

# WATERFORD PLACE News

## New Year Goals



It's the New Year, and a lot of people are stressed out.

Why? Because they've made their resolutions and they're determined to stick to them.

They travel in packs to gyms where they run and sweat and stretch until they don't feel well. They head to health food stores and pack their carts with a variety of healthy foods that may get eaten, or, more often than not, will find a quiet, dark place in the corner of a cabinet, never to be heard from again. They set lofty goals and get depressed when it turns out they might not be as easy to reach as they thought.

At our campus, we also believe in making resolutions. But we've learned from experience (and from wise advice given to us by our residents) that setting goals that stress you out is no way to kick off a new year. So instead we focus on creating goals that we can all enjoy achieving together, and that are fun to pursue on top of that!

Here are a few we've made for 2018:

### **Goal #1: Make New Friends**

Whether we bond with someone over a mutual love of music (and handcrafted appetizers) during Happy Hour, engage in a bit of friendly competition at the yearly Trilogy Olympics, or share a seat on one of our excursions into town, meeting new friends is easy when they're also your neighbors. We're excited to continue traditions like our famous Themed Dinners and Artisans program, and to expanding our circle even wider by inviting friends and family to join us.

### **Goal #2: Take a Trip**

A lot of people think that once you move to a senior living community, your time for fun trips is at an end. Ask that to someone who went on one of last year's companywide trips (which included retreats to gorgeous natural landmarks and hotels, along with an all-inclusive Caribbean cruise) and you'll discover that that's not the case. This year we've made the commitment to get bitten by the travel bug again, and we can't wait to see where we end up.

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**Waterford Place**  
Health Campus

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Legacy: 765.319.3999  
Fax: 765.236.1241

[www.waterfordplacehc.com](http://www.waterfordplacehc.com)

January 2018

# Happy Birthday!

## Residents

January 10	Rosemarie S.
January 13	Sandra R.
January 16	Carolyn M.
January 25	Claris W.
January 30	Ray A.

## Staff

January 06	Stephanie H.
January 08	Emily Grace H.
January 09	Alicia Kay N.
January 11	Cornelia Garcia S.
January 11	Angela Marie R.
January 12	Adam Charles P.
January 16	April P.
January 19	Wendy G.
January 22	Kody D.
January 22	Kallie Raven R.
January 26	Michelle I.

## Volunteer News

We want to thank our volunteers for all their hard work during the 2017 year. Our residents have really enjoyed the nail painting done by our volunteers and CNA students. Also, thank you to Alfonso Smith and the kids from the Crossing. Our Life Enrichment team has really appreciated their help and enjoyed getting to know them. If you would like to be a volunteer, please contact the Life Enrichment Director to complete an application.



## Executive Director Corner

Greetings from Waterford Place Health

Campus and Happy New Year! I hope that you found yourself surrounded by those you love over the holiday season. I would like to thank everyone who donated their time, talent or treasure over these past months. Even if you just stopped by our campus to participate in an activity or visit with a loved one, your presence made a difference and brightened someone's day!

The New Year is a great time to recommit to healthy habits and challenge ourselves to set the bar even higher. In that spirit, I would like to take a moment to recommit to you, our family members, residents, and friends, on behalf of the team at Waterford Place Health Campus.

In 2018, we remain committed to exceeding your expectations. We promise that we will keep searching for new ways to enrich the lives of those we serve, and make a positive impact in the community we call home. We're excited for everything 2018 has in store, and can't wait to make twelve more months of memories we can cherish for years to come.

It is truly our pleasure to serve the Kokomo community. If you have any suggestions regarding how we can continue to improve, please do not hesitate to let us know. Thank you again for your support of Waterford Place Health Campus!

Yours in service,  
*Sheila Huskey*  
Executive Director

## Taste of Town

For those that do not know, our Taste of Town is offered once a month to our residents. It is a chance for our campus to feature a restaurant here in Kokomo. For the month of January, we will be bringing in Panera Bread for our residents on the 11th. Please feel free to join us for some delicious soup and salad. Suggestions for restaurants and overall dietary improvements are discussed during Chef Circle with our very own Chef Chris.

