



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

Margaret .R	September 02
Opal G.	September 05
Carole S.	September 06
Wallace B.	September 09
Elizabeth T.	September 10

Staff

Patsy C.	September 02
Lois C.	September 04
Kathy B.	September 11
Rachel D.	September 12
Alexis A.	September 14
Mike W.	September 15
Andrea H.	September 17
Rebekah C.	September 18

Take Note

Anyone wanting to volunteer to help with resident activities and road trips should contact Crystal Prather in the activities department. Families are encouraged to volunteer for any daily activity such as crafts, painting fingernails, calling bingo and going on road trips.

Artisans

Not only have we done some fun creative crafts on campus, including cup cozies, canvas paintings and nature art, we made a trip to Georgetown to take part in a class at "Bless Your ART". Residents chose a piece of pottery to turn into a colorful work of art to take home with them to display for all to see.



Executive Director Corner

Here at Cedar Ridge, we are busy planning events and

activities to take advantage of the remaining warmer weather days. If you have any ideas or suggestions for a fabulous fall trip or entertainment, please let a member of our Life Enrichment team know.

For our residents, have you attended the LifeStyle Group, Chef Circle, or Resident Council meetings at the campus?

These meetings put YOU in the driver seat when it comes to planning our activities and trips, meals and menus, and create just another opportunity for you to share your opinions. You matter to us and we want to know how we can best serve you! If it's been a while since you joined one of these groups, might you consider attending one soon.

Lastly, I would like to ask for your participation in our Customer Satisfaction Survey, CSS. Twice each year, we send the CSS to obtain your feedback to help us on our journey become the best health care provider. The CSS provides another opportunity for us to hear what's important to you. It is also a great time to share who on our team is doing a great job serving you!

As you complete the survey, would you think of a "10" as an "A", a "9" as a "B", and an "8" as a "C". How will you grade our services? We have the highest expectations because

we realize that not only do our residents want the best but they deserve the best. Thank you for your time to let us know if we're making the grade to meet and hopefully exceeding your expectations. A "10" does not mean we're perfect, just that we are doing our best and if you have a concern we work hard to make things better for you. We appreciate your support with the CSS as we hope to be the best Trilogy campus in Kentucky!

We're also busily preparing for a very special event, our annual Grandparents Day Sleepover!

We're inviting the grandchildren of our residents to dress in their favorite jammies and join us for a sleepover to top all sleepovers on Saturday, September 7, 2019. We'll have plenty of delicious snacks, kid-friendly crafts, games, movies, and best of all, lots of quality time with their grandparents. Do you have grandchildren or even great-grandchildren who would love to have another sleepover with you? Contact a member of our campus team to get your registration form, so we can sign them up today. Even if they don't sleep over, an evening spent with grandma and grandpa is still an evening well spent!

I hope you have a wonderful September!

Yours in Service,

Somer Hurston

Executive Director

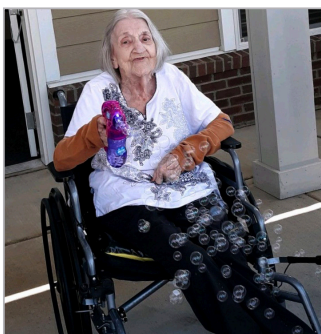
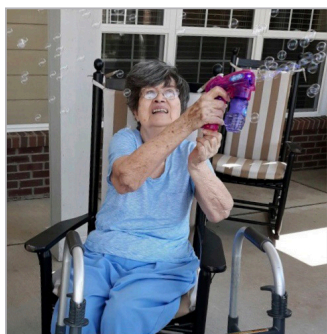


CAMPUS VISITORS

We've had some wonderful visitors joining us for activities every week. We thank them all for making life enjoyable for the residents. Bill Kelly sung Elvis and Neil Diamond favorites. Joy Adams gave relaxing foot and leg massages. Ruth Ann and the Dulcimer Dames gave a wonderful performance. Love on a Leash brought smiles to faces with our furry friends. Connersville ladies group gave a wonderful tea party as always and the United Methodist ladies group put on a tremendous birthday party complete with sweet treats delivered with smiles.

Legacy Spotlight

Legacy Lane has been bubbly all summer. They are loving the bubble maker, sunshine and craft times.

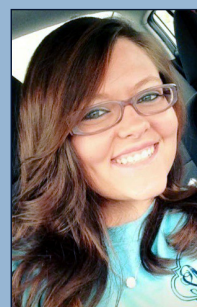


OUT AND ABOUT

Summer travels have us loving life and laughing til our faces hurt. We've been to Midway KY and ate a wonderful lunch at Darlin Jean's café. We loaded up the bus and went to the Red Mile for some gaming. We won't say we lost anything because we gained a great day with friends. What a great time at Waveland Historic site in Lexington meeting up with friends from the Willows at Fritz Farm for a wonderfully formal Tea Party.



Eagle Award Winner: Shelby H.



Shelby H is an amazing nurse! She is compassionate to all and demonstrates this and her professionalism

with every interaction. Shelby has been serving at our campus since October 2018. She is an EAGLE. She is perceptive, a leader, and nurturer. Our campus is so fortunate to have Shelby as part of our family!

Smile of the Month

MarySue C. enjoys participating in all activities available. You will find her up early each morning for group exercises, Bible study groups in the afternoons, she sings along with our bands that perform and you can find her at nightly euchre games with friends.





CEDAR RIDGE

HEALTH CAMPUS

A Trilogy Senior Living Community

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Cynthiana, KY 41031

859-234-2702

cedarridgehs.com |  

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Executive Director

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Marilyn Carstens
Business Office Manager

Crystal Prather
Life Enrichment Director

Mary Martin
Director of Food Services

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Therapy Program Manager

Kris Cunningham
Director of Social Services

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Assistant Director of Health Services

Melissa Wiggins
LPN Director of Assisted Living

Leighann Mogenhan
RN Legacy Lane Coordinator

Francis Duncan
LPN MDS Coordinator

Wesley Northcutt
Director of Plant Operations

Kathy Brown
Customer Service Specialist

Jessie Florence
Environmental Services Director

Joanie Sosbe
Accounts Payable/Payroll Coordinator

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