



## The Grass is Greener at Our Campus

There's something special in the air this time of year. The quiet of a world that's been asleep all winter has been broken by birdsong, spring rain showers, and the sound of the breeze through newly unfurled leaves. Everything is alive, and awake, and just waiting to be discovered. At our campus, we couldn't be more excited to get out into our greenspaces and soak up the sun during a month made for spending time outdoors.

In fact, we have a program at our campus that was designed to inspire our residents to get the most out of May's picture perfect afternoons – Campus in Color. Through this companywide competition, we encourage everyone at our campus and

throughout the community to take part in planting flowers in our courtyards, along our walkways, and anywhere else they feel could use a pop of color or a bit more green. Choosing a winner is always one of the hardest decisions we have to make!

At our campus, our residents take pride in their home, and we encourage them to make it uniquely their own. If you don't already follow us on Facebook and Twitter, now is a great time to start! Throughout this month, our campus Facebook and Twitter pages will be filled with pictures of our residents planting, preening, and just enjoying our outdoor spaces, which science has shown not only benefits the mind, but the body as well.

Time spent in the garden has been shown to have numerous therapeutic effects. In fact, the term 'horticultural therapy' is

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Wellbrooke

of Crawfordsville

THE CENTER FOR HEALTH & WELLNESS

517 Concord Road

Crawfordsville, IN 47933

Phone: 765.362.9122

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

May 2017

## Call for Resident Bloggers

If you're a resident of our campus with a passion for writing, or even just a craving to share your insights, advice, or stories, you could become a blogger for Trilogy Health Services' blog, Living with Purpose! Contact a member of our campus team today to find out how you can get published online, and make sure to check out the blog at [www.lwptoday.com](http://www.lwptoday.com)!

# Happy Birthday!

## Residents

Betty H.	May 05
Carl H.	May 06
James S.	May 13
Glenn E.	May 21

## Staff

Tina G.	May 11
Nancy C.	May 16
Belinda C.	May 20
Destiny M.	May 22
Bri B.	May 18

## Volunteer News

Volunteers give the gift of time. Over 3,000 people presently serve as volunteers within Trilogy campuses.

As a volunteer, you are part of the Trilogy team. So why volunteer? Here are just a few benefits:

- Personal satisfaction.
- Community involvement.
- New, meaningful friendships.
- Developing new skills.
- Utilizing your skills to teach others.

If you're interested in joining the Trilogy team, please contact the Life Enrichment Director to get started.

## Upcoming Events

Sunday Brunch	May 28th
Taste of Town	May 17th

## Executive Director Corner



Greetings from Wellbrooke of Crawfordsville!  
The April

showers have subsided, and May flowers are sprouting all over our campus! Our Campus in Color competition is in full swing, and we encourage you to stop by any time, whether you're looking to get your hands dirty, soak up some sun, or just enjoy a friendly visit in our campus courtyard with a glass of iced tea.

Besides planting, preening, and admiring all of the gorgeous blooms, our residents will be participating in a lot of fun activities outside this month, including our special Senior Health and Fitness Day celebration. For this event, we'll be joining hands with our therapy provider, Paragon Rehabilitation, to host a day full of senior-friendly exercises, activities, and healthy snacks.

Wellbrooke of Crawfordsville  
517 Concord Rd  
Crawfordsville, IN 47933  
May 31st @ 1:30 PM- 3:00 PM

I would like to take a moment to thank everyone who filled out our CSS Survey. Your suggestions are invaluable to our campus team as we strive to exceed your expectations!

I hope that this month is full of life and color for you, as it will be at our campus. Remember to follow us on Facebook and Twitter to keep up-to-date on all the latest, and subscribe to our blog, Living With Purpose, by visiting [www.lwptoday.com](http://www.lwptoday.com). There are tons of articles that are well worth a read, whether you're looking for helpful information or a heartfelt story. As always, it is truly a pleasure to serve you.

Yours in service,  
*Jennifer Hurt*, HFA  
Executive Director

## Theme Dinner

Four times a year the campus undergoes a transformation based on a theme developed by their all-star Life Enrichment team. **This year, residents were asked to board Trilogy Cruise Lines for four luxury cruises around the world!**

For their second cruise, held in April, residents were whisked away for a Midnight on the Mediterranean adventure. Campus staff swapped their trademark polos for stylish captain's hats and jackets, residents were each given a passport, and the entire campus family embarked on a week's worth of themed activities. Throughout the week, residents indulged on their own Egyptian Cuisines, created pieces of art from Rome, and sipped wine during the midnight cruise while music allowed all to relax and push their troubles away, surrounded by their shipmates.

