



AUTUMN WOODS

HEALTH CAMPUS

A Trilogy Senior Living Community

Journal

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!

...continued on back page

Happy Birthday!

Residents

Lloyd M.	Sept 03
Martha C.	Sept 10
Ardis H.	Sept 11
Shirley R.	Sept 12
Imogene H.	Sept 14
Ralph J.	Sept 14
Adeline C.	Sept 15
Janet M.	Sept 18
Bobby B.	Sept 19
Mary L.	Sept 22
Dorothy N.	Sept 26

Staff

Vincent G.	Sept 06
Marissa B.	Sept 06
Dianne A.	Sept 15
Betty B.	Sept 26
Tim R.	Sept 26



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,

Lori Hess, HFA
Executive Director

Sunday Brunch

We would like to formally invite you and up to two loved ones to join your loved ones for our Grandparents Sunday Brunch on September 8th from 11:30am-1pm. Any additional family members are welcome to join by purchasing a meal ticket at the front desk for \$7.00.

Happy Hour

Happy Hour every Friday afternoon!

Life Enrichment Corner

Please mark your calendars now and plan to attend to upcoming events:

Family Night Please join us for dinner and live music on Thursday, September 5th beginning at 5pm.

Taste of the Town: Will be "Wendys", Wednesday, Sept. 11th for lunch

Sunday Brunch: Please join us for a brunch on Sunday the 8th from 11:30-1pm.

Senior Executive Club is the third Tuesday of each month -Tuesday, Sept.17th at 10am.

Mass with Father Bill is every other month on the second Tuesday at 10:30am in the small dining room. It is Tuesday, October 8th

Themed Dinner will be Thursday, October 24th at 5pm. The theme will be "Boot Scootin". We encourage your loved ones to dress up!!!

Activities Corner

We are excited to invite the grandkids of our residents to enjoy our "Grandparents Sleep-over! It will be on Saturday, Sept 7th beginning at 6:30pm and ending Sunday, Sept 9th at 9am. It will be a themed event filled with various action stations, laughter and making wonderful memories! For more information and to RSVP, please contact one of the Life Enrichment Team members!

PHOTO HIGHLIGHTS



Rapture Rehabilitation of KY brought several feathered friends for an up close and personal educational visit

We celebrated Shark Week the end of July

Upcoming Performances

You are invited to join your loved one!

Performance by "Vicki and Mike"-Thursdsday, Sept 5th at 5pm for Family Night

"Here By Grace"-Thursday, Sept. 12th at 6pm in the MLR.

Performance by "Curtis"-Friday, Sept 13th beginning at 2:30 in the main dining room

Performance by "Tom on his Fiddle"- Monday, Sept. 16th during lunch in the HDR

"Sue Loy"-Monday, Sept. 16th at 2pm on LL.

"Interactive Music with Susie"-Tuesday, Sept 17th 9:30 on LL & 10:45 in the MLR

"Interactive Music with Tyler"-Wednesday, Sept. 11th and 25th at 10am in the TDR

Family Forum

Is a caregiver support group that meets the last Tuesday of every month. The group includes family members of current residents of Autumn Woods but also the invitation extends to caregivers in the community needing support. Our Legacy Lane Coordinator, Christine, facilitates the meeting, which starts at 6:00 pm in the private dining room. The focus is on caregiver support, which could include topics such as: pharmaceuticals in the elderly, dementia, caregiver burnout, hospice care, end of life planning, and other related topics. Please join us in September



AUTUMN WOODS

HEALTH CAMPUS

A Trilogy Senior Living Community

2911 Green Valley Road

New Albany, IN 47150

812-941-9893

autumnwoodshc.com |  

Lori Hess

Executive Director

Camille Wilkerson

Director of Health Services

Tammy Barger

Assistant Director of Health Services

Natalie Foushee

Business Office Manager

Bobbie Jo Adams

Life Enrichment Director

Amanda Rusk

Director of Rehab Services

Christine Burke

Legacy Lane Coordinator

Vincent Gray

Director of Food Services

Don Lear

Director of Plant Operations

Melissa Nance

Social Service Director

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*

Newsletter Production by PorterOneDesign.com

'Healthy Aging'

...continued from cover

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

ACTIVITY

ADAPT

AGING

CHANGE

CHESS

DREAMT

GROW

HEALTHY

LEARN

PHYSICAL

PROCESS

REALITY

ROUTINE

SING

SUPPORT

WELLNESS