

# ARLINGTON PLACE *Press*



## *Free Yourself from Worries – Keep it Simple!*

Our worries are like weights we wear around our necks. The more we have, the harder it is to enjoy even life's simplest pleasures. Whether you're a caregiver or a senior, it's easy to get caught up in worrying about what needs work, what could break, or who will be there if something goes wrong. According to the famous philosopher Thoreau, the key to stopping this cycle of worry is to, "Simplify, simplify." But how?

That's where our campus comes in. When you or your loved one call our campus home, we take on your worries so you can spend less time dwelling on them. Constant house and lawn upkeep are things of the past, and instead of bending over backwards to chase dust bunnies, you're free to spend your time doing things you love to do. If you're one of our residents, this may mean joining friends for a trip into town, grabbing a brush and canvas and tapping into your inner artist, or tapping your feet to a live

performance during one of our Happy Hours. If you're a caregiver, this means that your time with your loved one can be spent making memories instead of making lists of what needs to be done.

For many, mealtimes often become triggers for stress rather than occasions to be enjoyed. Cooking for a family is never a simple task, and as we age, even cooking for ourselves can become a challenge. Thanks to our Dining Services team, the most complicated thing our residents have to do at breakfast, lunch, or dinner is decide what they're having – we take care of the rest. Of course, every meal tastes better when you know there are no dishes to be done afterwards!

Perhaps the most complicated and pressing worries seniors and their loved ones face have to do with their health. Stairs that seemed like no big deal ten or even five years ago can become a dangerous obstacle, and both parties may fear what would happen in the case of a fall or an unexpected illness. It's far easier to deal with

*...continued on back page*

  
**Arlington Place**  
Health Campus

1635 N. Arlington Ave  
Indianapolis, IN 46218

Phone: 317.353.6000

Fax: 317.353.6002

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

July 2017

# Happy Birthday!

## Residents

Selma E.	July 19
Judy M.	July 19
Teny K.	July 29

## Volunteer News

If your passion is helping others, there are volunteer opportunities available daily. If you would like to share your talent, visit others, assist with group activities, or share an interest, please contact Roberta Cross, Life Enrichment Director (317)353-6000 or [roberta.cross@arlingtonplacehc.com](mailto:roberta.cross@arlingtonplacehc.com)

## Taste of Town

Taste of Town is where we invite restaurants to come in and give our residents the look and feel of being at the restaurant without the travel part of it. Taste of Town is always the last Wednesday of the month check in with your Chef to see what restaurant is coming your way.



## Executive Director Corner

With Independence Day, traditionally referred to as

the 4th of July, right around the corner, families will celebrate our nation's independence in grand style with fireworks, BBQ, and quality family time. As I considered the true nature of this celebration, I could not help but think what independence truly means. Some people consider it a life with all the opportunities available for them, unbarred by any financial obstacles. To others, it can simply mean the ability to go wherever and do as one pleases. Some may think that their independence is limited or taken away when they choose to receive care or place their loved one in a skilled nursing facility. I am honored to report that is NOT the case at Arlington Place Health Campus. We strive daily to honor the individual needs and preferences of your loved ones. In many ways, we regard them as our family.

By now, we hope that you have enjoyed our Campus in Color as much as we have. It is so beautiful and serene. We have received many compliments about the beauty of our grounds! Our Independence from Hunger Campaign ends July 15th. Please consider donating to this very worthy cause. Our goal is to raise 11,000 pounds of food and in kind donations to benefit the students at Anna Brochhausen School 88 and Meet Me Under the Bridge. Our efforts will benefit those in need in our local community. Cash donations are accepted toward this endeavor as well. Please see any of our team members for more information on this initiative.

In closing, we are full of gratitude that you entrust your greatest gifts to our care each day. It is not a responsibility we take lightly.

In Service,  
*Nicole Fields*, HFA, MSM  
Executive Director

## Activity Highlights Around Arlington Place



# More Activity Highlights Around Arlington Place



*(left)  
National  
Senior  
Health  
and  
Fitness  
Day*

## Did You Know...?

The monthly newsletter is available on-line in addition to the printed copy? Please follow our campus link at: [www.arlingtonplacehc.com](http://www.arlingtonplacehc.com) Scroll down the page and click on "download newsletter".

You can stay connected with your family and friends through Life Share. You can receive email messages, pictures, play games, and more. Please see Life Enrichment for more details.