**As we continue our journey on the sea, we'll be sailing out on the Caribbean at the middle of August.** Get ready for another week filled of activities with Trilogy Cruise Lines.

# Activity Highlights from Around Campus



*Fun & games with Doc.*



*Marilyn enjoys Happy Hour.*



*Edna won the CSS Grill!*



*Join us for Happy Hour!*



*Tailgating party for the basketball games.*



*Volunteers painted our resident's nails!*



*Gene with his girls.*



## TrilogyFIT

is a Wellness Program designed by Paragon Rehabilitation for our Long-Term, Assisted Living residents as seniors in our community. Our program promotes

physical, emotional and psychosocial health and well-being by focusing on all aspects of healthy living. This means that we not only provide exercise programs, but we also educate them on topics important to their health such as nutrition, fall prevention, stress management, home safety and more. This program will begin serving our AL residents this month.

## Out and About

Here at Wellbrooke, we attend outings on Mondays and Fridays. This is a time to explore our beautiful community, go shopping or eat out at one of our fabulous restaurants. If you would like to attend or have a suggestion on where you would like to go, we would love to hear about it! Please come sign up in the Life Enrichment department.

## Sunday Brunch

Our Sunday brunch will be May 28th from 11a.m.–1p.m. PLEASE RSVP your number of guests to Guest Relations at the front desk so we can accommodate everyone. Just a friendly reminder that each resident is allotted two free guests to dine with them. After the 2nd guest, each guest is charged the \$7.00 dining fee.

## Did You Know...?

We offer many activities such as a social Happy Hour every Friday, arts and crafts with our talented LEAs, and karaoke. We are also introducing some new activities to Wellbrooke of Crawfordsville! Timeless Treasures are one of many. It is a writing program that allows residents to write a book about their past and compile all the wonderful memories and stories about their family and friends. We are also starting up a Resident and Staff Choir to have our voices heard. We will sing all types of music from the '50s to hymns. If you would like to be apart of these wonderful programs come join us in the Life Enrichment department.

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

The Private Dining Room can be reserved for Birthday Parties, Private family gatherings, or parties at the Front Desk. Please see our Guest Relations, Olivia Horn, for further information

Happy Hour is weekly on Friday's at 3:00 in the pub with appetizers served.

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## A Trilogy Senior Living Community

A monthly newsletter serving the residents of Wellbrooke of Crawfordsville

Jennifer Hurt  
Executive Director

Stacy Walters  
Director of Health Services

Carla Hensel  
Assistant Director of Health Services

Hayden Rawdon  
Life Enrichment Director

Roxie Scott  
Business Office Manager

Makenzie Miles  
Community Service Representative

Judy Everly  
Director of Environmental Services

Danielle Subert  
Rehabilitation Program Director

Shauna Cole  
Business Office Assistant

Pam VanDorn  
Social Services Director

Morris Chaney  
Director of Food Services

### Stay in the Loop

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

@WellbrookeC

Wellbrooke of Crawfordsville

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.

Jackie Short, Divisional Vice President:  
Jackie.Short@trilogyhs.com

Compliance Hotline: 800-908-8618, ext. 2800; or comply@trilogyhs.com

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# 'Grass is Greener'

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used for therapy based in and around gardens. People who garden have been shown to have lower levels of cortisol, the stress hormone. Maybe it's the fresh air or the warmth of the sun, or maybe it's the act of watching something grow from an unassuming sprout into a bright and beautiful bloom. Whatever the reason, it's become clear that a daily dose of time spent outside among growing things is definitely a prescription worth taking. Besides tending to their gardens, our residents take advantage of the long spring

afternoons through trips into town, where they can picnic in the park, enjoy a quiet stroll with friends, or even grab a rod and reel to see what's biting. We're up for anything, and as long as it means having fun, chances are you'll find us there!

This month, we invite you to join us in enjoying the outdoors, whether you stop by to get your hands dirty, admire our handiwork, or just enjoy a friendly chat in our courtyard with a glass of iced tea. We welcome volunteers and visitors of all ages, and we would love to see you.

## Word Search

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

AROMA  
BIRDSONG  
BLOOM  
BLOSSOM

BUDS  
COLOR  
COMPETITION  
COURTYARD

FLOWERS  
GARDEN  
GRASS  
GREEN

PETALS  
PICNIC  
SPRING  
SPROUTS