

TRIPLE CREEK Connection



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


Triple Creek
Retirement Community

11230 Pippin Road
Cincinnati, OH 45231

Phone: 513.851.0601

Fax: 513.851.0602

www.triplecreekretirement.com

January 2019

Happy Birthday!

Residents

Mildred R.	01/05
Ron C.	01/06
Dorothy K.	01/08
Pat H.	01/13
Annie H.	01/15

Staff

Jasmine M.	1/11 LPN
Steve M	1/13 Dir. of Plant Operations
Chaneline T.	1/15 CRCA
Tonya M.	1/17 Dir. Social Services
Jessica I.	1/21 CRCA
Chrissy W.	1/22 LPN
Carrie B.	1/26 CRCA
Donisha T.	1/28 Staff Development
Briana H.	1/29 Environmental Asst.

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. 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 Triple Creek 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 Triple Creek!

With all of this socializing and snacking, it's also important to stay healthy. We offer free flu shots to our campus team members, so that they can feel their best during this busy season. It's also our way of keeping everyone who calls our campus home safe from illnesses.

I hope that you and yours enjoy a healthy, happy holiday season, and I encourage you to stop by when you have time. We'll have a warm cup of cider waiting for you. Yours in Service,

Sharon Wilburn, LNHA, RD/LD
Executive Director

Happy Hour

Friday
Happy Hours
& weekly
entertainers!

Looking Ahead

Wednesday, January 16th
Taste of the Town

Thursday, January 24th
Speaker Mike Connelly





*Happy
New
Year!*

Sunday Family Brunch

Sunday Brunch is offered the same Sunday of each month. Times may vary, but generally held between 11:30 a.m. to 1:00 p.m.

Our next Sunday Brunch will be held: Sunday, January 20th.



Theme Dinners

This year we will be spotlighting these great Cities

February ~

New Orleans Madi Gras

May ~

Chicago Speak Easy

July ~

Las Vegas Casino Night

October ~

Nashville Boot Scooting' Boogie



Triple Creek

Retirement Community

11230 Pippin Road
Cincinnati, OH 45231
Phone: 513.851.0601
Fax: 513.851.0602

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

Jenny Lowell
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

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

'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