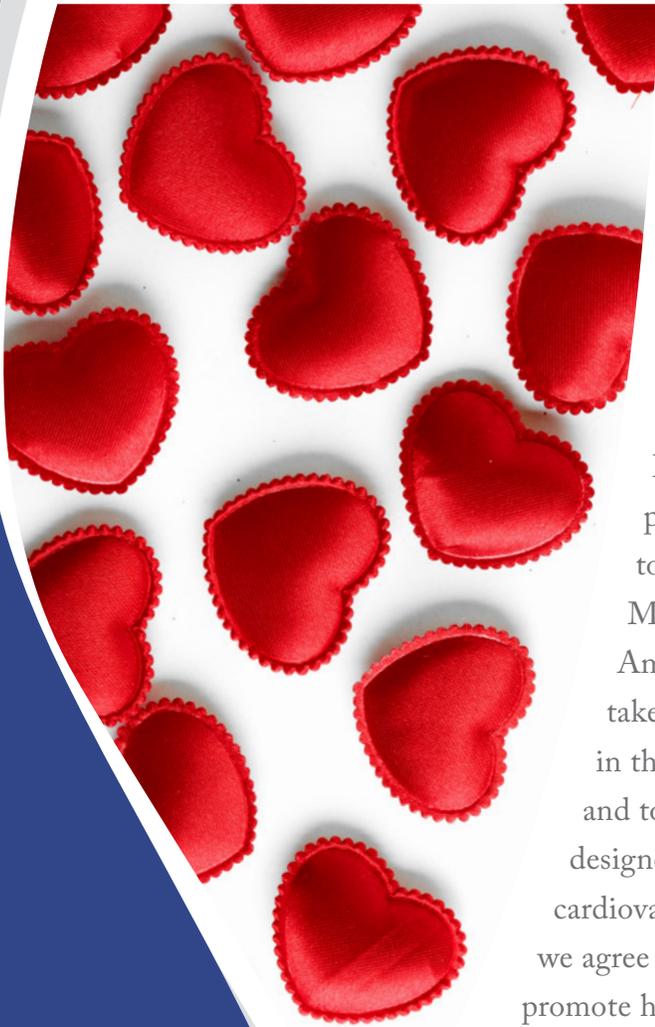


# ST. MARY Monthly



## 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



**St. Mary**  
Healthcare Center

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Phone: 765.447.4102  
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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

February 07	Nedra S.
February 08	Lola C.
February 11	Sharon D.
February 17	Bob Weber
February 21	Dorothy W.
February 26	Phyllis B.
February 27	Jean H.

## Sunday Brunch

February 11th.

Please RSVP to 447- 4102

## Did You Know...?

You can read the monthly newsletter on-line? Please follow the campus link [www.stmaryhcc.com](http://www.stmaryhcc.com)

The Private Dining Room can be reserved for Family Celebrations, Sunday Brunch, Family Reunions and Birthday Parties. Call Donna Littleton, LED to reserve your special time.

Follow us on Facebook and Twitter! Please "like" our Trilogy Health Services Facebook page and follow us on Twitter @TrilogyLiving to see all the fun happenings at St. Mary. In addition, if you have not provided us with your email address, please do so to ensure that you receive our monthly campus newsletter!



## Executive Director Corner

Greetings!

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!

*Joe Smart*

Executive Director

## Aftercare Grief Support

St. Mary Healthcare Center will be presenting an Aftercare Grief Support Group. Theresa Fischer through Hippensteel Funeral Services will provide this. Please come and join us 9:00 - 10:00 a.m. every third Thursday of the month. For further details, contact Donna Littleton, LED.

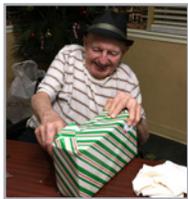
## Winter Games

Let the 2018 Trilogy Triathlon Winter Games begin! The Winter Games are designed to allow for individual and team expressions of wellness, through the categories of Mind, Body and Spirit. Opportunities to volunteer would be with coaching a team, assisting with creating Triathlon supplies, etc. Please contact any team member in the Life Enrichment Department if you are interested in this opportunity.

