

AVALON SPRINGS *Chronicle*



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

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 **avalon
springs**
HEALTH CAMPUS

2400 Silhavy Road
Valparaiso, IN 46383
Campus: 219.462.1778
Legacy: 219.707.8744
Fax: 219.462.1779

www.avalonspringshc.com

July 2017

Happy Birthday!

7/04	Linda P.
7/13	Edward A.
7/17	Wilma P.
7/17	Evelyn F.
7/21	Joseph H.
7/23	Elsie M.
7/26	Patricia W.
7/27	Bonnie T.
7/30	Betty J K.

Sunday Brunch

Please join us on July 9th at 11:30am. Each resident may have two complimentary guest. Additional guest may purchase a meal ticket for \$10.00 in the business office. Reservations are required. Please reserve your spot today.

Taste of Town

- Dilly and Buster Bars
- Dairy Queen

Did You Know...?

- *That you can read the monthly newsletter on-line.* Please follow the campus link avalonspringshc.com.
- *The Private Dining Room can be reserved* for celebrating a special occasion or simply having a meal with your loved one. *Contacting Jennifer, Director of 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, and happy July!

I hope you're staying cool this month, and finding some time to pursue some outdoor activities – I know we'll be out and about a lot at Avalon Springs!

In addition to celebrating our country's Independence Day this month, we'll also be celebrating the results of our Independence from Hunger Food Drive! Every year I am overwhelmed by the outpouring of support and generosity from our staff, residents, families and community members and I would like to thank everyone who donated. Together, we can make a positive impact on the lives of many, and that's what we're all about.

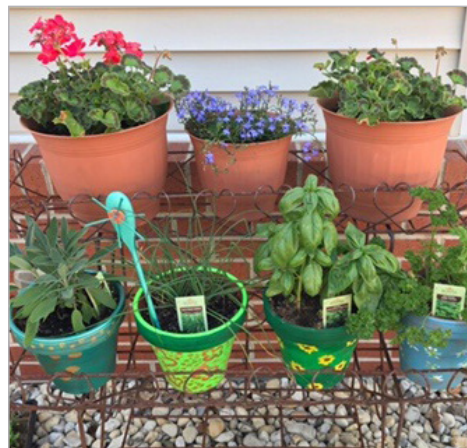
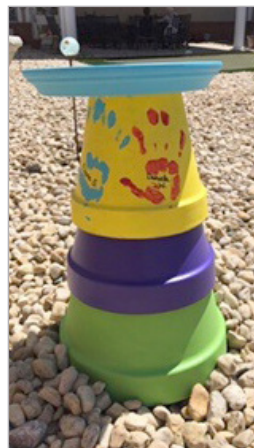
If you're not already a subscriber to our blog, Living with Purpose, I encourage you to do so today! We're always posting inspiring stories, helpful advice, and tons of exciting news from our campuses all over the Midwest. Whether you're looking to laugh, to learn, or just enjoy a good story, you'll find it all at www.lwptoday.com! You can also follow our campus on Facebook and Twitter to keep up with all the fun things we do every day.

I can't wait to share our campus story with you, and invite you to come help us write it by joining us for an event, volunteering your time, or just stopping by to say hello.

Yours in Service,
Crystal Wray, HFA
Executive Director

Highlights from Gardening Projects

Here is a quick look at some of the projects our residents have been working on for the Campus in Color activity.



Chef's Tables

Clara, Pat and Linda enjoy the Chef's Table Dinner



pictured left to right Clara, Pat, and Linda

Volunteer News

We are looking for volunteers who would love to call Bingo for our residents each Monday at 1:30pm in the assisted living activity room. We are also looking for volunteers who would love to pamper our residents by painting their nails weekly. If you are interested in these two areas, please see the activity department for information on becoming a volunteer.

Smile of the Month

Residents have enjoyed helping with Campus in Color by planting the large flowerpots at the entrance.



pictured left to right Clara and Diane

Pat's Corner

“REMEMBER WHEN”



Who is carved in Mount Rushmore? Did you think who they were?

Presidents – Washington, Jefferson, Lincoln and Theodore Roosevelt. It's also located in South Dakota.

Now, I didn't get any “Remember When” stories from anyone so here's another one from me.

After Chuck got out of the Air Force we were on our way to Tucson, Arizona to go to the University. Since money was scarce and we could pull up the back seat of the Nash and put some pillows in the truck so we planned to sleep in trailer parks along the way. The first night in Minnesota we pulled into a trailer park, paid \$0.50 for a space and crawled into the truck – back seat – bed. In the evening of that night we were awakened – looked and saw that we were surrounded by people sitting in folding chairs watching an outdoor movie. I even remember the movie playing was “Scattergood Baines.” We got up and watched it. What a bargain \$0.50 for a parking space and a movie.

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

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Amy Plumb
Life Enrichment Director

Amber Burns
Legacy Director

Siva Thirugnana
Therapy Director

Jennifer Ruzbasan
Food Service Director

Monica Lacy
Business Office Manager

Maurice Ford
Environmental Service

Ron Horan
Director of Plant Operations

Ivana Krstevska
Social Service Director

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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'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

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COOKING
DISHES
FISHING
FRIENDS

HAPPY HOUR
LAWN
MEMORIES
OBSTACLE

PAINTING
PASSION
SENIORS
SIMPLIFY

STAIRS
TASKS
THOREAU
WORRY-FREE