



BRIDGEPOINTE
HEALTH CAMPUS

A Trilogy Senior Living Community

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 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 Care

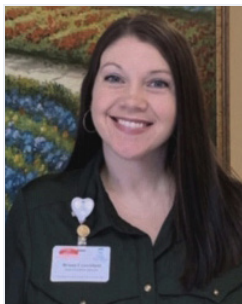
9/5	Gwendolyn V.
9/6	Pearl M.
9/6	Marjorie L.
9/20	Barbara H.
9/29	Helen M

Assisted Living

9/3	Richard F.
9/19	Jerry B.
9/20	Luella B

Staff

9/3	Alisha B.
9/3	Jerry B.
9/6	Michelle L.
9/10	Meredith B.
9/12	Annabell C.
9/16	Nora P.
9/22	Traven B.
9/23	Brenda D.
9/27	Georganna W.
9/30	Chelsea M.



Executive Director Corner

Happy September! I hope that everyone

enjoyed themselves at our Las Vegas Casino Night Theme Dinner.

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,

Briana Crutchfield, HFA
Executive Director

Sunday Brunch

Come join us for our traditional Sunday brunch! Our hope is for our residents to invite their family and friends to join them for a variety of delicious breakfast and lunch dishes. This month it will be held on September 15th from 11am-1pm. We hope to see you there!!

Family Night

Mark your calendars for September 19th from 6pm-8pm and join us at our annual Tiki Night Family Night! Please make sure to RSVP to Mandie McDonald at 812-886-9870 to reserve your seat.

BLOOD DRIVE

Our campus held a community blood drive with the help of The American Red Cross. Thanks to all the staff and community members that choose to donate!



Volunteer News

Volunteers are a vital piece to enriching the lives of our residents. Volunteers are encouraged to lead activities, visit residents individually, and assist with special events and service projects. If you know of anyone who would be a great volunteer please contact the campus Life Enrichment Director, Mandie McDonald at 812-886-9870.

Live a Dream Riding in a Corvette one more time, going down a water slide, going on a Honor Flight, or returning to the pilot's seat to fly an airplane are just a sampling of the dreams granted to our residents through this inspiring program. Imagine doing the one thing you have always wanted to do, and through a partnership with Trilogy Foundation, dreams can become reality which makes a power impact on our residents lives. Please submit all Live a Dreams to the campus Life Enrichment Director, Mandie McDonald to turn these dreams into a reality!!



Taste of Town

This month our campus connected with Mason's Root beer. They provide a meal from their wonderful menu for a restaurant like experience. Residents enjoyed the poodle skirts and becoming car hops for the day.



Featured Resident

This month we are featuring three residents who were honored with the "2019 Veteran of the year" award for the different branches of the military they served in. We are so proud to have the opportunity to return the favor and serve them here at the campus.



George C. served in the US Air Force



Jerry M. served in the US Marines



Royal G. served in the US Navy

OUT AND ABOUT Residents enjoyed a summer field trip to the Native American Museum in Terre Haute along with lunch at Cheddars to finish up the day.



Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link: www.bridgepointehc.com



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Executive Director

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Director of Health Services

Jodie Bilske
Customer Service Rep./Marketing

Amanda Strosnider
Business Office Manager

Mandie McDonald
Life Enrichment Director

Michael Mayles
Director of Plant Operations

Steve Walls
Director of Food Services

Angie Hatfield
Environmental Services Sup.

Beckie Gansman
Director of 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
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ACTIVITY

ADAPT

AGING

CHANGE

CHESS

DREAMT

GROW

HEALTHY

LEARN

PHYSICAL

PROCESS

REALITY

ROUTINE

SING

SUPPORT

WELLNESS