

THE MEADOWS Messenger



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.

...continued on back page



901 East Main Street
Leipsic, OH 45856
Phone: 419.943.2103
Fax: 419.943.2104

www.meadowsofleipsic.com

January 2019

Happy Birthday!

Residents

January 11	Ann G.
January 11	Marilyn S.
January 12	Shirley R.
January 15	Julie W.
January 19	Jean J.
January 22	Norma D.
January 23	Mary K.
January 24	Karis S.
January 28	Laura W.
January 28	Sandra L.

Staff

January 05	Gary B.
January 07	Claudia G.
January 13	Breann N.
January 15	Teresa H.
January 17	Esmeralda A.
January 20	Rita K.
January 27	Deb B.

Sunday Brunch

Mark Your Calendars:

Sunday, January 20, 2019 from 11:30-1:00. RSVP's are very much appreciated due to the number of people who attend this event. RSVP's are very much appreciated to the number of people that 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 25th from Pizza Hut. If you have any suggestions, please contact Tim C., Director of Dining Food Services.



Executive Director Corner

Greetings from the Meadows of Leipsic 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 the Meadows of Leipsic, 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 Leipsic 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 The Meadows of Leipsic!

Yours in Service,

Stephanie Keaton
Executive Director

Living Arts

Last month, our Elf was being a little mischievous throughout the countdown to Christmas Day!



From Our Kitchen to Yours

If you would like to submit a family recipe to be printed in our monthly Newsletter, please notify Tim C., Director of Food Services, by email at tim.courtney@meadowsofleipsic.com or drop the recipe off in the kitchen.



Volunteer News

On Sunday, December 2, the First Christian Church displayed their Live Nativity Scene at The Meadows of Leipsic. From the choir, music with Miriam G., cookie decorating, Live Nativity, and cannot forget the chili



cooked over the open fire, we thank you for putting this on annually and giving us the reason to still believe.

Animals provide loving touch to people in many ways. We enjoyed the visit with Molly, a miniature dwarf horse.



Out and About

The men's club ventured to Napoleon, Harley Davidson Dealer. They window-shopped looking at the variety of new Harley's and even historical.

Senior Executive Club

Senior Executive Club will be held on Tuesday, January 15, 2019. 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!

Did You Know...?

That you can read the monthly newsletter on-line in addition to the printed copy. Please follow the campus link:

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.

A Special Thank You

Just want to thank those who signed up and ran the 5K that was hosted at The Meadows of Leipsic! We had a fabulous turn out despite the rain that joined us in the end. We want to thank you for your support in helping this annual event get bigger each year! Also,



want to thank the business's that sponsored us this year for our proceeds went to The Leipsic Community Center for our Hope for the Holidays Fundraiser!





901 East Main Street
Leipsic, OH 45856
Phone: 419.943.2103
Fax: 419.943.2104

www.meadowsofleipsic.com

 A Trilogy Senior Living Community

A monthly newsletter serving the residents of The Meadows of Leipsic

Stephanie Keaton
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

Tim Courtney
Food Service Director

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

Newsletter Production by PorterOneDesign.com

'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
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
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
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