

Don't Take Yourself  
Too Seriously

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Make Time  
for Family

Focus on  
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Something  
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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 live in our Villa community. They have taught us that happiness is found when humility and humor go hand-in-hand, which helps to explain why we have so much fun on all of our Villa outings!

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

If you are a Villa resident, you know that our campus always welcomes visits from your family. 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 learn, and to grow. Visit our blog, [www.lwptoday.com](http://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 hear the laughter of our Villa residents coming from the Clubhouse, or see them opening their doors to visiting family and friends, 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!



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 A Trilogy Senior Living Community

# Happy Birthday!

December 02 Sandy Grant  
December 13 Jan W.  
December 22 George P.  
December 24 Barb Nichols  
*Honorary Villa Neighbor*

## Volunteer Opportunities

We have plenty of opportunities available for you to share your gifts and talents with our villa community. Please contact Villa Lifestyle Director Paula Jennings and set a day/ time for your chance to make a difference in our community. You could come one hour a month or as often as every week and make difference in somebody's life today.

## Looking Ahead

Come to the villa clubhouse Wednesday, December 6 for our Christmas Open house. We will have warm drinks and seasonal snacks. Wednesday, December 13 the villa community will head down to Indianapolis for our annual Christmas Show at Beef & Boards. We are very lucky to have gotten tickets for the 25th Christmas show as this is the last year Beef & Boards will present this extravaganza. Tuesday, December 19 we will have our gift exchange. If you would like to participate in this fun event: all you need to do is bring a wrapped \$10 gift to the clubhouse. Those who participated last year enjoyed the afternoon.

**Clubhouse Information**  
Clubhouse is available to tenants 24 hours a day. Tenants use key pad to enter and please insure you lock all doors behind you as you leave the building.

*Lifestyles: A monthly newsletter serving the residents of the Villas at Waterford Place.*

Sheila Huskey  
Executive Director  
Stephanie Humerickhouse  
Director of Health services

We strive to provide the best customer service and quality care for our residents. In the event that you need further assistance with any unresolved concerns, we encourage you to call our Compliance Line. Compliance Hotline: 800-908-8618, ext. 2800; or [comply@trilogyhs.com](mailto:comply@trilogyhs.com)

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## Villa Lifestyle Corner

We have just a few empty villas... please do not be left out of the great maintenance free lifestyle we offer at The Villas of Waterford! We want to put you in the Villa of your dreams in THIS COMMUNITY! Please stop by and participate in one our

many activities and programs in our clubhouse. Call me anytime for a personal tour of our villa community. It would be my pleasure to help you move in to a beautiful villa.

*Paula Jennings*  
Villa Lifestyle Director

## Special Events from Last Month

Our Thanksgiving carry in was a success, we have some mighty fine cooks in our neighborhood. Those who participated in our Parkinson's program graduated November 29. We will begin a new class the first of the year.



*Living Well in the Villas*  
Villa neighbors enjoying a relaxing afternoon in the clubhouse.

**Thank You!** The villa tenants would like to thank Angie Armstrong from Physio-Care for giving of her time and talents. Angie calls Bingo and to top that off, she brings prizes as well. It is always nice to see her smiling face

## Happy Holidays!

Greetings from The Villas of Waterford. The holidays are upon us once again! I hope you have time to snuggle up with a cup of hot cocoa and enjoy a quiet moment before all of the holiday festivities commence. It may not seem like much, but taking 10 to 20 minutes out of your day to simply sit and "be" can help relieve stress and get you back to center.

If you've visited our campus recently, I'm sure you've noticed that we've been busy preparing for the holidays! I would like to thank everyone, from our residents and staff to family members and volunteers who are helping to make our campus merry and bright this month. We have an abundance of

## Clubhouse Notice!

Tenants may reserve the clubhouse however; single person use of clubhouse for major holidays is no longer possible due to a full community. Scheduled times: 1st group Early -3:30 Clubhouse must be cleaned and ready for next party's use. 2nd group 4-Late Clubhouse must be cleaned up for next days use. Major Holidays: New Years Eve, New Years Day, Easter, Memorial Day, July 4th, Labor Day, Thanksgiving, Christmas Eve, Christmas Day. Our day planner is filling up and we want to insure all tenants have use of the clubhouse.

holiday cheer, and we'd love nothing more than to share it with you.

Speaking of sharing, I'm proud to say that as a Trilogy campus, we participate in Trilogy's Hope for the Holidays fundraising campaign each year. This year, donations collected will go to benefit The Crossing of Kokomo. We're honored to be part of a company that is dedicated to bettering the lives of others through providing care and support for our seniors and extending a helping hand to those in need in our community. 'Tis the season to make a difference!

In closing, I wish each of you a very happy holiday season!

**Have a wonderful December!**  
*Sheila Huskey, Executive Director*