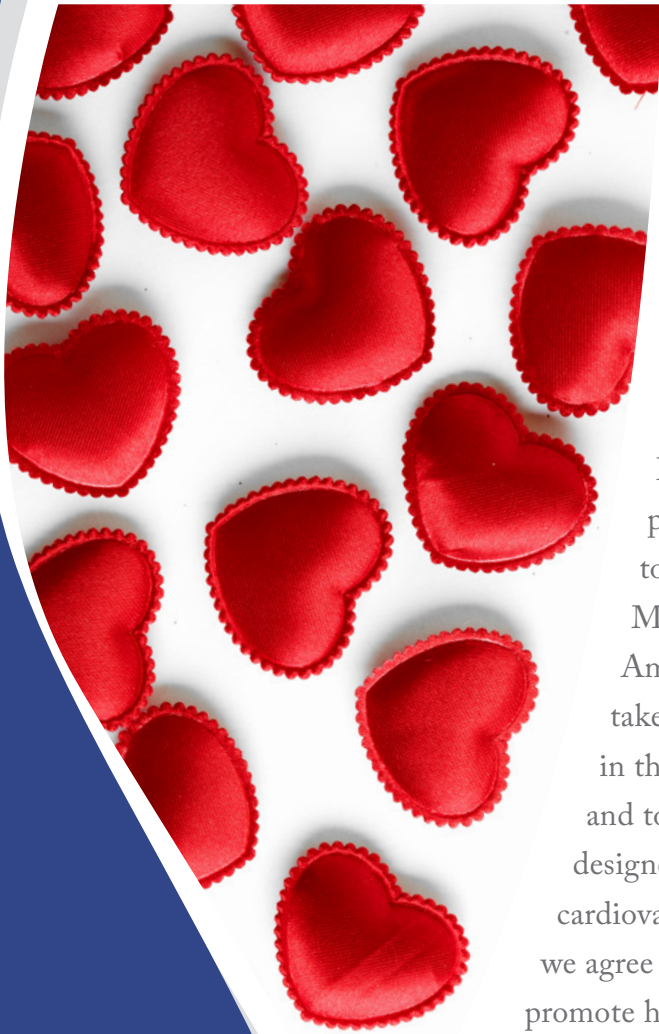


# THE ASHFORD PLACE *Chronicle*



## Healthy, Happy Hearts

Back in 1963, at a time when more than half of the deaths in the U.S. were caused by cardiovascular disease, President Lyndon B. Johnson proclaimed February to be American Heart Month. He urged the American public to take an active interest in their heart health, and to support programs designed to improve cardiovascular health. While we agree that programs that promote healthy diet and exercise are key to maintaining a healthy heart and fighting heart disease, at our campus, we also believe that a healthy heart is one that is nourished by meaningful relationships and opportunities to socialize with others.

Many scientific publications support this belief, such as *Greater Good Magazine*, published by UC Berkley. In a recent article, *Greater Good* stated that "...both our health and our social capital tend to decline as we age. We retire from jobs, lose friends and spouses to death and illness, and see family members move out of the area – all of which can sharply reduce daily social interactions and stimulation, which in turn has a direct impact on mental and physical health."

For the good of our hearts, it's important to stay social. That's why we offer so many programs at our campus aimed to meet our residents' needs for socialization and fulfillment. Through our **Living Arts** program, our residents can share stories, express themselves, and learn things about their friends and neighbors by creating art through many different mediums, ...continued on back page



*Ashford Place*

**Health Campus**

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Shelbyville, IN 46176

Phone: 317.398.8422

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February 2018

***Did You Know?*** According to McKnight's Senior Living, "Physical and mental well-being, belonging and recognition, favorite activities and spirituality are key to promoting meaning and purpose in life, according to a series of interviews with nursing home residents published in *BMC Geriatrics*." At our campus, we strive to fulfill these aspects of our residents' lives every day. If you would like to help us care for the hearts of our residents, consider volunteering today. We think you'll find that your heart will thank you. Contact our Executive Director to learn how you can get involved!

# Happy Birthday!

## Residents

Thelma H.	February 01
Mary B.	February 06
Jean S.	February 08
Viva E.	February 19
Martina B.	February 21

## Staff

Michelle Richardson	February 06
Madison West	February 12
Linda Smith	February 19
Danny Bledsoe	February 22

## Sunday Brunch

Our Sunday Brunch will be held on February 11th from 11:00a.m. to 1:00p.m. 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 2 family members free of charge.

## Volunteers Needed

The Life Enrichment Department is looking for Volunteer's for 2018. 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, pet visits, games, and art projects. Please call Crystala Evans, Life Enrichment Director to find out how YOU can become the next Ashford Volunteer.

## Resident Council

We will be having our monthly Resident Council on February 12th. 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.

## Executive Director Corner



Greetings from Ashford Place Health Campus!

As you probably know, the landscape of healthcare, and of senior living, is changing all the time. It's important that providers stay abreast of the latest changes so that we can deliver the best service to our residents and their families. When I am reading senior living publications, I not only come across helpful information but an affirmation that our programs and services are truly helping our residents live life to the fullest.

