

Press

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 wellbeing 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!

Residents

Nancy W.	9/07
Qumire S.	9/08
Wanda S.	9/15
Betty C.	9/16
Delores R.	9/19
Karen A.	9/20
Letha P.	9/20
Lisa J.	9/20
Joseph M.	9/22
Mary O.	9/24
Doris G.	9/28
Staff	
Shawnta	9/05
Latasha C	9/15
Roalnd M.	9/21
Yoland A.	9/23

Volunteer News

Always looking for new volunteers to enrich the lives of our residents.

Out and About

We offer two outings a week check calendar for the next great adventure.

Live a Dream

We are always looking to make your dreams true.

Sunday Brunch

September 8, 2019

Themed Dinner

Last month we rocked out casino style.

Family Night

Grandparents day sleepover is September 7,2019

Photo Highlights



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!

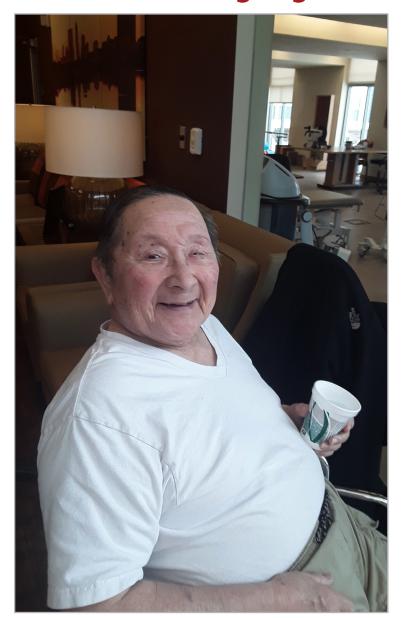
Yours in Service,

Roland Mann

Executive Director



More Photo Highlights













HEALTH CAMPUS

A Trilogy Senior Living Community

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> Roland Mann Executive Director Sophon Thompson Director Of Health Services

Amanda Quinn Community Service Rep.

Kimberly McDonald Community Service Rep.

Brianna Dean Business Office Manager

Regina Hopkins Life Enrichment Director

Marquel Harper Director Of Plant Operations

Dexter Allen Eviromental Service Director

Jamie Hargrove Social Service Director

Lori Wagner Director Of Food Service

Fran Andrews AP/Payroll Coordinator

> Shelly Moore Guest Relations

Stay in the Loop 💆 f

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'

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!

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ACTIVITY ADAPT AGING CHANGE

CHESS DREAMT GROW HEALTHY

LEARN **PHYSICAL PROCESS REALITY**

ROUTINE SING **SUPPORT WELLNESS**