

GLEN OAKS Gazette



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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Glen Oaks
Health Campus

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July 2017

Happy Birthday!

Residents

Jackie H.	July 02
Norman T.	July 03
Jean B.	July 09
Sara R.	July 28
Joyce F.	July 20
Eula W.	July 30

Staff

Mandy G.	July 04
Amie G.	July 07
Sally C.	July 08
Jenny C.	July 10
Alissa W.	July 24
Karen H.	July 25
Courtney J.	July 28

Legacy Lane Spotlight

Wacky Wednesdays! You never know what Legacy Lane will come up with!



Executive Director's Corner

Greetings from Glen Oaks Health

Campus 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 Glen Oaks!

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 the outpouring of support and generosity from our staff, residents, families and community members overwhelms me and I would like to thank everyone who donated. Together, we can make a positive impact on the lives of many, and that is what we are 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 R. Nelson
Executive Director

Campus in Color is in Full Bloom!

Enjoy the pictures of the staff, residents and volunteers planting and enjoying the wonderful flowers in our courtyards!





Community Connections

Community Connections: The Residents enjoyed a full day of fun and fitness on May 31st for National Senior Health and Fitness Day! They learned about Craniosacral Therapy, yoga, and essential oils and in the afternoon they took, a get fit class!



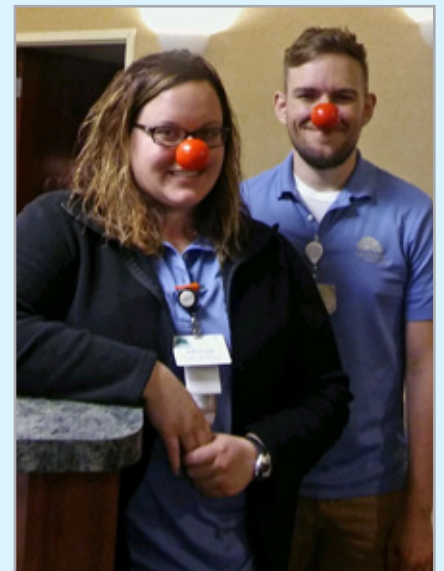
Out and About

The residents went to the Memorial Day Parade on the 29th of May. They enjoyed the parade. The residents favorite where the painted horses!



Smile of the Month

Brother and sister nurses Craig W. LL Coordinator and Kelly W. AL Coordinator celebrated red nose day to help the awareness of childhood poverty. Many of our residents and staff wore the noses to help the cause.



April's Servant's Heart Award

April Servant's Heart was awarded for April to Tiffany Manning Rehab nursing associate. Thank you Tiffany for all you do for our residents!

From a Resident's Heart: By Charles M. Some Old Guy Madly in Love

All was active in the rec. room. The TV was blaring but little attention was being paid. Why it was Mother's Day and all attention was being drawn to the moms. Flowers from elsewhere. Some in their hair, some in their hands. It was a wildly raucous setting – except for a lonely white haired beautiful lady sitting in the back of the room. There was no cheer on her face or in her life. No family—only sadness, loneliness, tears. Suddenly she caught sight of a familiar face. Her husband of fifty years. He was hiding behind two dozen yellow roses, her favorite. Tears dissolved. He had remembered—what love! She heard him, her love forever. Oh, his love! Those things made her mother's day fulfilled!



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A Trilogy Senior Living Community

A monthly newsletter serving the residents
of Glen Oaks Health Campus

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Ann Knott

Life Enrichment Director

David McMullen

Plant Operations

Kelly Shook

Environmental Services Director

Austin Smith

Director of Food Services

Stay in the Loop  

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

@GlenOaksHC

Glen Oaks 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@trilogyhs.com

Newsletter Production by
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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