



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!

Residents

David D.	9/2
Herb S.	9/2
Dee Dee B.	9/3
Lyle M.	9/12
George C.	9/16
Elfriede T.	9/26
Susan M.	9/30

Staff

Michelle R.	9/7
Diane F.	9/12
Robyn W.	9/14
Rene W.	9/17
Connie I.	9/17
Michele C.	9/25
Breeanne W.	9/30

Sunday Brunch

Our Sunday Brunch will be held on September 8th, from 11:30-1:00pm. Every resident is given 2 free guest tickets additional tickets will be \$7 each. We ask that each family have a limit of 7 guests. If you plan to attend, we ask that you RSVP to our front desk by that Tuesday prior to brunch. Thank you!

Did You Know...?

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

Happy Hour is weekly on Friday from 3:00-4:00pm. All family and friends are welcome and encouraged to attend with their loved ones. Entertainment and food is served weekly for the enjoyment of our residents and their guests!



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,

Judy Plantinga, HFA
Executive Director

Campus in Color

This year "Campus in Color" contest is coming to an end, let's take a look at this seasons beautiful courtyards!



LEGACY LANE SPOTLIGHT

We enjoyed a day at the park, fishing at the pond, baking in the sun and a summer picnic with friends! What a great way to spend a summer day with friends and family.

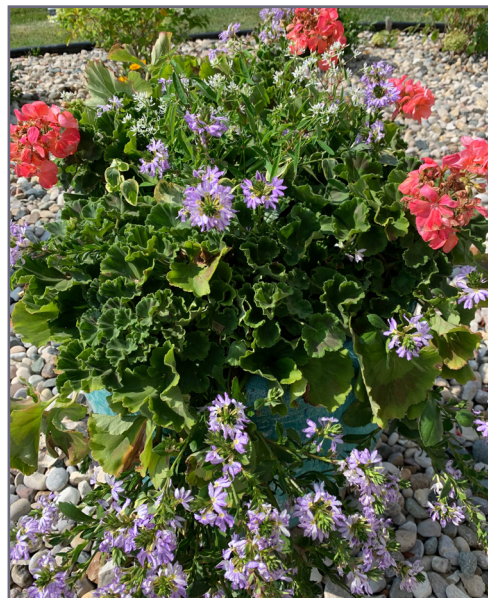


Smile of the Month

"It only takes a split second to smile and forget, yet to someone that needed it, it can last a lifetime." - S. Maraboli



More from Campus in Color





CEDAR CREEK

HEALTH CAMPUS

A Trilogy Senior Living Community

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Lowell, IN 46356

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cedarcreekhc.com |  

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Executive Director

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Director of Health Services

Rachel Farrell
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Kevin Hand
Community Service Representative

Ronda Dessauer
Business Office Manager

Brittany Rigoni
Life Enrichment Director

Vanessa Mazzaia
Director of Social Services

Mick O'Sullivan
Director of Plant Operations

Tim Merkel
Director of Dining Services

Patricia Pitrowski
Environmental Services Director

Kathy Aeschliman
MDS Coordinator

Holly Bakker
Therapy Program 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*

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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