



COVERED BRIDGE

HEALTH CAMPUS

A Trilogy Senior Living Community

On Campus

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

September 06	Mary D.
September 08	Ann K.
September 11	Leah C.

Staff

September 01	Ruth F.
September 03	Sierra F.
September 08	Autumn K.
September 23	Dinah D.
September 24	Ashley N.
September 25	Melissa R.

Welcome to Covered Bridge!

Residents

Grace B.	Barbara A.
Mertice J.	Joe S.

Staff

Megan B.	Bailey L.
Beth M.	Eden S.

Family Brunch

September 22 is our next Sunday Brunch. Please RSVP to the front office by Thursday, September 19 to reserve your seats.

Annual Car Show!!

We always get excited for our car show! On September 28 from 5:00-8:00pm, we will be having our car show. Dinner will be available (hotdogs, hamburgers, chips, and drink) for \$5. Live music by Lonesome Crow will be playing from 5:00-7:00pm. Awards will be at 7:30pm. Come join us for an evening of fun and entertainment!

Did You Know...?

That you can read the monthly newsletter AND our monthly calendar of activities on-line. Please follow the campus link: www.coveredbridgehc.com



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,

Angela Short

Executive Director

All Smiles

We have been enjoying our summer here at Covered Bridge and these smiles show it!





More from... All Smiles



Looking Ahead

We will be resuming our Halloween Trunk N Treat this year!! Look for more information to come soon!

Live a Dream

A resident's wishes and lifelong dreams are as unique as they are. Living out those dreams keeps us young and full of life. That is why we try to grant the wishes and dreams of our residents every chance we get. In addition, because of the generous support of our campus team members and through partnerships with local businesses and the Trilogy Foundation, our campus is a place where dreams come true. Do you wish a wish that you would like to have granted? Please see a member of the Life Enrichment team for details!

Follow Us

Please follow us on Social Media to see all of the amazing things we are doing here at the campus!!! Follow us on Twitter @CoveredBridgeHC and on Facebook! Here you can see our up and coming event and daily activities of our residents and much more!!

Annual Grandparent's Sleepover Event

We would love to invite the grandkids and/or great-grandkids of our residents for an evening of "camping" fun together! Come join us for snacks, a movie, and activities on September 07 from 6:30-8:30pm. If you would like to spend the night with your grandparent there is also that option. Please contact Kris Bowman, Life Enrichment Director for more information at 812-350-5364. Please RSVP by Friday, August 30.

CSS Party and Family Night

Come join us in celebration of our bi-annual Customer Service Satisfaction Party on September 09 from 6:30-7:30pm in the Health Center Dining Room. We will be having an ice cream social and "A Year of Art" from our residents will be on display for you to see your loved one's artwork through the past year! Please RSVP for this even by Wednesday, September 04.



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Missy Robinson
Assistant Director of Health Services

Marsha Rieckers
Community Service Representative

Mike Craig
Business Office Manager

Kris Bowman
Life Enrichment Director

Erika Muhlbach
Director of Social Services

Cody Schwade
Director of Plant Operations

Sheila Joy-Haws
Director of Food Services

Debbie Redmond
Environmental Services Supervisor

Dr. Neil Strait Hill
Medical Director

Christy Murphy
Legacy Lane 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