

TRIPLE CREEK Connection

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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Triple Creek
Retirement Community

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www.triplecreekretirement.com

January 2018

Happy Birthday!

Staff

Jasmine M., LPN	January 01
Steve M., DPO	January 13
Giavonna F., CRCA	January 15
Chaneline T., CRCA	January 15
Tonya M., DSS	January 17
Trish M., RN	January 20
Jessica I., CRCA	January 21
Tosha M., CRCA	January 22
Chrissy W., LPN	January 22
Carrie B., CRCA	January 26
Donisha T., LPN, SD	January 28
Briana H., ESA	January 29

Residents

Dorothy B.	January 06
Ron C.	January 06
Dorothy K.	January 08
Annie H.	January 15
Shirley F.	January 17

Sunday Brunch

Join us on Sunday, January 21st, for our first Family Brunch of 2018! As announced, we will now be having two seating's to choose from; the first seating begins at 10:30am and ends at 11:30am. Second seating begins at 11:45am and ends at 12:45pm. Each resident at the main campus and each Villa may have TWO complimentary guests; each additional guest is just \$10, children: 1-4 years old are complimentary and children; 5-12 years old are ½ off. Please purchase guest tickets in advance at the Business Office or at the Brunch. For your convenience, extra tickets may also be added onto the resident's bill. Please RVSP by calling 513-851-0601. To ensure proper seating and services the deadline for reservations is Thursday, January 18th.

Executive Director Corner

Greetings from Triple Creek, 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 Triple Creek, in 2018, we remain committed to exceeding your expect-

tations. 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 are excited about everything 2018 has in store, and cannot wait to make twelve more months of memories we can cherish for years to come.

It is truly our pleasure to serve the Triple Creek 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 of Triple Creek!

Have a happy December!

Yours in Service,
Sharon Wilburn,
LNHA, RD/LD
Executive Director

Family Night *Thanksgiving Dinner* Our Family Night Thanksgiving Dinner was a fabulous evening of family, friends and fine food!



Evelyn and Family



Jean D. and Family



Virginia's & Ray's Family



Smiles of the Month

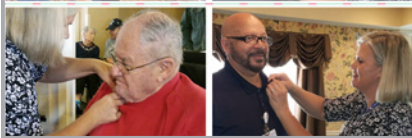
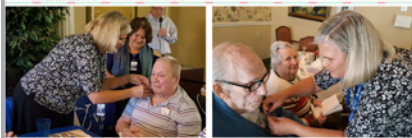
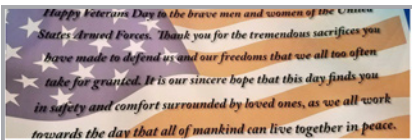
We are proud to announce that Triple Creek won Master Gardeners and Overall Most Improved Customer Satisfaction of Trilogy.



CSS & TC Group

Resident & Staff Event

Getting ready for Christmas was a campus wide happy undertaking, from tree trimming, to making cards to decorating!



Veteran's Day Celebration and Pinning Ceremony

(Courtesy of ViaQuest) Thank you for your service in wartime and in peace.



Volunteer News

Anyone who has a caring heart and the desire to make a difference is encouraged to become a Triple Creek volunteer! Please see the Life Enrichment Department for more details.

Out and About

Old man winter will not keep us in! Check the calendar and join us for outings to go on shopping trips, lunches and more! Please sign-up early with the Life Enrichment Department as seating is limited!

Welcome to LifeShare

LifeShare Technologies, in partnership with Triple Creek, is delighted to provide an innovative new service that allows residents to connect with family and engage with our community, all through the resident's television. With LifeShare, they can do all of the following:

- *View and send emails and text messages*
- *View photos and videos*
- *View community information, such as activities, special announcements, and dining menus*
- *Receive event reminders on screen or by phone*
- *Read the news/weather*
- *Play games and listen to music and religious programs*

Communication with family, friends, and our staff is important and valuable! However, keeping up with all the latest technologies, being used for communication can be challenging. LifeShare simplifies that process. To learn more about this free service, please see the Life Enrichment Department, we would be happy to show you how simple and fantastic LifeShare is!

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www.triplecreekretirement.com

 A Trilogy Senior Living Community

A monthly newsletter serving the residents of Triple Creek Retirement Community

Sharon Wilburn, E.D., LNHA, RD/LD
Executive Director

Sharon Lary, RN
Director of Health Services

Lynn Bastin, PD, PTA
Director of Rehab Services

Georgina Appelman
Life Enrichment Director

Tonya Miller
Director of Social Services

Tim Hawthorne
Director of Environmental Services

Sarah Thornton
Customer Service Representative

Steve Marsh
Director of Plant Services

Jamie Insko
Director of Dining Services

Jeff Bolden
Business Office Manager

Stay in the Loop  

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

@TripleCreek_RC

Triple Creek Retirement Community

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.

Matt Haynes, Divisional Vice President. Compliance Hotline: 800-908-8618, ext. 2800; or comply@trilogyhs.com

Newsletter Production by PorterOneDesign.com

'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

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EIGHTEEN
EMBRACE
EXCURSION
FRIENDS

FUN
GOALS
HAPPY HOUR
HEALTH

LOFTY
MIDNIGHT
NEW YEAR
RESOLUTIONS

SPIRIT
STRESS
TRAVEL
TRIP