## Customer Service Moment



*Activities Associate – Jill W. & Jim S. at his church service*



## A Note from LED

Hi All,

I hope everyone had a great Christmas. Approaching this spring, we will be distributing surveys to our residents and family members to rate our performance. We hope that we are meeting all your needs and addressing any of your concerns in a timely manner. I am super excited for the events and activities to come for the 2018 year. Currently, we are in the works of putting together a Recycling Club for our residents. If you are interested in participating, please notify a staff member in the Life Enrichment Department. I wanted to thank everyone for being so warm and welcoming while I am settling into my new position as a Life Enrichment Director. I look forward to meeting lots of new residents and family members in 2018.

Warm Regards,

Bailey Martin, LED

## Smile of the Month: *Norma Jean S.*



## Legacy Spotlight

There is a new look to the Legacy building such as desks have been removed to improve and enlarge the activity area. Corenna, our Legacy Neighborhood Director, has taken great efforts to revamp the look of our Legacy campus. The popcorn machine is now up and running along with the bread machine. If you come into our Legacy campus, try out our Virtual Dementia Tour. It is a very eyeopening activity that puts you into the shoes of our residents. Also, look forward to seeing several Family Night gatherings during the 2018 year.

## Family Night

Thanksgiving Family Night 2017 was a success! Thank you to everyone that came and participated in our family pitch-in dinner. It was great to see so many family members inside our facility. Family photos from the event will be delivered to each of our residents. Suggestions for our next Family Night are always welcomed.



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 A Trilogy Senior Living Community  
A monthly newsletter serving the residents  
of Waterford Place Health Campus

- Sheila Huskey  
Executive Director
- Stephanie Humerickhouse  
Director of Nursing
- Corenna Richard  
Legacy Neighborhood Director
- Carly Haines  
Social Services Director
- Chris Blackwell  
Dietary Director
- Chris Myers  
Director of Environmental Services
- Christy Berryman  
Assistant Director of Nursing
- Angela Smith  
HP Payroll
- Linda Kendall  
Business Office Manager
- Wendy Graves  
Assistant Business Office Manager

Stay in the Loop  

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

@WaterfordPHC

Waterford Place Health Campus

In our recent surveys, several families  
expressed a desire to call The Legacy  
directly. We are happy to announce  
that because of your feedback, our  
Legacy now has its own number!  
Please look for our new Legacy  
number in our contact information.

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 our  
Compliance Line or our Divisional  
Vice President, Fabian Calisto.

Compliance Hotline: 800-908-8618,  
ext. 2800; or [comply@trilogyhs.com](mailto:comply@trilogyhs.com)

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# 'Resolutions'

...continued from cover

## Goal #3: Embrace a Lifestyle of Wellness

At our campus, wellness is a way  
of life, which is why it's so easy  
to keep this resolution year after  
year. While we take great pride in  
the nutritional value of the food  
we serve, we also understand that  
indulging in a slice of warm, home  
baked goodness is great for the  
spirit. And while we believe that  
exercise is important at any age,  
we make sure that our fitness  
activities can be enjoyed by  
people of all mobility levels.

These three goals are just the  
beginning, but we think you'll

agree that they're enough to get  
us started. If you have a loved one  
at our campus, or are thinking  
about switching out your resolution  
for something a lot less stressful  
and a lot more fun, stop by and  
see us. We would love to pursue  
our goals with you!



## Word Search

L	K	H	Q	G	F	H	O	B	U	N	I	P	T	X	K	Q	N	U
W	I	U	W	L	L	D	E	R	D	E	A	T	R	P	U	G	G	Q
M	E	J	U	P	K	E	J	R	D	X	Q	V	A	Z	S	U	V	D
R	H	X	B	L	X	Q	P	P	G	G	K	M	V	S	I	N	Q	L
O	P	Z	C	N	E	W	Y	E	A	R	S	V	E	P	N	P	Q	O
Q	X	D	P	U	M	O	E	G	C	D	W	R	L	K	O	G	J	F
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EIGHTEEN  
EMBRACE  
EXCURSION  
FRIENDS

FUN  
GOALS  
HAPPY HOUR  
HEALTH

LOFTY  
MIDNIGHT  
NEW YEAR  
RESOLUTIONS

SPIRIT  
STRESS  
TRAVEL  
TRIP