

CAMPUS Connection

Celebrating Inventor's Month

A hand is shown typing on a laptop keyboard. Overlaid on the image are several social media icons: an envelope with '18', a thumbs up with '59', a speech bubble with '42', a person icon with '12', and a heart with '35'. The background is a blurred image of a person's face.

August is Inventor's Month – a time to celebrate those who have changed our world for the better with their bravery and creativity. The past hundred years have been a time of constant invention, and over the past decade, it has seemed like there has been a new invention every week. With all of this new technology, our world is changing quickly, and many seniors are finding it difficult to keep up. However, many inventors have created technologies that benefit seniors by making life simpler – from helping you get organized, to keeping in touch with those you love, or even more fully enjoying your free time.

Trilogy is utilizing one of these helpful inventions at every one of their campuses: LifeShare. Familiarizing yourself with this technological tool can have a powerful, positive impact on your life. Through LifeShare, family members and loved ones can send messages, pictures, and even videos. Grandparents can watch their grandchildren blow out the candles on their birthday cake from hundreds of miles away. Friends

and family members separated by states or countries don't have to wait for the post office to deliver their letters; they can send them instantly with the simple click of a button. Special moments can travel over mountains, across oceans, and arrive right in your room for you to experience them. LifeShare can also be used to brush up on the daily news, check the weather, play games, and remind you of important events.

Besides LifeShare, there are a variety of other senior-friendly technologies out there, waiting for you to take advantage of them. There are so many, in fact, that learning about them may feel overwhelming. You may not know where to begin! Thankfully, this is where our Life Enrichment team comes in. They're here to help provide you with ongoing education on topics that interest you, including technology. Let a member of our team know a tech topic that you would like to learn more about, and they will be happy to schedule a speaker, host a how-to class, or arrange another fun, educational event. Before you know it, you'll be showing your grandkids how to operate their phone, not the other way around!

All of these inventions have been created so that they are easy to

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Owen Valley
Health Campus

920 W. Highway 46

Spencer, IN 47460

Phone: 812.829.2331

Fax: 812.829.2668

www.owenvalleyhc.com

August 2018

Happy Birthday!

Residents

Andy S.	08-19
Susie W.	08-21
Joe P.	08-21
Doris L.	08-28
June J.	08-31

Staff

Velma C.	08-02
Brenda P.	08-04
Jonathon W.	08-04
Justin C.	08-04
Dylan F.	08-14
Mark C.	08-16
Marla C.	08-16
Princess J.	08-20
Autum L.	08-21
Brooke S.	08-22
Emily H.	08-28
Ronnie P.	08-29



Executive Director's Corner

Greetings from Owen Valley Health Campus! Did

you know that we offer a full range of rehabilitation services right on our campus grounds? Thanks to the talented (and dedicated) people at Paragon Rehabilitation, we're able to offer physical, occupational, and speech therapy in our state-of-the-art therapy gym. Therapy can make a world of difference, whether you're recovering from surgery, a fall, or an illness. And, according to a recent study, it is wonderful for seniors with limited mobility.

Research by Florida State University suggests that stretching four to five times per week "can improve the function of arteries in the muscles of the lower legs and increase the number of capillaries within stretched muscles." If

you're unsure of what stretches to perform, or what stretches will benefit which muscle groups, simply ask one of our therapists! They'll be glad to show you stretches you can perform at home.

Through our Vitality program, we also offer wellness options like strength training, chair yoga, and others at least 3 times a week. We're always looking for volunteers with a passion for fitness to help lead classes. If this sounds up your alley, contact a member of our Life Enrichment Team today!

I hope you have a wonderful August, and that you find some time to pay us a visit. We look forward to seeing you!

Yours in Service,
Zach Wilson
Executive Director

Smile of the Month

Look at all the families that came to our family night/firework show. They are all bursting with the best smiles on earth! Thank you OVHC for putting on the 30 min firework show and having a cookout style Family Night that brought so many families loving smiles and full bellies.

