

# THE VILLAGES AT HISTORIC SILVERCREST *Herald*



## 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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The Villages at  
**HISTORIC**  
**SILVERCREST**

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

New Albany, IN 47150

Phone: 812.542.6720

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

January 2019

## Happy Birthday!

Norma B.	January 01
Mildred G.	January 06
Mary C.	January 09
Kent M.	January 19

## Volunteer News

This past month was filled with volunteers spreading joy and merriment this holiday season!

Thank you to Hospuraus Clowns, Merry Melodies, Hands of Grace students, students from Our Lady of Perpetual Help, and others for caroling to our residents. Thank you Indiana University Southeast for singing and crafting with us. Thank you to family members for brightening residents' day by visiting and volunteering your time with not only your loved one but others here too.

## Out and About

Here at Silvercrest, we plan weekly field trips for our residents. Every Monday we go to a shopping center and every Thursday we take our residents out for lunch.

Please note that bad weather conditions could cause outing cancellations.



## 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. 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 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!

Yours in service,

*Carla Sieckert*  
Executive Director

## Photo Highlights



*Betty L., Debbie, and Betty E. making ornaments with volunteers!*



## More Photo Highlights



*Ramona making a gingerbread house for Crafty Creations.*



*Finished product*



*Mary Helen hanging ornaments.*



*Paris (our pet therapist) and Donna.*

### Live a Dream

Here at Silvercrest, we want to make your dream come true. Please contact Life Enrichment for any questions or ideas for yourself or loved one!

### Themed Dinner

This year's theme dinners will include: Mardi Gras (February), Speak Easy (May), Casino Night (August). And Boot Scootin' Boogie (October).

Please remember, Theme Nights are solely for residents!



# '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.



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 A Trilogy Senior Living Community

A monthly newsletter serving the residents  
of The Villages at Historic Silvercrest

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Executive Director

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Villa Lifestyle Director

Michelle Boso  
Community Services Representative

Rebecca Bowling  
Director of Health Services

Andy Griffith  
Asst. Director of Health Services

Brad Houchins  
Dining Services Director

Donna Poole  
Life Enrichment Director

Therese Casper  
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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## Word Search

S	K	G	O	O	D	I	E	S	J	F	X	T	T	D	Y	T	L	H
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ARTIST  
ENRICH  
FRESH  
GOODIES

HOLIDAY  
IMPACT  
IMPROVE  
JANUARY

LIVES  
NAP  
NEW YEAR  
RESOLUTIONS

SLUGGISH  
STRESS  
VOLUNTEER  
WINTER