



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

Sam W.	Sept. 06
Patricia H.	Sept. 16
Victor M.	Sept. 19
Robert W.	Sept. 24
Imogene C.	Sept. 28
Clara D.	Sept. 29

Staff

Dana V.	Sept. 04
Denise L.	Sept. 07
Edward P.	Sept. 10
Tosha D.	Sept. 10
Erin C.	Sept. 11
Christine M.	Sept. 11
Alexis L.	Sept. 13
Sydnee C.	Sept. 15
Jessica B.	Sept. 18
Ashley H.	Sept. 20
Hannah L.	Sept. 25
Tiffany B.	Sept. 27

Legacy Lane Spotlight

This month we are gearing up for the Walk to End Alzheimer's. The annual walk sponsored by the Alzheimer's Association will be Saturday, September 14, 2019 at Fairbanks Park in Terre Haute. Registration begins at 8am with the walk to follow at 9:30pm. We will also be hosting a Family Forum with Lisa Phillips, Program Manager with the Alzheimer's Association. Lisa will be sharing ideas on activities to do with your loved ones when visiting. Join us on Tuesday, September 10 at 6:00pm to hear some great tips from Lisa. Please RSVP to Amber S., Legacy Lane Coordinator.



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, walking clubs, 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,

Nikki Griffith

Executive Director



Mel W. and Michael R. having fun out on our patio.



R. D. having a ball outside.



G. B. enjoying some exercise and sunshine.

Customer Satisfaction Surveys

You will be receiving your Customer Satisfaction Surveys through the mail this month! The feedback that you provide is invaluable to making our facility a better place for our residents and their families. We appreciate your time and look forward to seeing your comments on the upcoming surveys. Please enjoy these flashback pictures that show that our Life Enrichment team deserves a 10!



Annual Fishing Trip to Fowler Park



Martha N. making infused water with fresh fruit and basil from our garden.



Amy W. and Morgan P. touring the Villa Community during the Garden party.



Pen Pal Program Meet and Greet with Hymera Elementary.



Just the Guys outing to Boot City!



Summer Field Trip to Robinson, IL.



Nola J. living her best life at 99, swinging at Forest Park!

Upcoming Events

Sunday, September 08:
Grandparents Day Sleepover

Tuesday, September 10:
Family Forum at 6:00pm

Thursday, September 12:
**Survey Return-Fall Festival
Family Night 6:00pm**

Wednesday, September 14:
**Alzheimer's Walk at
Fairbanks Park**

Tuesday, September 27:
**Customer Satisfaction
Survey Deadline**

Sunday Brunch

Please join us Sunday, September 08 from 11:00am-1:00pm for a buffet. All family members and friends are invited to attend. Each resident is allowed 2 complimentary guests; additional guests will be charged \$7 each. Our reservation policy for brunch is that any resident or family member can call and reserve a room or table for their group. We ask that a time of 11:00am-12:00pm or 12:00pm-1pm be chosen for reservations. If you plan to make a reservation, please call the campus ahead of time at 812-232-0406.

Taste of Town

Each month CCHC selects a restaurant or caterer to bring a special treat to the residents. This month's Taste of the Town will be from Kleptz. Residents will be served this special meal during lunch on Friday, September 06!



COBBLESTONE CROSSINGS

HEALTH CAMPUS

A Trilogy Senior Living Community

1850 E. Howard Wayne Dr

Terre Haute, IN 47802

812-232-0406

cobblestonehc.com |  

Nikki Griffith
Executive Director

Debbie Haag
Director of Health Services

Jessica Bailey
Assistant Director of Health Services

Jennifer Roberts
Customer Service Representative

Erin Campbell
Business Office Manager

Bree Sparks
Life Enrichment Director

Kim Palmer
Director of Resident Services

Brad Elder
Director of Plant Operations

Terrie Pine
Director of Dining Services

Jamie Couthen
Environmental Services Director

Addisson Pearson
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