



CYPRESS POINTE

HEALTH CAMPUS

A Trilogy Senior Living Community

News

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!

...continued on back page

Happy Birthday!

Residents

Dennis B.	9/11
Josephine S.	9/13
James H.	9/15
Virginia H.	9/17
Patricia P.	9/23
Marie H.	9/27
Maurice C.	9/29

Staff

Jessica D H.	9/04
Alexis Rose F.	9/06
Desjuan B.	9/09
Deborah A L.	9/10
Autumn Marie H.	9/11
Pamela Jean H.	9/14
Michelle Annette C.	9/15
April S.	9/17
Melissa H.	9/17
Helga Rita J.	9/26
Alisha Ann H.	9/27
Amy M B.	9/27



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 different levels of exercise programs 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,

Tony Valentine, LNHA
Executive Director

Thank You

A big THANK YOU "Shout Out" to our wonderful volunteers. You enrich the lives of our residents every day!

Happy Hour

Friday at 2:30 provides fun, food and friends!

John Wildenhaus	9/06
Edie Osborn	9/13
Daveid Milikin	9/20

PHOTO HIGHLIGHTS



Date night



Relaxing Afternoon!



Feeling good in the garden

MORE... PHOTO HIGHLIGHTS



Patriotism



Abe and Mary stopped to say Hello



Another happy rehab graduate



Family time



Feeding the Fish

SMILE OF THE MONTH



September Brunch

September Brunch will be Septembrr 8, 11:30 AM to 1:00 PM. Reservations are requested by September 5th, so we can provide proper seating and ample food. Each Resident is provided two complimentary Brunch tickets. Additional tickets may be purchssed for \$10 each from the business office prior to the Brunch.

Reminder

Construction continues on our addition and the projected Villas. Questions you may have can be answered by our Executive Director, Tony Valentine.





CYPRESS POINTE

HEALTH CAMPUS

A Trilogy Senior Living Community

600 W. National Road

Englewood, OH 45322

937-836-3149

cypresspointehs.com |  

Tony Valentine, LNHA

Executive Director

Tara Witt, RN

Director of Health Services

Megan Lautar

Assistant Director of Health Services

Saundra Mendenhall

Social Services Assistant

Amy Iretton

Business Office Manager

Linda Hoefler

Life Enrichment Director

Jennifer Keefe

Director of Resident Services

Mark Risser

Director of Plant Operations

TBD

Director of Food Services

Sherie Kearns

Therapy Program Director

Trisha Moore

Environmental Services Director

Julie Shirk

Legacy Neighborhood 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

Newsletter Production by PorterOneDesign.com

'Healthy Aging'

...continued from cover

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
O	R	S	I	N	G	B	O	P	I	R	U	P	T	H	S	P	W	D
B	V	U	A	G	R	I	U	C	A	T	Y	L	C	G	O	U	W	U
R	P	U	D	E	M	F	A	E	E	A	Y	J	V	E	O	X	P	R
C	O	L	A	J	M	A	L	O	S	S	J	F	P	W	X	Y	T	K
U	K	U	P	K	Q	V	R	Q	I	F	S	J	K	B	Q	A	G	Y
J	G	O	T	L	H	E	A	L	T	H	Y	K	W	J	G	Z	T	D
M	J	E	W	I	D	D	X	Y	S	B	Z	L	N	V	J	I	Q	F
E	U	P	Q	S	N	T	F	C	D	I	A	R	A	W	V	Q	G	M
Q	D	R	H	R	M	E	U	H	M	C	D	S	Y	I	Q	G	T	A
O	G	D	Q	A	H	J	J	E	I	E	P	N	T	V	N	R	A	K
C	M	V	E	Z	Y	W	N	S	I	Y	I	C	H	I	O	O	Z	A
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