

THE ASHFORD PLACE Chronicle

Don't Take Yourself
Too Seriously

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Make Time
for Family

Focus on
Wellness

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Something
New

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A Year's Worth of Lessons

At the close of every year, we try to take some time out at our campus to revisit our favorite memories from months past. In this edition of our newsletter, we wanted to share with you our five top takeaways from 2017. Besides being great examples of our community culture, they helped to remind us of all the fun we had this past year!

Takeaway #1: **Don't Take Yourself Too Seriously**

Ask any Trilogy employee, and they'll tell you that this is a big life lesson they learn from the men and women who call our campus home. Here, humility and humor go hand-in-hand, whether we're participating in a friendly competition, trying our hand at a new skill, or just getting to know one another. This explains why we always have so much fun!

Takeaway #2: **Make Time for Family**

If you have a loved one at our campus, you know that our doors are always open to family members of all ages. This year, though, we took it to the next level by hosting

our Grandparent's Day Sleepover. Even though our campus was a little rowdier than usual, we loved every minute! Seeing the smiles light up the faces of the young and young at heart made the event one of the highlights of our year.

Takeaway #3: **Focus on Wellness**

Maybe the most important part of our mission as a senior living community is to make sure that our residents feel their best, both mentally and physically. This year, our chefs truly topped themselves with the healthy, mouth-watering meals they created – many with local ingredients! We also amped up our TrilogyFIT wellness program, which focuses on improving heart health, strength, balance, and flexibility. With the right fuel and fitness options, we have helped reduce the risk of heart disease and prevent falls.

Takeaway #4: **Try Something New**

This year we saw residents who had never picked up a paintbrush tap into their inner artist. We also saw people who only dreamed of being chefs prepare and enjoy their own culinary creations. And that was only the beginning! Everywhere we looked, there were more opportunities to teach, to ...continued on back page



Ashford Place
Health Campus

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December 2017

Happy Birthday!

Residents

Forrest C.	December 04
Vivian R.	December 17
Carol C.	December 25

Staff

Brittany Lawson	December 11
Kalyne Soldanel	December 12
Liza Martinez-Gutierrez	Dec. 26
Tory Hembree	December 29
Sandy Crafton	December 30

Resident Council

We will be having our monthly Resident Council on December 11th. This is a great way for us to get together and make plans for next month. We have fun talking about what the future holds.

Senior Executive Club

Join us for the next meeting on Wednesday, December 20th from 10:00–11:00am in the Assisted Living Dining Room. Lunch will be provided. RSVP to Natalie Padget, Guest Relations, at 317-398-8422.

Your reservation is appreciated and helps us to plan accordingly!

Volunteers Needed

The Life Enrichment Department is looking for Volunteer's. These are people who have a special talent that you would like to share with the Ashford Place residents - please feel free to call us at (317) 398-8422. We are in need of people with special musical talents, entertainers, people who want to assist with Bingo, nail painting, games, and art projects. Please call Crystala Evans, Life Enrichment Director to find out how YOU can become the next Ashford Volunteer.

Executive Director Corner



Merry Christmas & Season's Greetings from Ashford

Place Health Campus! Welcome once again to that special time of year that can be equal parts magical and stressful. Whenever I find myself in danger of slipping into that winter slump, I try to focus on one uplifting memory from the past year. This year, I have a lot to reflect on. From our Trilogy Cruise Line Theme Weeks and our Grandparent's Day Sleepover to all of the wonderful Family Nights, Sunday Brunches, and many, many, fun outings, it is hard for me to pick one memory to focus on, and that's a great problem to have!

Perhaps just as satisfying at revisiting these past memories is knowing that there are still many more to come. Our campus undergoes a beautiful transformation this time of year, and I consider myself extremely blessed to be a

part of it. I encourage you to stop by anytime you can to soak up some of the holiday cheer that will fill our hallways.

Although we are incredibly fortunate at our campus, there are many who struggle this time of year. Through our Hope for the Holidays fundraising campaign, we have been collecting funds to benefit our local community partners through SCUFFY & others! In this way, we hope to spread some of this season's joy to those who need it most. Please help us partner to reach as many people in our community as possible!

If you are interested in donating to our Hope for the Holidays, please contact a member of our campus team.

Have a happy December!

Sincerely,

Shaun R. Steele
Area Executive Director

Transportation Reminders – *The Ashford Place Health Campus bus is available to transport residents to doctor appointments on Monday, Wednesday and Friday. There is a fee for transportation.*

We reserve the bus for Life Enrichment transports on Tuesday and Thursday.

Santa Arrives for our Resident Christmas Party

On December 8th from 2–4 we will be having our Resident Christmas Party! You can almost hear the sleigh bells jingle as Santa is due to arrive in our campus that day!

Holiday Bazaar & Festival of Lights

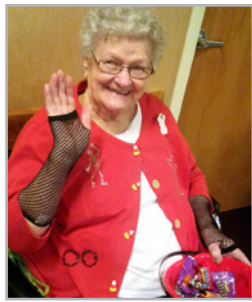
During Sunday Brunch from 11-1:00 on December 10th we will be having our Holiday Bazaar and Festival of Lights celebration. Vendors will be on hand for some Christmas Shopping. Feel free to stop by and pick up some Christmas items that are sure to please. We will have all kinds of holiday goodies for residents and family to purchase and enjoy.

Christmas Tea Party

We will be having a Christmas Tea Party on December 14th at 2:00. Please R.S.V.P if you are able to attend with your favorite resident to Crystala Evans, Life Enrichment Director (317) 398-8422.



Evelyn A.



Norma L.

