

CAMPUS Connection

Don't Take Yourself
Too Seriously

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Make Time
for Family

Focus on
Wellness

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Try
Something
New

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A Year's Worth of Lessons

At the close of every year, we try to take some time out at our campus to revisit our favorite memories from months past. In this edition of our newsletter, we wanted to share with you our five top takeaways from 2017. Besides being great examples of our community culture, they helped to remind us of all the fun we had this past year!

Takeaway #1: **Don't Take Yourself Too Seriously**

Ask any Trilogy employee, and they'll tell you that this is a big life lesson they learn from the men and women who call our campus home. Here, humility and humor go hand-in-hand, whether we're participating in a friendly competition, trying our hand at a new skill, or just getting to know one another. This explains why we always have so much fun!

Takeaway #2: **Make Time for Family**

If you have a loved one at our campus, you know that our doors are always open to family members of all ages. This year, though, we took it to the next level by hosting

our Grandparent's Day Sleepover. Even though our campus was a little rowdier than usual, we loved every minute! Seeing the smiles light up the faces of the young and young at heart made the event one of the highlights of our year.

Takeaway #3: **Focus on Wellness**

Maybe the most important part of our mission as a senior living community is to make sure that our residents feel their best, both mentally and physically. This year, our chefs truly topped themselves with the healthy, mouth-watering meals they created – many with local ingredients! We also amped up our TrilogyFIT wellness program, which focuses on improving heart health, strength, balance, and flexibility. With the right fuel and fitness options, we have helped reduce the risk of heart disease and prevent falls.

Takeaway #4: **Try Something New**

This year we saw residents who had never picked up a paintbrush tap into their inner artist. We also saw people who only dreamed of being chefs prepare and enjoy their own culinary creations. And that was only the beginning! Everywhere we looked, there were more opportunities to teach, to
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December 2017

Happy Birthday!

Residents

Dottie Y.	12/03
Bob S.	12/07
Patricia F.	12/07
Marjorie F.	12/10
Harley A.	12/13
David E.	12/14
Ronald C.	12/15

Staff

Ann W.	12/18
Rosetta S.	12/19
Andrea M.	12/24
Melissa J.	12/28
Angela R.	12/29

Volunteer News

'Twas' the night before the holiday season and there was joy and laughter all through the hallways. You could see the eyes light up on our residents, when our volunteers read Christmas stories of all kinds and put together sparkling ornaments for our trees and cook all kinds of holiday treats. This could be you! All you have to do is come in and fill out a volunteer form and get started bringing joy and cheerfulness to our residents, for more information contact Christy Mangin, LED and she will get you started. 812-829-2331.

Living Arts

It is that time of the year for the fresh smells of Christmas trees, good food, and festive décor, and friendly smiles from the ones you love. Here at OVHC we will be decorating our Christmas trees with artistic homemade ornaments from the loving warm hands of our wonderful residents. Please feel free to come on in and give a helping hand on making them or just come on in and admire, the choice is yours!



Executive Director's Corner

Greetings from Owen Valley Health Campus!

Welcome once again to that special time of year that can be equal parts magical and stressful. Whenever I find myself in danger of slipping into that winter slump, I try to focus on one uplifting memory from the past year. This year, I have a lot to choose from. From our Trilogy Cruise Line Theme Weeks and our Grandparent's Day Sleepover to all of the wonderful Family Nights, Sunday Brunches, and many, many, fun outings, it is hard for me to pick one memory to focus on, and that is a great problem to have!

Perhaps just as satisfying at revisiting these past memories is knowing that there are still many more

to come. Our campus undergoes a beautiful transformation this time of year, and I consider myself extremely lucky to be a part of it. I encourage you to stop by anytime you can to soak up some of the holiday cheer that will fill our hallways.

Although we are incredibly fortunate at our campus, there are many who struggle this time of year. Through our Hope for the Holidays fundraising campaign, we have been collecting funds to benefit Garrard Chapel food pantry. In this way, we hope to spread some of this season's joy to those who need it most. If you are interested in donating, please contact a member of our campus team.

Have a happy December!

Zach Wilson
Executive Director

Out and About

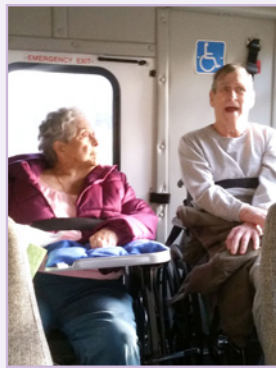
We are going places and we are not letting the weather stop us! In October we went and visited the Clayshire Castle, in November we went to the 100 sculptures in the woods and December we will be taking drives to see the display of lovely Christmas lights.



Taste of Town Our wonderful residents have chosen Hill Top Restaurant to bring in their famous fried chicken for taste of the town for December. How their faces will glow!



Live a Dream We have had the honor of granting two LAD this quarter. Mrs. Pat F. was baptized as of October 26th and had a pizza party afterwards, celebrating and rejoicing in her newfound love for JESUS! David M. and a resident from our sister facility went to the Hill Top Restaurant for a dinner and show, with our very own Dylan (floor tech) and Melissa (LEA). Kind of a double dinner date. Still needing more, so if you have a dream for your love one come on and talk with Christy Mangin, she will do her very best to make the dream come true!



Smiles of the Month

David M. and Dylan N. have the brightest smiles in the room @HillTopResturant on David's Live a Dream!



Legacy/Legacy Lane Spotlight

It is our pleasure to announce that we are in the process of breaking in our new Legacy Lane Coordinator. It is starting to look a lot like Christmas all around the Lane, please come by and see our wonderful heartfelt décor and admire our Christmas tree of love! We are looking forward to seeing you all this very Merry Christmas time of the year! Please come by and enjoy fellowship with your loved ones and sing a carol or 2 with us all!

Sunday Brunch

On December 10th from 11am to 1pm, our talented dietary team will be hosting our Sunday brunch. All is welcome to come join in on this fabulous meal prepared from the heart. Please enjoy our Christmas décor and our beautiful Christmas trees. You just might get to hear a caroler or two during your meal.

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
- 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

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Ann Watkin
Director of Social Services

Daniel Browning
Director of Plant Operations

David Myers
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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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'Lessons'

...continued from cover

learn, and to grow. Visit our blog,
www.lwptoday.com to read about
some of the amazing firsts that
took place at Trilogy campuses
across the Midwest!

Takeaway #5: Be Grateful

It's something that everyone should
try to do each day. At our campus,
it only takes one look around to
remind us of everything we have to
be grateful for. When we hear our

residents laughing at the dinner
table, or see them introducing their
family to the friends they have
made, our hearts are filled with
gratitude. For everyone here at
our campus, it's an honor to know,
and to serve our residents. The
gifts they've given us this past year
outweigh any that could be bought
in a store. We'll always cherish the
memories we have made, and we
can't wait to see what 2018 brings!



Word Search

W	K	V	Y	E	A	R	J	K	O	W	Z	N	O	H	Y	H	P	H
V	U	L	F	R	I	E	N	D	S	T	Z	W	R	P	K	O	M	J
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ARTIST
BALANCE
CULTURE
FAMILY

FRIENDS
GRATEFUL
HEARTS
HOLIDAY

LESSONS
NEW
ORNAMENT
PROGRAMS

SKILL
TRILOGYFIT
WELLNESS
YEAR