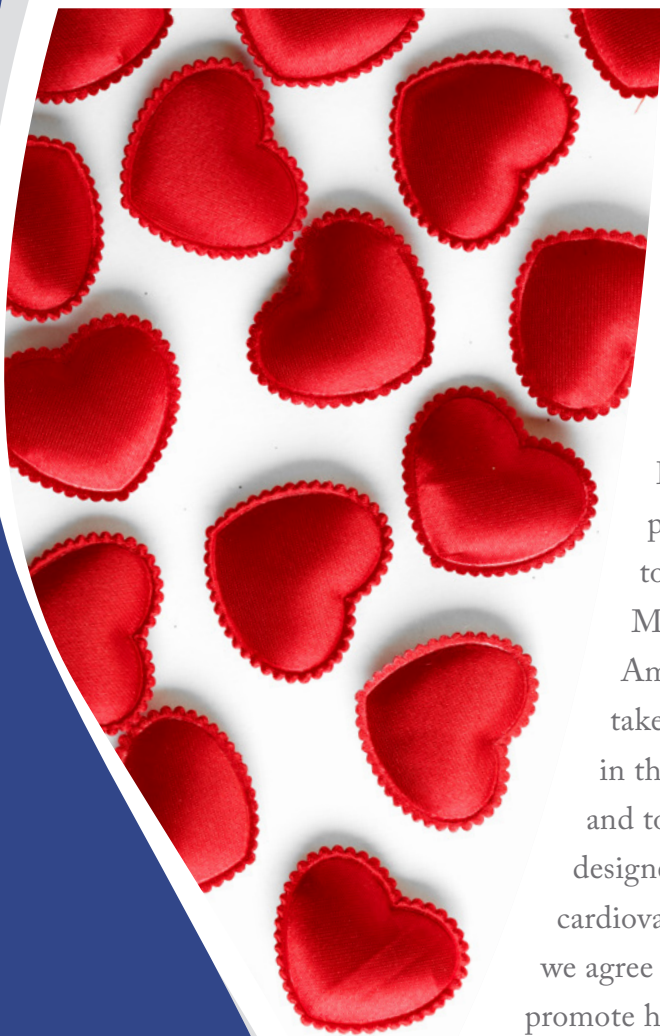


CAMPUS Connection



Healthy, Happy Hearts

Back in 1963, at a time when more than half of the deaths in the U.S. were caused by cardiovascular disease, President Lyndon B. Johnson proclaimed February to be American Heart Month. He urged the American public to take an active interest in their heart health, and to support programs designed to improve cardiovascular health. While we agree that programs that promote healthy diet and exercise are key to maintaining a healthy heart and fighting heart disease, at our campus, we also believe that a healthy heart is one that is nourished by meaningful relationships and opportunities to socialize with others.

Many scientific publications support this belief, such as *Greater Good Magazine*, published by UC Berkley. In a recent article, *Greater Good* stated that "...both our health and our social capital tend to decline as we age. We retire from jobs, lose friends and spouses to death and illness, and see family members move out of the area – all of which can sharply reduce daily social interactions and stimulation, which in turn has a direct impact on mental and physical health."

For the good of our hearts, it's important to stay social. That's why we offer so many programs at our campus aimed to meet our residents' needs for socialization and fulfillment. Through our **Living Arts** program, our residents can share stories, express themselves, and learn things about their friends and neighbors by creating art through many different mediums, ...continued on back page



Owen Valley
Health Campus

920 W. Highway 46
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February 2018

Did You Know? According to McKnight's Senior Living, "Physical and mental well-being, belonging and recognition, favorite activities and spirituality are key to promoting meaning and purpose in life, according to a series of interviews with nursing home residents published in *BMC Geriatrics*." At our campus, we strive to fulfill these aspects of our residents' lives every day. If you would like to help us care for the hearts of our residents, consider volunteering today. We think you'll find that your heart will thank you. Contact our Executive Director to learn how you can get involved!

Happy Birthday!

Residents

Wilma S.	February 02
Bette A.	February 05
Adell K.	February 10
Gregory C.	February 14
BJ L.	February 16
Barton R.	February 19
Lois A.	February 24
Don M.	February 26

Staff

Abigail W.	February 01
Gina T.	February 03
Katrina H.	February 25
Robin M.	February 25
Terri E.	February 25
Daniel B.	February 28

Living Arts

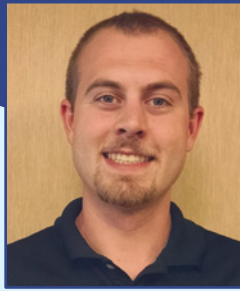
Do you know what an Ascot hat is? On the other hand, do you know how to make one? That is our art project for this month so if you know anything about it, please don't hesitate to come in and help all of us out.

Volunteer News

YOU ARE NEEDED! We would love to have you come in and help us with all the great things we have planned for this month. There will be a theme dinner, homemade valentines, parties, shopping, outings, and much much more!

Sunday Brunch

Will be hosted on February 4th at 11am to 1pm. Each resident will be allowed 2 complimentary guests and each additional are then asked to pay \$7 per person to enjoy the meal with the rest of the guests. Our talented dietary team will come up with the best vittles you have ever tried.



