



AMBER MANOR

CARE CENTER

A Trilogy Senior Living Community

On Campus

September 2019



Your Guide to Healthy Aging

As we progress through our life journey, it can become easy to forget about the responsibilities that we have to ourselves. We can spend so much time focusing on the well-being of our loved ones, that we forget to tend to our own personal needs. We might ignore the strain that a walk can cause our legs, or the toll that a negative thought can take on our minds. We may even convince ourselves that it's "too late" to take charge of our mental and physical wellness. Luckily, this couldn't be further from the truth.

In honor of Healthy Aging Month, here is some information about what we can do to stay happy and healthy for countless years to come!

Keep an Active Mind

In a study conducted by the American Academy of Neurology, researchers found that the more mentally stimulating activities that we engage in later in life, the lower our chances of developing mild cognitive impairment (MCI) become. Just by engaging our minds

with the world around us, we lower our chances of developing MCIs, and even delaying symptoms of dementia. So the next time you meet up with a friend, swap stories about your favorite memories from childhood. Engage a member of the community in a game of chess, or learn how to play for the first time. Whatever it is that wracks your brain, your mind and body will thank you for it!

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Happy Birthday!

Health Center

Margaret G	9/1
Sharon I	9/11
Marie L	9/11
Martha A	9/15
Patricia T	9/26

Did You Know...?

Happy Hour is offered every Friday at 3:00pm. Feel free to join us for hors d'oeuvres and drinks (alcoholic and non-alcoholic).

Families are invited to join us for brunch on the second Sunday of each month at 11:00am.

SENIOR DAY AT THE FAIR

Our 4th Fair hosted a Senior Day during fair week and we had a blast. We were able to pet the animals, and ride the rides. We ended our fun day with corn dogs, nachos, lemonade shakeups and cotton candy. We love being able to take them to enjoy the fair and what 4H has to offer.



Executive Director Corner

Happy September! I hope that everyone

enjoyed themselves at our Las Vegas Casino Night Theme Dinner. My favorite dish was the Bootleg pineapple upside down cake – a dessert that had all of our card dealers shuffling to the dining room. If you weren't able to attend, don't worry – our next Theme Dinner isn't very far off! Speaking of special occasions that are on the horizon, Grandparent's Day is just around the corner! On September 8th, we proudly recognize all of the grandmothers and grandfathers of our community. Through your wisdom, love, and friendship, you nurture the world towards becoming a better place for not only your grandchildren, but for everyone who is fortunate enough to know you. I also want to take this

opportunity to acknowledge Healthy Aging Month. All throughout September, we're reminded that it's never too late for our hearts to be strong, and for our minds to be free from worry. For our residents who are looking for ways to actively lead a healthier lifestyle, consider talking to our Life Enrichment Director about our Vitality program, where we offer wellness activities such as yoga, Tai Chi, and strength training up to three times a week. If you're thinking about making a change to your diet, our chefs are always receptive to feedback, and will be more than happy to adjust a meal based on your unique needs. Thank you for always letting your brightness shine throughout our community. It's our pleasure to serve you!

Yours in Service,

Cindi Lents

Executive Director





Bowling

Our July summer fieldtrip was a blast at The King Pin. We all enjoyed bowling and their amazing food. It has been a while since they have been able to bowl so everyone was excited. We enjoyed listening to stories about when they used to go bowling.

GARDEN ART WALK

Our residents work hard on their artwork so why not show it off? We hosted a garden art walk and everyone were able to enjoy our beautiful courtyard, snacks, and all the art we have done. We also teamed up with the Arc. They helped make our art walk even more beautiful. They came and brought their artwork they have done and were able to tell us how they did each artwork.



CARDINALS GAME

Ron loves his St. Louis Cardinals so we made his dream come true and took him to a Cardinals game. Our Live a Dream program made it possible for him to enjoy a beautiful day at St. Louis. We seen the Arch, ate at Brew Nation right beside the stadium and sat close to 3rd base at the Pirates vs. Cardinals game.



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Director of Plant Operations

Angela Woodfork
Director of Food Services

Nicky Roy
MDS Coordinator

Cindy Johns
Medical Records

Myra Boger
HR and Accounts Payables

Janet Graff
Social Services

Stay in the Loop

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

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

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'Healthy Aging'

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Take Pleasure in the Little Things

In an article published by *HealthyAging.net*, healthy aging is attributed to not only knowing oneself, but being adaptable to change and new experiences. Have you always dreamt of becoming a famous singer? Start off small and work your way there by practicing once a day. Have you been meaning to work more physical activities into your routine? Talk to our Life Enrichment Director about



stretching your legs with our *Vitality* program. To quote David Bowie, "Aging is an extraordinary process where you become the person you always should have been."

Of course, as a valued member of our campus community, we're here to support you every step of the way. Talk to any one of our team members about the ideas you have

for your approach to healthy aging. Whatever your heart

desires, there's a friend to hear what it is, and a means to make it a reality!

Word Search

C	W	S	N	E	R	L	E	G	W	E	L	L	N	E	S	S	M	R
H	Q	U	J	C	L	E	H	W	X	B	K	M	R	P	G	Q	R	T
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ACTIVITY

ADAPT

AGING

CHANGE

CHESS

DREAMT

GROW

HEALTHY

LEARN

PHYSICAL

PROCESS

REALITY

ROUTINE

SING

SUPPORT

WELLNESS