

CLEARVISTA LAKE Connection



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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July 2017

Happy Birthday!

July 02 Waneta N.
July 02 David R.
July 13 William R.
July 29 Lois T.

Volunteer News

Here at Clearvista Lake we are always looking volunteers! If you enjoy working with groups of people or being with an individual, we have opportunities that can fit your interests. Just contact our Life Enrichment department and we can help build opportunities suitable to you.

Sunday Brunch

We love welcoming our families in to enjoy a meal with their loved one! Please join us on Sunday July 16th as we enjoy a family meal! Please RSVP for Brunch with Linda, our guest relations.



Executive Director Corner

Greetings from Clearvista Lake 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 Clearvista Lake!

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,
Tammy Tinsley
Executive Director

Out and About

This is a month full of possibilities! Now that the warm weather is officially here to stay, we want to take advantage of the sunshine on our outings. This month we will be picnicking at Saxony beach and exploring other outdoor opportunities in our area.

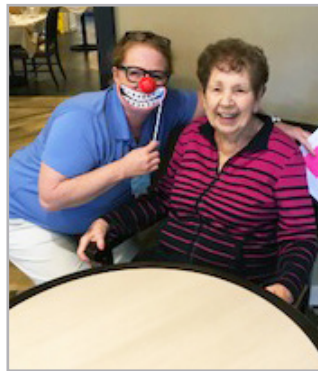




Highlights from our Indy 500 Theme Night

Did You Know...?

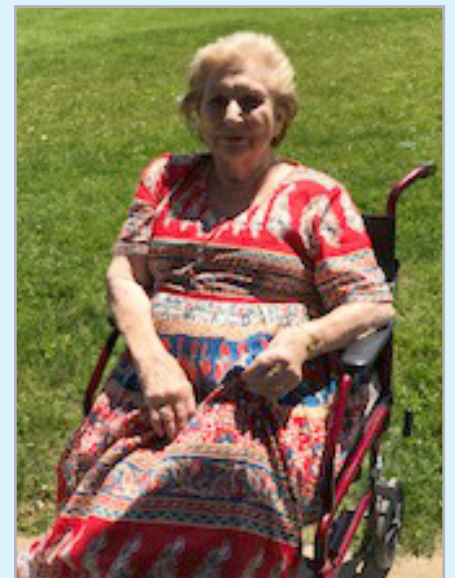
- That you can read the monthly newsletter on-line. Please follow the campus link: www.clearvistalakehc.com
- The Private Dining Room can be reserved for special events such as family get togethers or birthday parties.
- Happy Hour is weekly at 3:00p.m. on Friday's. Each week we offer entertainment, beverages, and appetizers.



Smile of the Month

Lois, thank you for bringing a bright smile into our Community here at Clearvista. We enjoy your participation in activities and the way you encourage other residents to join in the fun. Please continue sharing your bright and warming smiling.

Highlights from our Living Arts Program





Clearvista Lake
Health Campus

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 **A Trilog Senior Living Community**
A monthly newsletter serving the residents
of Clearvista Lake Health Campus

- Tammy Tinsley
Executive Director
- Janet Worley
Director of Health Services
- Mark Wallis
Customer Service Representative
- Michelle Hines
Customer Service Specialist
- Chantel Sidara
Director of Rehabilitation Services
- Cortney Hicks
Life Enrichment Director
- Kenny Verrill
Business Office Manager
- Scott Woods
Director of Food Services
- Linda Johnston
Guest Relations
- Tyler Andrzejewski
Social Services Director

Stay in the Loop  
Keep up with latest campus news
and happenings by following
us on your favorite social networks!
[@ClearvistaLake](https://twitter.com/ClearvistaLake)
Clearvista Lake 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 call the Divisional Vice
President or our Compliance Line.
Adam Parton, Divisional Vice President.
Compliance Hotline: 800-908-8618,
ext. 2800; or comply@trilogys.com

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'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

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COOKING
DISHES
FISHING
FRIENDS

HAPPY HOUR
LAWN
MEMORIES
OBSTACLE

PAINTING
PASSION
SENIORS
SIMPLIFY

STAIRS
TASKS
THOREAU
WORRY-FREE