



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

09/10	Arthur K.
09/16	Alice C.
09/19	Virginia R.
09/23	Richard H.
09/26	Harvy C.
09/29	Martha K.

Staff

09/03	Kevinea T.
09/09	Joy J.
09/11	Zakiyah R.
09/12	Cheryl M.
09/12	Cheryl N.
09/16	Rebecca G.
09/26	Elaine D.
09/27	Mike E.

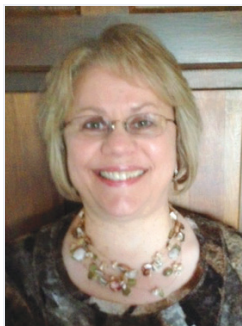
Upcoming Special Events

- 09/07 Grandparent's Day Carnival
- 09/18 Outing to Delphi Canal
- 10/24 Theme Dinner: Nashville Boot Scootin' Boogie
- 10/29 Trick or Treat at Cumberland Pointe

Photo Highlights



Always a good time when we fold calendars!



Executive Director Corner

Wow...thanks to all our employees, residents, and family

members who participated in our many events for our Independence from Hunger food drive we met our goal and provided 9,109 pounds of food! The Brookston United Methodist Church Food Pantry was overjoyed with these donations and your compassionate giving will help others in need!

September is full of events at our campus. Our annual Grandparent's Day Sleepover event is just around the corner on Saturday, September 7th. See "Note from Erin" for more details. Even if the grandchildren don't sleep over, an evening spent with grandma and grandpa is still an evening well spent! We always welcome visitors to our campus any day of the week. Our residents love sharing their stories, their knowledge, and their laughter with company, so stop by any time, and feel free to bring the grandkids!

We've also added some extra fun to Grandparent's Day on

Sunday with our first Tractor Show! Please be sure to come and join us that afternoon from 12 pm to 4 pm for this fun event!

Our semi-annual Customer Satisfaction Survey is in process as well! On August 30th, our vendor began mailing the Customer Satisfaction Survey (CSS) to a designated family member. Please be looking for a light yellow envelope that will contain our CSS survey. This CSS survey process is one of the most important ways we gather feedback from our customers and we need to hear from you! We ask you to rate our services from 1-10 on a variety of categories. Our campus is competing against other Trilogy campuses for the best score so if you believe our staff have done our best to meet your expectations this past 6 months, please give our employees a 10!

Enjoy Labor Day and have a wonderful September!

Yours in Service,

Gail Baldwin

Executive Director



Teresa M doing a painting activity for the 4th of July!



Tom C, his wife, and Fern M celebrating his birthday!



Residents always enjoy singing hymns together.



Sue C admiring the artifacts at the Tippecanoe Fair!



Lois M making a new friend at the fair!



Dale B admiring the rabbits on display at the fair!



Sue C with her homemade air fresheners!

More... Photo Highlights

A Note from Erin



I'm happy to be back at work and sharing pictures of my beautiful baby Cali!

She is the light of our lives!

In September we have a lot of great things happening at Cumberland Pointe! Our Grandparent Day Sleepover is September 7th and we kick off our Carnival at 6:00 pm until 7:30 pm. Kids of all ages can enjoy games, snacks and prizes!

Assisted Living residents whose grandchildren are ages 8-12 are welcome to have them sleepover with them in his/her apartment. Breakfast will also be served! If you are interested or have any questions please call anyone in the Life Enrichment Department to RSVP.

Erin Hoon, LED

Special Outings

- 09/04 Tippecanoe Mall
- 09/18 Wabash and Erie Canal
- 09/23 Fall Scenic Drive
- 09/30 Dinner at Noble Roman's Pizza



CUMBERLAND POINTE

HEALTH CAMPUS

A Trilogy Senior Living Community

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cumberlandpointehc.com |

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Molly Loveland
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Kim Stouder
Business Office Manager

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Director of Social Services

Sean Booher
Director of Plant Operations

Megan Hall
Director of Food Services

Karen Poe
Environmental Services Supervisor

Sara Hardesty
Assisted Living 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