good food!*







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 A Trilogy Senior Living Community

*A monthly newsletter serving the residents of The Meadows of Leipsic*

Stephen Apple  
Executive Director

Courtney Huber  
Social Services

Colleen Rader  
Director of Health Services

Lisa Stateler  
Life Enrichment Director

Sandy Moyer  
Environmental Services

Tony Krogman  
Plant Operations

Matt Pneuman  
Food Service Director

Amber Morris  
Therapy Director

Stay in the Loop  

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

@MeadowsLeipsic

The Meadows of Leipsic

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 contact the Divisional Vice President or our Compliance Line. Steve Apple, Divisional Vice President: Steve. [Apple@trilogyhs.com](mailto:Apple@trilogyhs.com) Compliance Hotline: 800-908-8618, ext. 2800; or [comply@trilogyhs.com](mailto:comply@trilogyhs.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