

THE *Elizabethan*



Improving Your Health, One Meal at a Time

How often during a meal do you sit back and think, “What is the exact nutritional value of what I’m eating?” or, “Will this food improve my skin elasticity?” how about, “Will this help my wound to heal?” No? Don’t feel bad.

These aren’t questions that people ordinarily ask themselves at the dinner table. However, before the food we serve ends up on our residents’ forks and spoons, our Dining Services team asks themselves exactly these kinds of questions. In honor of Nutrition Month, we wanted to give you some insights into why the food we serve at our campus is one of our topmost priorities.

Proper nutrition is important at any age, but as you reach your senior years, it becomes more important

than ever. By ingesting the right nutrients, you can help your body fight off infection, heal when it is injured, and maintain a healthy weight, which is key when it comes to preventing wounds such as pressure ulcers. In a recent article published by McKnight’s Senior Living, Paulina Lowkis, MBA, RD, LDN, CDE, a senior product manager with Medline’s Nutrition and Pharmaceutical Division, states, “Nutrition is often the forgotten piece in both prevention and treatment of wounds. It plays a significant role as adequate calories, protein and hydration are needed to keep the patient nourished.”

Expert opinions, and the science behind them, are the reason why we’re invested in both the taste and the nutritional value of the foods we serve. Like many things in life, this is a balancing act. Our chefs challenge themselves every day to create foods that our residents love to eat, and that also provide them

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St. Elizabeth

Healthcare Center

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March 2018

Did You Know?

According to the National Institute on Aging, we require fewer calories as we get older, but the same amount of nutrients! Eating nutrient-dense foods is incredibly important for older adults.

For handy tools to help you make the right eating choices, visit:

www.nia.nih.gov/health/smart-food-choices-healthy-aging

Happy Birthday!

Residents

Carolyn F.	March 01
Lois A.	March 09
Robert K.	March 09
Marjorie S.	March 23

Staff

Krista F.	March 09
Shannon S.	March 10
Lileigh B.	March 13
Debra A B.	March 14
Debra D B.	March 17
Erin B.	March 19
Whitley E.	March 22
Erinn C.	March 24
Jakob B.	March 26
Abbee F.	March 30

Sunday Brunch

Our next Sunday Brunch will be held on Sunday, March 18th. We will also be having our Spring Bazaar and Easter Egg Hunt. Come, enjoy time with your loved one, shop our local vendors, visit with the Easter Bunny, and enjoy some yummy food!!!

Live a Dream

We are looking forward to completing many more Live a Dream wishes in 2018. If you know of a wish your family member may have, please contact our Life Enrichment Department.

Taste of Town

Residents enjoyed eating from Roberts in Americus the month of January.



Executive Director Corner

Greetings from St. Elizabeth Healthcare Center! As winter

winds down, I hope you are just as excited as I am to get back outside. One of our favorite things to do at our campus is taking trips to our favorite spots around town, and many of these are best enjoyed in the spring sunshine. A little Vitamin D does wonders for curing the winter blues.

Speaking of vitamins, recently, McKnight's Senior Living published a great article concerning the importance of nutrition when it comes to wound care. As we age, we are more prone to injury and illness, and proper nutrition can help to combat both. John Hall of McKnight's writes, "In the global context of health, good nutrition naturally has long been one of the

most powerful weapons against disease." This is one of the reasons why we take our dining experience so seriously at St. E.

It is our goal to provide food that nourishes our residents' taste buds, as well as the rest of their bodies. In this way, we can help prevent side effects of poor nutrition such as weight loss and dehydration, which, according to McKnight's, can lead to wounds such as pressure ulcers. I personally invite you to come experience the Trilogy difference, and dine with us either during our Sunday Brunch this month or any time that is convenient for you. There is always room at our table for company!

Yours in Service,
Shelly Dyrek
Executive Director

Activity Highlights

Residents enjoyed the fun activities that were scheduled throughout the month of January. Some of the highlights were our exercise program, our different types of bingo, art class, zoo visit, cooking classes, games and trivia, manicures, Lockport church, our mindful moment's program, Taste of the Town, staff and resident led programs. Residents also enjoyed Miss Foster, Miss Schwarzkopf and Miss Kahlers 3rd grade classes coming for a visit and some fun. Residents enjoyed the entertainment this month as well, piano with Shirley, Happy Hours with Jordan F., Sam P., and John B., as well as the Mennonites.



Crazy hair day!



Happy Hour

More Highlights



June enjoying an afternoon drive!



Grace enjoying crazy hair day!



Happy New Year from Judy



Bible Study with Alice



Bingo with the 3rd graders



Zoo Visit



Exercise Class



Enjoying the Mennonites

Out and About

Between the ice and colder temperatures, the Residents were only able to enjoy a few outings this month. Residents enjoyed the church lunch and bingo, a goodwill-shopping trip and an afternoon drive. We are really looking forward to spring so that we may enjoy many more outings.

Volunteer News

At St. Elizabeth Healthcare Center, we have several volunteer opportunities. If you love to have fun and would be interested in providing meaningful activities to our Residents please feel free to stop by our campus and speak with Amber Lantz or you can contact her by email at Amber.Lantz@stelizabethhc.com or by phone at 765-564-6380. We look forward to working with you!



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A Trilogy Senior Living Community

A monthly newsletter serving the residents of St. Elizabeth Healthcare Campus

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Kate Ebert

Director of Social Services

Stay in the Loop  

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

@StElizabethHC

St. Elizabeth Healthcare Center

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.

Marnie Davisson, Divisional Vice President or Marnie.Davisson@trilogyhs.com

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

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with the vitamins and nutrients they need to feel their best. And they take this challenge seriously. So seriously, in fact, that each year we hold a Culinary Olympics, during which our chefs compete against one another to create dishes worthy of a five-star restaurant. These appetizers, entrees, and desserts are judged not only on their presentation and overall flavor, but their nutritional value, as well! Look for these exciting dishes to show up on our menu after these competitions!

We could talk about our talented chefs and the wonderful meals they prepare all day, but when it comes to food, we know that the

proof is on the plate. If you are ever craving a dish that's prepared with skill and served with heart, join us for a meal. We highly recommend popping in for our monthly Sunday Brunch, which, in our opinion, rivals anything you would order at a restaurant! We're also always open to new recipe ideas, so if you or your loved one have a go-to crowd pleaser, let our chefs know. We may even feature it on our menu!



Word Search

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BALANCE
BOOST
CHEF
DIGEST

EAT
FOOD
FORK
FRUIT

GATHERING
HYDRATE
MEAL
NUTRITION

PROTEIN
SPOON
VEGETABLES
VITAMINS