Executive Director's Corner

As you probably know, the landscape of

healthcare, and of senior living, is changing all the time. It's important that providers stay abreast of the latest changes so that we can deliver the best service to our residents and their families. When I am reading senior living publications, I not only come across helpful information but an affirmation that our programs and services are truly helping our residents live life to the fullest.

Recently, McKnight's Senior Living published an article entitled 'Friendships Help Inoculate Residents against Mental Decline.' This article cites a study conducted by Northwestern University researchers that found that seniors who enjoy fulfilling

interpersonal relationships have healthier brains. This isn't the first study that has put forth this claim, and I am betting that it won't be the last.

At our campus, we have always prided ourselves on the opportunities for socialization that we provide our residents, from hosting fun (and delicious!) Happy Hours, to group outings around town and special events such as our Theme Weeks, one of which is taking place this month! Make sure that you're following us on Facebook and Twitter for pictures of these wonderful events. After all, it's one thing to read a study about the benefits of socialization, it's another thing to see the benefits for yourself!

Happy February!

Zach Wilson

Executive Director

Trilogy Triathlon

Let the training begin, we will be preparing for our 4th annual Trilogy Triathlon in March.

We will be getting ready to compete in mind, body, and spirit categories.

Our residents have chose the spelling

bee competition, the bob sledding, and the iron chef. If you would like to be a coach, please come see the Life Enrichment Team and we will get you paired up with a resident that is out to win. Happy training to all and may everyone be a winner!



Smiles of the Month

Look at these wonderful smiles with the help of some small goats!



Legacy Lane Honey it is cold outside, but don't let that stop you from coming in and meeting our new Legacy Lane Coordinator, Her name is Jessica and she has a very educated compassionate heart and willing to go the extra mile for you and your loved one.

Themed Dinner

My Fair Lady is how we are kicking off the New Year! On February 22nd, 2018 at 5pm, we will be enjoying our first theme dinner of the New Year. Please feel free to come dressed up for our fabulous evening of entertainment and yummy food.

Taste of Town

Wee Willies has been what our residents have chose for this month's taste of the town. They have a variety of scrumptious meals, mostly made from scratch.

Out and About

It has been so cold outside we have had to cancel many of our outings, but don't think for one minute we will not be making these up! If you would like to go with us on outings, please come on in and sign up!

Did You Know...?

- That you can read the **monthly newsletter on-line**. Please follow the campus link: www.owenvalleyhc.com
- That we have a **twitter account**? Follow us: [@OwenValleyHC](https://twitter.com/OwenValleyHC)
- Like us on **Facebook** at **Owen Valley Health Campus**
- Don't forget about **Life Share**, where your loved one can receive emails, pictures, videos, and play games right from their own TV in their room. Want to know more? Ask the Life Enrichment Director, Christy Mangin.
- The **Conference Room** can be reserved for gatherings of family and friends, birthday parties, or any occasion. Please feel free to RSVP with any one from Owen Valley Health Campus.
- **Happy Hour** is every **Friday at 3:15p.m.** and everyone is welcome to come, enjoy good times and fellowship with your loved ones. Don't forget to smile and laugh, it is the best medicine.
- The **Trilogy Foundation** grants **Wonderful things from employee tuition to live a dreams for our residents**. If you know of anything a resident would like to do for a live a dream, please let any staff member know. Thank you!



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 **A Trilogy Senior Living Community**

A monthly newsletter serving the residents
of Owen Valley Health Campus

Zachary Wilson
Executive Director

Tammy Cain
Director of Health Services

Christy Mangin
Life Enrichment Director

Annette Settle
Therapy Program Director

Julie Hearth
Business Office Manager

Jimmy Jones
Director of Dining Services

Gina Truesdel
Customer Service Representative

Jessica Schroyer
Legacy Lane Coordinator

Ann Watkin
Director of Social Services

Daniel Browning
Director of Plant Operations

David Myers
Director of Environmental Services

Stay in the Loop  

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

@OwenValleyHC

Owen Valley 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. Fabian Calisto,
Divisional Vice President: Fabian.
Calisto@trilogyhs.com Compliance
Hotline: 800-908-8618, ext. 2800; or
comply@trilogyhs.com

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'Hearts'

...continued from cover

and during our famous **Theme Weeks** (one of which takes place this month!) we go all out to create an immersive experience for our residents based on a theme. During a time in life where many may feel stressed or lonely, coming together to play games, dress up, and share a show-stopping meal has a way of sparking conversations, laughter, and friendships. This year we'll be celebrating classic Broadway musicals, starting with *My Fair Lady*. These programs are just the tip of the iceberg; visitors to our campus will find our residents exercising, besting one another in trivia, learning new skills, and even

listening to live music, depending on the day! Contact our Executive Director to learn more!

Heart health depends in large part on what we put in our bodies, which goes far beyond the food we eat. Throughout our lives, we gather happy moments, make cherished connections and thrive in the company of others. In doing so, we are caring for our hearts.



Word Search

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

EXPRESSION
FEBRUARY
GAMES
HEARTS

LONELY
MEAL
MUSIC
PINK

RED
SKILLS
STORIES
VALENTINE