



CLEARVISTA LAKE

HEALTH CAMPUS

*A Trilogy Senior Living Community*

# Connection

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!

## Residents

Marjorie K.	9/03
Ruth Y.	9/05
Sharon R.	9/10
Barbara L.	9/10
Patricia O.	9/11
Lauren P.	9/20
Ella E.	9/25

## Customer Service Moment

Did you know we have a ballet box at the Guest Services desk. If you notice an employee going above & beyond. Fill out a ballet & place in the box. This will go toward our Employee of the Month.

## Living Arts

We just finished having our Art Exhibit last month. Huge success! We also had local judges come in to judge the various pieces.

## Volunteer News

We are looking for volunteers to help with the Zoo (September) outing. Please see your Life Enrichment Dept. if you are interested.

## Out and About

As most of you are aware, our Life Enrichment Department provides 2 van trips per week for our residents. Tuesday off the bus & Thursday drive around. Please talk to Kenneth & the Life Enrichment to set up a trust account.



## 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,  
*Justin Vogt*  
Executive Director

## PHOTO HIGHLIGHTS







# MORE... PHOTO HIGHLIGHTS

## Mens Group

Once a week

## Taste of Town

Second Tuesday of each month

## Trilogy Trifecta

We just celebrated our Trilogy Trifecta "Las Vegas" theme week last month. From Frank Sinatra & Marilyn Monroe to Vegas games inside.

## Themed Happy Hour

Friday, September 06 from 3:00-4:00pm hosting a State Fair theme during Happy Hour.

## Grandparents Day

September 07 from 10:00am-3:00pm we are celebrating Grandparents Day. We will have a "Carival Theme". With games, prizes, food & so much more. Please RSVP by September 03 to the Life Enrichment Department.

## Sunday Brunch

Sunday, September 15 from 11:00am-1:00pm.

## Donations

We are hosting our first "Rummage Sale" on September 21 & 22 from 10:00am-3:00pm. Proceeds will go towards "Hope for the Holidays". If you have anything you would like to donate, please The Life Enrichment Department.

## Did You Know...?

We also strive to provide supplies and encouragement for those residents who prefer self-directed activities. If you would like to discuss the specific needs of your loved one, please contact Nadine Graham at 317-578-7500 or contact at [Nadine.Graham@clearvistalakehc.com](mailto:Nadine.Graham@clearvistalakehc.com)

As always, thank you for your support of our Activity Program.



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*A Trilogy Senior Living Community*

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*Justin Vogt*

*Executive Director*

*TBD*

*Director of Health Services*

*Lisa VanTassell*

*Community Services Representative*

*Kenny Verrill*

*Business Office Manager*

*Nadine Graham*

*Life Enrichment Director*

*Erica Atwell*

*Legacy Lane Coordinator*

*John Craig*

*Plant Operations Director*

*Joel Hickman*

*Dining Services Director*

*TBD*

*Environmental Services Director*

*Chantel Sidara*

*Therapy Program Director*

*Tyler Andrzejewski*

*Director of Social Service*

## 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](mailto: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
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
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C	O	L	A	J	M	A	L	O	S	S	J	F	P	W	X	Y	T	K
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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