

# THE VILLAGES AT HISTORIC SILVERCREST *Herald*

## 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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The Villages at  
**HISTORIC  
SILVERCREST**

1 Silvercrest Drive  
*(formerly 1809 Old Vincennes Road)*

New Albany, IN 47150

Phone: 812.542.6720

Fax: 812.542.6721

[www.villagesatsilvercrest.com](http://www.villagesatsilvercrest.com)

January 2018

## Happy Birthday!

Bob S. January 02

Kent M. January 19

## Volunteer News

We are always looking for volunteers to help with activities and company functions. If you or someone you know is interested, please call us at 812-542-6720 and ask for a Life Enrichment team member.

## Live a Dream

We are currently working on two Live A Dreams' for two deserving residents. If you or a family member are interested in creating your own Live A Dream, contact Life Enrichment!

## Sunday Brunch

January 7th is our monthly Christmas Brunch. Two guests come free per resident, any additional guests will be \$7.

## Did You Know...?

The Private Dining Room can be reserved for birthdays, memorial services, private parties.

Happy Hour is weekly at 3pm every Friday.



## Executive Director Corner

Greetings 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 our team.

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're 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 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!

Yours in service,

*Jessica Johnson*  
Executive Director

## Chef's Table

We just had our monthly Chef's Table and there was only satisfaction! Residents were served beef medallions with a red wine mushroom sauce, roasted red peppers with Irishcrème brûlée for dessert. Thanks Chef Brad.



# Signature Events

We had two events this past month. We had a local organization titled the Kentucky Raptors come in and bring all kinds of birds including screech owls, falcons, and a turkey buzzard.

We also celebrated Trilogy's 20th birthday with residents and employees.



# Vitality

We will be having yoga classes with Jenny. They will be every Tuesday at 10am, held in the Bistro. Family is more than welcome to participate with their loved ones here.



# Smile of the Month

Betty L!



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 A Trilogy Senior Living Community  
 A monthly newsletter serving the residents  
 of The Villages at Historic Silvercrest

- Jessica Johnson  
Executive Director
- Stephanie Roehm  
Villa Lifestyle Director
- Amy Popp  
Community Services Representative
- Kimberly Ruttle  
Director of Health Services
- Lisa Florence  
Asst. Director of Health Services
- Brad Houchins  
Dining Services Director
- Donna Poole  
Life Enrichment Director
- Therese Dille  
Social Services Director
- Megan Riedling  
Therapy Program Director
- Jenny Brown  
Customer Service Specialist

Stay in the Loop  

Keep up with latest campus news  
 and happenings by following  
 us on your favorite social networks!  
 @VHSilvercrest  
 The Villages at Historic Silvercrest

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.  
 Andra Bladen, Divisional Vice  
 President: [Andra.Bladen@trilogyhs.com](mailto:Andra.Bladen@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