

# WELLBROOKE OF AVON News



## *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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Wellbrooke

of Avon

THE CENTER FOR HEALTH & WELLNESS

10307 E. County Rd. 100 North

Indianapolis, IN 46234

Phone: 317.273.2144

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

July 2017

## Happy Birthday!

Beverly A. July 06  
Barbara V. July 31

## Shirt Color Identification

Black Leadership Members  
Light Blue RN & LPN  
Dark Blue CRCA  
Brown Environmental Services  
White Chef Coats  
with Black Pants Food Services  
Hibiscus Life Enrichment  
Blue Button Down Plant Ops.  
Rust Paragon Therapy

## For Your Information

Please refer to Life Share on your room TV and the Community Share TV monitors in the Lobby and in the Bistro for announcements, daily program updates, the menu for the day, weather and photos of our residents participating in various Life Enrichment Activities.

## Happy Hour

Happy Hour is every Friday at 3:00 p.m. in the Bistro. Come listen to the music and enjoy some refreshments.

### Entertainers for this Month:

July 07 Joe Clymer  
July 14 Steve Jeffris  
July 21 The Continette Dancers  
July 28 Don White



## Executive Director Corner

Happy July!  
I hope you are staying

cool this month and finding some time to pursue some outdoor activities, as we will be doing here at Wellbrooke of Avon.

As we celebrate our Country's Independence Day, we will also be celebrating the results of our Independence from Hunger Food Drive. Each year I am humbled by the outpouring support and generosity from our staff, residents, families, and community members. I would like to thank all of those who have contributed to this worthy cause. Together we make a positive impact on the lives of those in our community

Have you seen our blog? Living with a Purpose features inspiring stories, helpful advice and tons of exciting news from our campuses all over the Midwest. Subscribe by logging on to [www.lwptoday.com](http://www.lwptoday.com) to have a laugh, learn something new or just enjoy a good heartfelt story. You can also keep up our campus by following us on Facebook and Twitter.

I invite you to come help us write our campus story by joining us for any of our events, brunch or just to stop by and say 'Hello'. We always look forward to having guests.

Yours in Service,

*Daniel Kern, H.F.A.*  
Executive Director

## Highlights from Around Campus



*Enjoying Margaritas for Cinco de Mayo.*



*MaryKay makeovers for Mother's Day!*



*Tory enjoys painting a flower pot during Artisans.*



*The Staff celebrated Red Nose Day in style!*



*Bob takes a break from planting to give the camera a great big smile!*



*Martha enjoys a relaxing afternoon in the courtyard, hiding from the sun underneath her cute hat!*

# Master Gardeners During Campus in Color!

## Volunteers Wanted!

Do you have a special talent or hobby that you would like to share with our residents? Do you enjoy socializing, polishing nails or playing cards? Then we would love you to join our team of VOLUNTEERS! If you can give one hour a month to spend with our residents, please contact our Life Enrichment Director, Marie Mitman, CTRS @ [Marie.Mitman@WellbrookeofAvon.com](mailto:Marie.Mitman@WellbrookeofAvon.com)

*We look forward to seeing you around the Campus!*

## We Had a Great Time During Our Memorial Day Cookout!



## Upcoming Events

### Senior Executive Club

The Senior Executive Club will be meeting on Wednesday July 19th at 10am with a Community Cook Out. RSVP to (317) 273-2144

### Family Brunch

Family Brunch will be on the Third Sunday, July 16 2017 from 11:00a.m. to 1:00p.m. Come enjoy the Fantastic Food prepared by our Chef and Food Services Team. Prices for your first two guests and children under 4 are Free, ages 5-12 is \$5.00 and for any additional guests over the age of 12 it will be \$10.00 per person. Please sign up and purchase your tickets at the Guest Relations Desk by Wednesday, June 14th.

## Live a Dream

We are looking to make **WISHES** come true! Does your loved one have a special something they always wanted to do? Our **Live a Dream** program is designed to grant those wishes. Please call or email our Life Enrichment Director, [Marie.Mitman@WellbrookeofAvon.com](mailto:Marie.Mitman@WellbrookeofAvon.com) for more information.

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A Trilogy Senior Living Community

A monthly newsletter serving the residents of Wellbrooke of Avon

Dan Kern

Executive Director

Tiffany Goodman

Director of Health Services

Amy Beers

Community Service Representative

Holly Boyll

Community Service Specialist

Jodi Bell

Therapy Director

Jerrica Starkey

Assistant Director of Health Services

Cathy Scheibelhut

Social Service Director

Marie Mitman

Director of Life Enrichment

Chef Steve Rhim

Director of Food Services

Sonia Turner

Business Office Manager

Kristy Mullins

Environmental Services Director

Dick Bilderback

Director of Plant Operations

Stay in the Loop  

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

@AvonWellbrooke

Wellbrooke of Avon

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, Tara Curtis-Schwab or our Compliance Line. Compliance Hotline: 800-908-8618, ext. 2800; or [comply@trilogyhs.com](mailto:comply@trilogyhs.com)

Newsletter Production by PorterOneDesign.com

# 'Keep it Simple'

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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  
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COOKING  
DISHES  
FISHING  
FRIENDS

HAPPY HOUR  
LAWN  
MEMORIES  
OBSTACLE

PAINTING  
PASSION  
SENIORS  
SIMPLIFY

STAIRS  
TASKS  
THOREAU  
WORRY-FREE