Life Enrichment



Happy Holidays!
Our campus is alive with Christmas decorations, and we are excited to have lots of fun events planned. Please feel free to stop in and see all

of our holiday displays. A lot of work goes into making our campus sparkle. As always, we want to know how we can best serve the social, cognitive and physical needs of your loved one. You can always call and ask for Crystala Evans in the Life Enrichment Department at (317) 398-8422. We love to hear compliments, questions, suggestions and concerns about the program we provide. We are so blessed, and I want to thank each of you for the opportunity to care for your loved one. As always, I am here to serve. Please continue to share your any comments, suggestions, and concerns to assist us in our commitment to compassionate care. Merry Christmas and Happy New Year from the Life Enrichment Team!



Celebrating Tenure Awards!



Fall Leaf Craft.



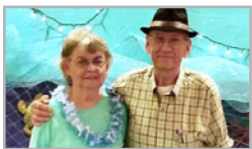
Gifts!



Sugar & Patsy.



Mary M.



S. Family!



Theme Dinner Decor.

Did You Know...?

That you can read the monthly news-letter on-line. Please follow the campus link: www.ashfordplacehc.com We also invite you to like us on Facebook or follow us on Twitter @AshfordPlaceHC.

The Private Dining Room and Activity Room can be reserved for families to come and enjoy a party, get together, or to share a meal with their loved ones.

Happy Hour is every Friday at 3:30p.m.—please feel free to join us in the fun!

The Trilogy Foundation grants wishes and Live a Dream submissions to our residents. If you can think of something that your loved one would enjoy doing please call Crystala Evans, Life Enrichment Director at (317) 398-8422. We would love to grant as many wishes as we can in 2017 & 2018.

Lost and Found—Clothing Items

ATTENTION FAMILY MEMBERS: Please stop by the tables located in the Service Hall to look for items that your loved one might be missing. If you do locate an item – please have Laundry put the residents name in them. During the holidays, the residents receive clothing items as gifts. Please make sure to label, or have Laundry label these new items so that they do not get lost. Thank you! Your assistance is greatly appreciated.

Dates to Remember

Taste of Town:	
Bob Evans	12/05
Santa Arrives: Resident Christmas Party	12/08
Holiday Sunday Brunch	12/10
Holiday Bazaar and Festival of Lights	12/10
Resident Council	12/11
Out to Lunch:	
Olive Garden	12/12
Christmas Tea Party	12/14
Senior Executive Club	12/20
Christmas Day	12/25

THEME: Winter Wonderland, Hope for the Holidays

Taste of Town

Our Taste of Town will be held on December 5th and we will be serving Bob Evans for lunch. The residents will be looking forward to enjoying some delicious local food. They like having us bring in food from around town. We bring all the restaurant items such as the food, cups, straws, plates, etc... Its is as close to being there as possible.

Out and About

On December 12th will be going to the Olive Garden restaurant enjoy some Italian food for our monthly "Out to Lunch Bunch". Residents will be excited to go out and try their delicious food. We hear they have many choices which are sure to please! Their famous for their soup and salad!!!

Holiday Sunday Brunch

Our Christmas Holiday Sunday Brunch will be held on December 10th from 11am to 1pm. Please come join us and share a nice meal with your loved one. We have a delicious buffet that we prepare complete with salad bar, main entree and dessert. You can invite up to 4 family members free of charge.



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A Trilogy Senior Living Community

A monthly newsletter serving the residents
of Ashford Place Health Campus

- Shaun R. Steele
Area Executive Director
- Erin Huntsman, RN
Director of Health Services
- Mary Ann Lux
Community Service Representative
- Colleen Weatherford
Customer Service Specialist
- Natalie Padgett
Guest Relations/Villa Lifestyle Director
- Natalie Woodward
Assistant Director of Health Services
- Julie Tennell, BSW
Director of Resident Services
- Crystala Evans
Life Enrichment Director
- Deva Duncan
Director of Dining Services
- Anne-Marie Lawrence
Business Office Manager
- Joe Fuentes
Director of Plant Operations
- Tory Hembree
Director of Medical Records
- Troy Allen
Environmental Services Director
- Tawni Morningstar
AP Payroll
- Rhonda Marsh
MDS Coordinator
- Penny Jessup
Staffing Coordinator

Stay in the Loop  

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

@AshfordPlaceHC

Ashford 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
contact the Area Executive Director,
Shaun R. Steele: Shaun.Steele@trilogyhs.com
or our Compliance
Hotline: 800-908-8618, ext. 2800;
or comply@trilogyhs.com
Newsletter Production by
PorterOneDesign.com

'Lessons'

...continued from cover

learn, and to grow. Visit our blog,
www.lwptoday.com to read about
some of the amazing firsts that
took place at Trilogy campuses
across the Midwest!

Takeaway #5: Be Grateful

It's something that everyone should
try to do each day. At our campus,
it only takes one look around to
remind us of everything we have to
be grateful for. When we hear our

residents laughing at the dinner
table, or see them introducing their
family to the friends they have
made, our hearts are filled with
gratitude. For everyone here at
our campus, it's an honor to know,
and to serve our residents. The
gifts they've given us this past year
outweigh any that could be bought
in a store. We'll always cherish the
memories we have made, and we
can't wait to see what 2018 brings!



Word Search

W	K	V	Y	E	A	R	J	K	O	W	Z	N	O	H	Y	H	P	H
V	U	L	F	R	I	E	N	D	S	T	Z	W	R	P	K	O	M	J
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ARTIST
BALANCE
CULTURE
FAMILY

FRIENDS
GRATEFUL
HEARTS
HOLIDAY

LESSONS
NEW
ORNAMENT
PROGRAMS

SKILL
TRILOGYFIT
WELLNESS
YEAR