

THE WATERFORD CROSSING 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.

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www.waterfordcrossingsl.com

January 2019

Happy Birthday!

Health Center

1/13 Treva S.
1/15 Evelyn M.
1/18 Dee Dee B.
1/21 R.T. S.
1/28 Bill R.

Assisted Living

1/01 Jean M.
1/01 Ralph W.
1/10 Laura S.
1/12 Betty C.
1/14 Agnes S.
1/23 Burton S.
1/25 Sue S.
1/27 Stan B.
1/28 Bob D.
1/29 Phyllis H.

Welcome New Residents

Health Center

Wilbur B. Alvin Y.
Frances C. Dorothy B.
Roy M. Kenneth H.
Sandra S. Robert S.

Volunteer News - Everybody Loves Jimi!

Verna K. enjoys her time with Jimi and makes sure to tell him daily that she loves him.



Executive Director's Corner

Greetings from Waterford

Crossing 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 Waterford Crossing. 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 Goshen 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 Waterford Crossing!

Yours in Service,

Chad Knisley,
Executive Director

Goshen High School Orchestra spreads Christmas Cheer!

The hallways were filled with the sounds as Christmas as students from Goshen High School put on a Christmas concert for Waterford Crossing. They did an excellent job and we are hoping they return soon.



Students from the Goshen High School Orchestra.

ALL SHOOK UP!

The women went wild as Elvis put on a show that we will never forget.



Florence S.



Elvis



Mary and Elvis



Marilyn and Elvis

Legacy Lane - *O Christmas Tree*

Residents in Legacy felt the Christmas Spirit as they decorated the tree on the Lane.



Mary and Noah F.

Community Events - Ringing in the Holiday Season!

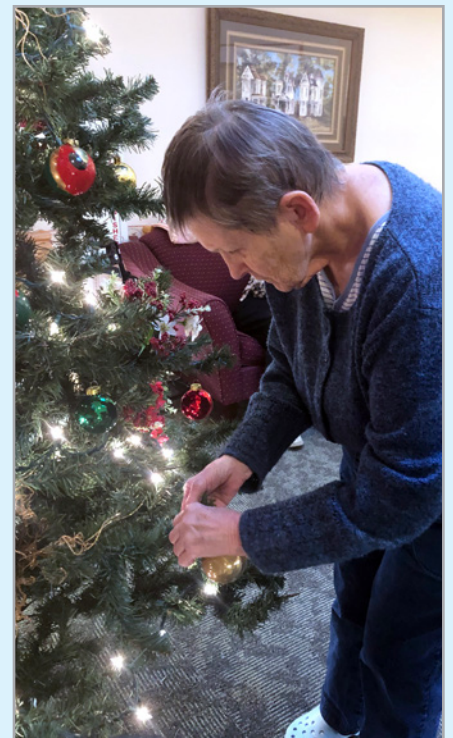
The Evergreen Singers got residents and staff in the mood for the holidays at Waterford Crossing. There was record attendance at this festive choir event.



Everyone greatly enjoyed the show.



Evergreen Singers



Janet J.



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A Trilogy Senior Living Community

A monthly newsletter serving the residents of Waterford Crossing

- Chad Knisley, Executive Director; Cassandra Seedorff, Director of Health Services; Brittany Boomershine, Assistant Director of Health Services; Chef Michael Schreck, Director of Food Services; Stephanie Maupin, Director of Social Services; Kay Hershberger, Business Office Manager; Kristin Kestermeier, Assistant Business Office Manager; Lisa Zollinger, Community Service Representative; Connie Melton, Director of Environmental Services; Jenna Barghahn, Life Enrichment Director; Jennifer Bradley, Life Enrichment Director/Legacy Lane Coordinator (AL); Mark Makowski, Director of Plant Operations; Tammy Denlinger, Administrator (AL); Susie Miller, Director of Assisted Living; Megan Pletcher, Community Service Representative (AL)

Stay in the Loop... Keep up with latest campus news and happenings by following us on your favorite social networks! @WCrossing Waterford Crossing

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

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'New Year'

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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

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- ARTIST ENRICH FRESH GOODIES; HOLIDAY IMPACT IMPROVE JANUARY; LIVES NAP NEW YEAR RESOLUTIONS; SLUGGISH STRESS VOLUNTEER WINTER