## Campus Highlights



# More Campus Highlights



**Volunteer News** The Life Enrichment team members are always looking for ways to provide better quality programs and enrich the lives of our residents. We are looking for volunteers to come and paint residents nails or assist on field trips. If you or someone else you know would like to help please contact Donna Littleton, LED. I would also like to take the opportunity to say THANK YOU to all of our wonderful volunteers. We so appreciate all that you do!

## Donna's Insights



As I was thinking about what to write for Donna's insights I couldn't help but think of a thought I saw sometime during the holiday

season...."May you never be too old to look up into the sky on Christmas Eve". Even though it's February it brought to mind the expressions on the faces of the residents the night we trimmed our Crystal Tree. The looks of determination when searching for just the right spot to place the ornament they had in their hand or the look of delight when they picked it out of the pile of ornaments from which they had to choose. It was reminiscent of the looks I have often seen over the years in the eyes of children I have known at this sometimes difficult, but magical time of year. It reminds

me that in our deepest selves, we are always children at heart. There are grown up years when we try to hide our childlike wonder, but God in His infinite wisdom, brings us back to a simpler, kinder place as we age. It was a festive and joyous time at St Mary this holiday season. Even with the loss of some of our treasured residents, the illness of ones we love so desperately, still there was joy and fellowship, and celebration in the air. We are a family at St Mary, and so gathering at this time of year is always special and filled with "Kodak Moments"!

As we look forward to the New Year, there are new and exciting things are on the horizon for our Life Enrichment Dept. May the new year be filled with opportunities for you to relax and recover firstly, and then to recommit to doing things that will keep that childlike wonder alive in you for another year!!

*Yours in Service, Donna*

## Activity Highlights

*February 02 at 3:00 pm.*

Happy Hour w/ Roy C.

*February 05 at 3:30 pm.*

Comfort Creatures from the Columbian Park visit

*February 09 at 3:00 pm.*

Happy Hour w/ Donna S.

*February 13 at 12:00*

Just the Guys Lunch

*February 14 at 2:30*

Valentine's Day Party

*February 16 at 3:00 pm.*

Happy Hour w/ Jerry V.

*February 21 at 3:00 pm.*

Monthly Birthday

Celebration w/ Kent L.

*February 22 at 5:00 pm.*

Theme Dinner – My Fair Lady

*February 23 at 3:00 pm.*

Happy Hour w/ Charis V.

*February 24 at 3:30 pm.*

Country Music Show w/ Jimmie B.

*February 27 at 12:00*

RHS Diamond Divas Luncheon

*February 28*

Magical Music Moments w/ Shirley at the Piano

*January 26 at 3:00*

## Save the Dates!

*Themed Dinners for 2018* will be BROADWAY. Our first dinner will be on February 22, 2018 and My Fair Lady will be the theme!

*March 24*

Community Easter Egg Hunt

*March 28 – 30*

Legacy Lane 1st Annual Spring Art Show

*July 03*

Car Show



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 A Trilogy Senior Living Community  
A monthly newsletter serving the residents  
of St. Mary Healthcare Center

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Executive Director

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Life Enrichment Director

Nancy Brothers  
Community Services Liaison

Mike Graham, OTR  
Director of Therapy Services

Jodi Hollingsworth  
Director of Food Service

Greg Peterson  
Director of Plant Operations

Stay in the Loop  

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

@StMaryH

St. Mary 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  
contact the Divisional Vice President  
or our Compliance Line. Compliance  
Hotline: 800-908-8618, ext. 2800;  
or [comply@trilogyhs.com](mailto:comply@trilogyhs.com)  
Newsletter Production by  
[PorterOneDesign.com](http://PorterOneDesign.com)

# '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
F	T	G	O	F	E	D	X	T	N	A	C	Z	P	L	C	Z	Y	M
S	O	O	K	R	V	P	G	Z	L	U	M	J	G	B	F	B	Q	L
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E	U	Z	P	C	C	U	H	U	Y	R	T	Q	M	L	R	R	F	K
E	F	F	Q	E	L	I	R	D	Q	P	Q	P	K	W	Q	P	Y	L

ACTIVITY  
ART  
CARDIO  
EXERCISE

EXPRESSION  
FEBRUARY  
GAMES  
HEARTS

LONELY  
MEAL  
MUSIC  
PINK

RED  
SKILLS  
STORIES  
VALENTINE