## New Meal Times

Please be advised of new meal service times in the Assisted Living Dining Room. Lunch will begin at 12:15p.m. and Dinner 5:15p.m.

## Community Fundraising

Independence From Hunger Food Drive. Please see any of our team members for more information on this initiative.

## Dates to Remember

*July 04* 4th of July

*July 09* Sunday Brunch



**Arlington Place**  
Health Campus  
1635 N. Arlington Ave  
Indianapolis, IN 46218  
Phone: 317.353.6000  
Fax: 317.353.6002

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

 A Trilogy Senior Living Community

A monthly newsletter serving the residents of Arlington Place Health Campus

- Nicole Fields  
Executive Director
- Dinita Kimbrell  
Director of Health Services
- Sophon Thompson  
Assistant Director of Health Services
- Starisa Vaden  
Life Enrichment Director
- Hannah Kelly  
Director of Food Services
- Ricky Stigger  
Director of Environmental Services
- Roberta Cross  
Community Service Representative
- Pam Byrd  
Business Office Manager
- Gregg Ratcliff  
Director of Plant Ops
- Jennifer Williams  
Social Services Director
- Brandon Hislope  
Social Service Assistant
- Leslie Steffy  
MDS Coordinator

Stay in the Loop  

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

@ArlingtonPHC  
Arlington Place Health Campus

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. Adam Parton, Divisional Vice President: [Adam.Parton@trilogyhs.com](mailto:Adam.Parton@trilogyhs.com) Compliance Hotline: 800-908-8618, ext. 2800; or [comply@trilogyhs.com](mailto:comply@trilogyhs.com)

Newsletter Production by PorterOneDesign.com

# 'Keep it Simple'

...continued from cover

the unexpected when you're surrounded by professionals that you know and trust, who are ready to help whenever they're needed, day or night.

Everyone can agree – the less worries you have, the simpler life can be. And the simpler life is, the easier it is to be happy. That's what we're all about at our campus – happiness. Serving seniors and their families is both our purpose and our passion, and we love what we do. If you know someone who is searching for a way to simplify life, both for

themselves and for their loved one, send them our way. We'd be happy to show them how easy it is to do so.



## Word Search

G	H	L	A	Z	E	W	U	B	S	I	M	P	L	I	F	Y	W	D
O	B	S	T	A	C	L	E	D	S	J	C	F	M	F	Q	L	F	I
G	W	E	Z	F	I	S	H	I	N	G	M	I	S	K	I	V	J	S
S	V	G	A	X	Y	P	M	E	P	I	Q	P	H	Q	P	Z	D	H
X	B	M	W	C	M	Q	N	L	A	M	L	P	A	O	T	H	G	E
T	K	C	H	R	X	O	Y	L	I	E	W	T	P	O	P	L	P	S
S	O	N	T	G	C	C	R	Q	N	M	O	H	P	D	E	W	P	U
E	B	M	R	E	I	B	H	R	T	O	R	O	Y	Z	C	V	A	M
Z	X	C	Q	S	A	P	A	S	I	R	R	R	H	H	K	H	S	O
T	K	Q	S	U	V	G	O	Q	N	I	Y	E	O	N	B	M	S	D
D	M	L	A	C	V	V	Q	A	G	E	F	A	U	M	C	S	I	Q
B	S	T	O	O	W	M	R	I	W	S	R	U	R	P	U	N	O	P
Q	Y	A	A	K	Q	K	E	V	X	L	E	S	J	G	C	E	N	M
D	H	G	L	F	P	H	R	H	K	S	E	N	I	O	R	S	I	Y
R	S	T	A	I	R	S	I	W	H	B	M	R	C	S	R	O	E	Q
C	L	N	H	T	E	Y	O	J	B	U	Q	W	I	M	V	X	G	E
J	L	A	W	N	T	F	E	C	O	O	K	I	N	G	K	U	Q	V
U	G	V	O	H	C	F	R	I	E	N	D	S	T	G	S	C	J	X
X	R	P	Z	F	N	H	O	T	I	T	A	S	K	S	Q	V	N	X

COOKING  
DISHES  
FISHING  
FRIENDS

HAPPY HOUR  
LAWN  
MEMORIES  
OBSTACLE

PAINTING  
PASSION  
SENIORS  
SIMPLIFY

STAIRS  
TASKS  
THOREAU  
WORRY-FREE