

AVALON SPRINGS *Chronicle*



Improving Your Health, One Meal at a Time

How often during a meal do you sit back and think, “What is the exact nutritional value of what I’m eating?” or, “Will this food improve my skin elasticity?” how about, “Will this help my wound to heal?” No? Don’t feel bad.

These aren’t questions that people ordinarily ask themselves at the dinner table. However, before the food we serve ends up on our residents’ forks and spoons, our Dining Services team asks themselves exactly these kinds of questions. In honor of Nutrition Month, we wanted to give you some insights into why the food we serve at our campus is one of our topmost priorities.

Proper nutrition is important at any age, but as you reach your senior years, it becomes more important

than ever. By ingesting the right nutrients, you can help your body fight off infection, heal when it is injured, and maintain a healthy weight, which is key when it comes to preventing wounds such as pressure ulcers. In a recent article published by McKnight’s Senior Living, Paulina Lowkis, MBA, RD, LDN, CDE, a senior product manager with Medline’s Nutrition and Pharmaceutical Division, states, “Nutrition is often the forgotten piece in both prevention and treatment of wounds. It plays a significant role as adequate calories, protein and hydration are needed to keep the patient nourished.”

Expert opinions, and the science behind them, are the reason why we’re invested in both the taste and the nutritional value of the foods we serve. Like many things in life, this is a balancing act. Our chefs challenge themselves every day to create foods that our residents love to eat, and that also provide them

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**avalon
springs**
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March 2018

Did You Know?

According to the National Institute on Aging, we require fewer calories as we get older, but the same amount of nutrients! Eating nutrient-dense foods is incredibly important for older adults.

For handy tools to help you make the right eating choices, visit:

www.nia.nih.gov/health/smart-food-choices-healthy-aging

Happy Birthday!

| | |
|----------|--------------|
| March 11 | Michaline E. |
| March 14 | Joan H. |
| March 17 | Lois L. |
| March 20 | Julia D. |
| March 26 | Verna N. |
| March 28 | Gertrude L. |
| March 31 | Jane F. |

Sunday Brunch

Please join us for Sunday Brunch on March 4th at 11:30a.m. Each resident may have two complimentary guest. Additional guest may purchase a meal for \$10.00. Reservations are required. Please reserve your spot today.

Taste of Town

Taste of Town this month will be from La Cabana Mexican Restaurant and Cantina.

Did You Know...?

- That you can read the monthly newsletter on-line. Please follow the campus link: www.avalonspringshc.com
- The Private Dining Room can be reserved for just a meal or a celebration with your loved one by contacting dining services.
- Happy Hour is weekly at 3:30pm in Town Square. Please join us for live entertainment, snacks and drinks.



Executive Director Corner

Greetings from Avalon Springs! As winter winds down, I hope you are just as excited as I am to get back outside. One of our favorite things to do at our campus is taking trips to our favorite spots around town, and many of these are best enjoyed in the spring sunshine. A little Vitamin D does wonders for curing the winter blues.

Speaking of vitamins, recently, McKnight's Senior Living published a great article concerning the importance of nutrition when it comes to wound care. As we age, we are more prone to injury and illness, and proper nutrition can help to combat both. John Hall of McKnight's writes, "In the global context of health, good nutrition

naturally has long been one of the most powerful weapons against disease." This is one of the reasons why we take our dining experience so seriously at Avalon Springs.

It is our goal to provide food that nourishes our residents' taste buds, as well as the rest of their bodies. In this way, we can help prevent side effects of poor nutrition such as weight loss and dehydration, which, according to McKnight's, can lead to wounds such as pressure ulcers. I personally invite you to come experience the Trilogy difference, and dine with us either during our Sunday Brunch this month or any time that is convenient for you. There is always room at our table for company!

Yours in Service,
Crystal Wray, HFA
Executive Director

Featured Resident: Pat's Corner

I noticed in today's paper, The Times, that on April 12th Gary will be having a Civility Counts Day. This is the third year in a row that Gary has celebrated the idea of being civil to everyone a person meets – whether in business, social events, shopping trips, sporting activities or even health facilities like Avalon Springs. I remember writing about this last year and I believe we are doing it already. So "Let's Keep Up the Good Work"

It's really very easy – just smile and greet everybody with that big grin.





Hosting the 2018 ER-3

Dietary Department hosted the first 2018 ER-3 for the staff and did an amazing job.

Legacy Spotlight

Ellen one of our Legacy cooks and her wonderful dog visit with the residents on Legacy.



Smile of the Month

Linda decorated her walker for Valentine's Day!

Volunteer News

We are looking for people who would like to help enrich the lives of our seniors. We are in need of Volunteers that would like to help call Bingo on Mondays at 1:30pm and Wednesdays at 1:15pm. If you have a special talent, skill, music ability, foreign language or hobby that you would like to share with our residents please contact Amy Plumb, Life Enrichment Director at 462-1778.

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 A Trilogy Senior Living Community
A monthly newsletter serving the residents
of Avalon Springs Health Campus

- Crystal Wray
Executive Director
- Kim Sheets
Director of Health Services
- Amy Plumb
Life Enrichment Director
- Amber Burns
Legacy Director
- Siva Thirugnana
Therapy Director
- Jennifer Ruzbasan
Food Service Director
- Ivana Krstevska
Social Service Director
- Monica Lacy
Business Office Manager
- Heather Schlegelmilch
Community Service Representative
- Maurice Ford
Environmental Service
- Ron Horan
Director of Plant Operations

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

@AvalonSpringsHC
Avalon Springs 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!
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, Marnie Davison or our Compliance Line. Compliance Hotline: 800-908-8618, ext. 2800; or comply@trilogyhs.com

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'Improving Your Health' ...continued from cover

with the vitamins and nutrients they need to feel their best. And they take this challenge seriously. So seriously, in fact, that each year we hold a Culinary Olympics, during which our chefs compete against one another to create dishes worthy of a five-star restaurant. These appetizers, entrees, and desserts are judged not only on their presentation and overall flavor, but their nutritional value, as well! Look for these exciting dishes to show up on our menu after these competitions!

We could talk about our talented chefs and the wonderful meals they prepare all day, but when it comes to food, we know that the

proof is on the plate. If you are ever craving a dish that's prepared with skill and served with heart, join us for a meal. We highly recommend popping in for our monthly Sunday Brunch, which, in our opinion, rivals anything you would order at a restaurant! We're also always open to new recipe ideas, so if you or your loved one have a go-to crowd pleaser, let our chefs know. We may even feature it on our menu!



Word Search

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| CHEF | FORK | MEAL | VEGETABLES |
| DIGEST | FRUIT | NUTRITION | VITAMINS |