

WATERFORD PLACE *News*



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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Health Campus

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January 2019

Volunteer News

Looking for meaningful ways to give of yourself and your time? We can help! Stop in today and ask about our Volunteer Program and become a part of the Waterford Place Health Campus Volunteer team! We are always looking for great people to help our Residents learn new things to keep them sharp! Stop in today and talk to our Life Enrichment Director: Deb Randolph.

Out & About

We will be going out for some Lunch Outings provided that Mother Nature decides to cooperate! We are always looking for some new and great ideas of places to take our Residents to eat and on adventures, so if you have any suggestions for us please do not hesitate to let our Life Enrichment Team know!!!

Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link waterforplacehc.com.

The Private Dining Room can be reserved for Special Occasions, such as Birthdays, Anniversaries, Holiday family events.

Happy Hour is weekly at 3:00 PM Every Friday.



Executive Director's 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,
Carol Ward
Executive Director

Sunday 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.
Out next Sunday Brunch will be held: Sunday, January 20, 2019*



Live A Dream: Cindy E.

Cindy E. was supposed to go to Florida to see her son for Thanksgiving and was not able to go, so we did the best we could to bring Florida to her.



Deb's Corner

Winter is in Full Swing and we are moving right along with it!!!

We are going to be going on some great outings for the Month of January to some of our Favorite places to eat as well as some new ones too! We have been working on our January Calendar and trying to include some new and exciting activities for our Residents. We will be hosting an Afternoon Tea Party for our Assisted Living Residents as well as an Afternoon Tea in our TCS Dining Room for our Health Center Residents to enjoy. Did you know that January is Activities Appreciation Month???

We have a pretty Amazing Activities staff here that is growing by leaps and bounds! I have just hit my 3 month mark here

as Life Enrichment Director, Jill Wilson has been here for 9 years with 7 of that being a Life Enrichment Assistant. We have 3 new faces in our Department: Amy Likens joined us in late October as a Transportation Associate and will be Transitioning to a Life Enrichment Assistant, which means we now getting a new Transportation Associate and another new Life Enrichment Associate Tammy Evans. Please stop by and give them a warm Waterford Place Health Campus Welcome and get to know them!!! As always, we are here to serve and look forward to some FUN and AWESOME activities for the Month of January!

Wishing everyone a Blessed and Healthy New Year!!! – Deb



Smile of the Month

Life is like a Camera! Focus on what's important, capture the good times, develop from the negatives! And if things don't work out, take another shot!!!



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A Trilogy Senior Living Community

A monthly newsletter serving the residents of Waterford Place Health Campus

Carol Ward
Executive Director

Angie Sommer
Assistant Director of Health Services

Deb Randolph
Life Enrichment Director

Debi Sanders
Legacy Neighborhood Director

Carly Haines
Director of Social Services

Leslie Paul
Customer Service Specialist

Linda Kendall
Business Office Manager

Chris Blackwell
Director of Dietary Services

Jan Drac
Director of Dining Services

Chris Myers
Director of Environmental Services

Stay in the Loop

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

@WaterfordPHC

Waterford Place Health Campus

In our recent surveys, several families expressed a desire to call The Legacy directly. We are happy to announce that because of your feedback, our Legacy now has its own number! Please look for our new Legacy number in our contact information.

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 our Compliance Line or our Divisional Vice President, Fabian Calisto.

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

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
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B	L	I	Q	E	C	F	A	G	C	C	Z	G	M	C	O	N	O	N
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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