Recently, McKnight's Senior Living published an article entitled 'Friendships Help Inoculate Residents against Mental Decline.' This article cites a study conducted by Northwestern University researchers that found that seniors who enjoy fulfilling interpersonal relationships have healthier brains.

This isn't the first study that has put forth this claim, and I am betting that it won't be the last.

At our campus, we have always prided ourselves on the opportunities for socialization that we provide our residents, from hosting fun (and delicious!) Happy Hours, to group outings around town and special events such as our Theme Weeks, one of which is taking place this month! Make sure that you're following us on Facebook and Twitter for pictures of these wonderful events. After all, it's one thing to read a study about the benefits of socialization, it's another thing to see the benefits for yourself!

Happy February! Please let us know how we can best serve you and your loved one this Love month!

Yours in Service,  
**Shaun R. Steele**  
Area Executive Director

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**Transportation Reminders** – The Ashford Place Health Campus bus is available to transport residents to doctor appointments on Monday, Wednesday and Friday. We reserve the bus for Life Enrichment and fun activities on Tuesday and Thursday.

## Senior Executive Club

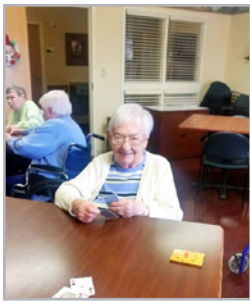
Do you have the Ashford Place Senior Executive Club Gold Card?

Our Gold Card Members enjoy the following benefits:

- A Complimentary Lunch Monthly
- Weekly Blood Pressure Checks
- Free Rental on Banquet Rooms
- Blood Sugar Checks
- Priority Admission
- Exercise Program Weekly

- Free Balloon Bouquets
- Medicare/Long Term Insurance Consulting

Join us for the next meeting on Wednesday, February 21st from 10–11:00 a.m. in the Assisted Living Dining Room. Lunch will be provided. Please RSVP to Natalie Padgett, Guest Relations, at 317-398-8422. Your reservation is appreciated and helps us to plan accordingly!



*Vivian R. playing Euchre.*



*Ruby W. with her snowman*



*Snowflake art.*



*Evelyn A in crafts.*



*Dorothy M. snowflake.*



*Anna G. enjoying tea.*



*Jean S. on Legacy Lane making snowflakes.*



*Norma L. and her snowman.*

# Life Enrichment

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.



*Dawn D. reveals Dee C. is our OGO!*



*Olive Garden Lunch Outing*

## Dates to Remember

- Taste of Town - Pasghetti's 2/06
  - Sunday Brunch 2/11
  - Resident Council 2/12
  - Mardi Gras Party-Fat Tuesday 2/13
  - Valentine's Day-Tea & Cookies 2/14
  - Out to Lunch-Blue Bird 2/20
  - Senior Executive Club 2/21
  - My Fair Lady-Theme Dinner 2/22
- THEME:** My Fair Lady, Groundhog Day, President's Day, Mardi Gras, and Valentine's Day

## Taste of Town

Our Taste of Town will be held on February 6th and we will be serving food from Pasghetti's 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 February 20th will be going to the Blue Bird restaurant to enjoy some 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!

## Theme Dinner My Fair Lady

On February 22nd we will be having a Theme Dinner which is based on the 1964 movie "My Fair Lady." This beloved musical has a snobbish phonetics professor agreeing to take a flower girl and make her presentable in high society. We will have theme decorations, games, and delicious food for the occasion.

## Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link: [www.ashfordplacehc.com](http://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 2018.



# Ashford Place

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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](mailto:Shaun.Steele@trilogyhs.com)  
or our Compliance  
Hotline: 800-908-8618, ext. 2800;  
or [comply@trilogyhs.com](mailto:comply@trilogyhs.com)  
Newsletter Production by  
[PorterOneDesign.com](http://PorterOneDesign.com)

# 'Hearts'

...continued from cover

and during our famous **Theme Weeks** (one of which takes place this month!) we go all out to create an immersive experience for our residents based on a theme. During a time in life where many may feel stressed or lonely, coming together to play games, dress up, and share a show-stopping meal has a way of sparking conversations, laughter, and friendships. This year we'll be celebrating classic Broadway musicals, starting with *My Fair Lady*. These programs are just the tip of the iceberg; visitors to our campus will find our residents exercising, besting one another in trivia, learning new skills, and even

listening to live music, depending on the day! Contact our Executive Director to learn more!

Heart health depends in large part on what we put in our bodies, which goes far beyond the food we eat. Throughout our lives, we gather happy moments, make cherished connections and thrive in the company of others. In doing so, we are caring for our hearts.



## Word Search

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

ACTIVITY  
ART  
CARDIO  
EXERCISE

EXPRESSION  
FEBRUARY  
GAMES  
HEARTS

LONELY  
MEAL  
MUSIC  
PINK

RED  
SKILLS  
STORIES  
VALENTINE