*Top: Sara and Family,
Bottom: Everyone at picnic*



Community Fish Fry

We will be having a Community Fish Fry hosted on Thursday, August 23rd starting at 6pm and we will be having entertainment and free food! The band is High Sierra, we will have plenty of fish with the fixins. Come on in and catch you some!

Volunteer News

Come one come all you are greatly appreciated and needed for 1:1's, crafts, games and much more. All you have to do is volunteer for as much time as you want. For more information, contact Christy Mangin, Life Enrichment Director at 812-829-2331.

Out and About

Out and About Picnics, fishing, fair, parades, summer drives, shopping, field trips and much much more. This is a lot of things OVHC offer to all our residents. Please feel free to invite your self's. We love to have company! Just a few pictures to go with your imagination.

More from Smile of the Month



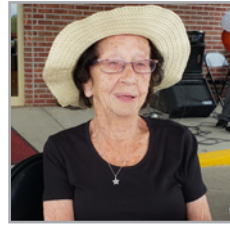
Carl



Helen



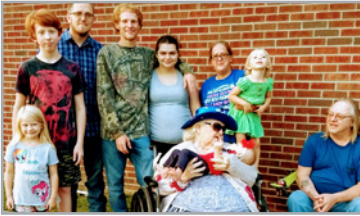
Joan



Marcella



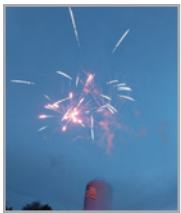
Firework men



Betty and family



Dr. Wells and family



James F. and daughter



Missy and Family



Sara and Family

Legacy Lane Spotlight

August is here and I would like to say that we have had a great time working on our courtyard for Campus in Color. A special thanks to John Ward our Legacy Lane Family Ambassador/Volunteer and our residents for helping out. We are always looking for family members to volunteer with our activities and outings. If interested please see Christy Mangin, Jessica Schroyer, or Zach Wilson for more information. We have many fields trips planned and as always, if you have suggestions on places you would like to see us go please feel free to let us know your ideas. Family forum is a Dementia support group that is offered to our families and to our community. I have changed the time with hopes to see you join, Please see our guest relations or myself for more information. As always, we look forward to seeing and hearing from you, feel free to call with any questions.



Shirley A. and Family

Themed Dinner

We will be traveling to the "South Pacific" by mind only, come on in and take a trip with us. We will be watching the movie, checking out the history, and much more. Our second theme dinner will be on August 16th, 2018 at 5pm. Based off of the musical-Broadway show "South Pacific". We will have entertainment of singers in the broad way form.

Taste of Town

Our residents and staff have chose Clover Leaf Diner for our wonderful taste of town this month. We have been there in the past as a lunch outing and it is amazing food. Therefore, as you can imagine our residents are excited to have the amazing flavors brought to them in their own home!

Living Arts

Have, you ever seen a sea turtle that doesn't swim? Here at OVHC we have many, come on in and see your loved ones! How about a homemade bracelet from leaves/floral designs? We are preparing them for our dance class.

Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link: www.owenvalleyhc.com

Follow us on Twitter @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!

Sunday Brunch

Has been moved to the second Sunday of the month for now on. Please mark your calendars as a reminder that all future brunches will be the second Sunday of the month. Thank you for your time and effort in this matter. The time of the brunches has not changed. They will still be 11am-1pm.



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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

Maureen Bruce
Therapy Program Director

Julie Hearsh
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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'Inventor's Month'

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learn, and easy to use, every day. It can be overwhelming living in a world with so many screens, but once you dip your feet in, you'll be surprised at how technology can improve your quality of life. Take some time this month and check out LifeShare, or any number of

new inventions that pique your interest. Share what you learn with your friends and family members. Before you know it, you'll be a pro, and our tech-based world will transform from a place to fear, into a place to explore.

Word Search

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

BUTTON
CLICK
CONNECTED
CREATIVITY

DAILY
EMAIL
EXPERIENCE
INSTANT

INVENTOR
LETTERS
LIFESHARE
MESSAGES

ORGANIZED
TECHNOLOGY
TOOL
VIDEO