



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

Barbara A.	September 03
Thomas B.	September 07
Elizabeth A.	September 26

Staff

Quinton C.	September 05
Vonda G.	September 09
Jennifer L.	September 11
Penny H.	September 12
Kathy W.	September 16
Pauletta D.	September 17
Connie S.	September 19
Julia W.	September 23
Erricca D.	September 26
McKenzie R.	September 27

Taste of Town

Our Next Taste of Town is Fazoli's on Friday, September 20, 2019.

Live a Dream

We are looking forward to granting so many more Live A Dreams this year or the next! If you have a suggestion for a Live a Dream for one of our residents, please share it with the Life Enrichment Director, Heidi Rhodus.

Sunday Brunch

We are changing the date of Sunday Brunch to the second Sunday starting in September. Brunch will now be September 8, 2019 11:00am to 1:00pm, please make your reservations by Friday, September 6, 2019. We allow 2 guest to eat FREE and all other guests with be charged \$7.00 per guest.

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!

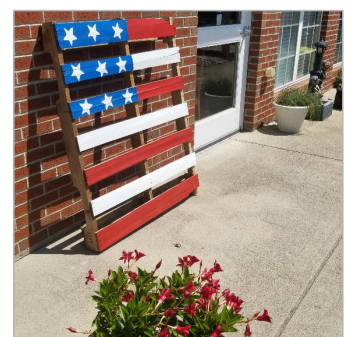
Yours in Service,

Gary Griffin

Executive Director

CAMPUS IN COLOR

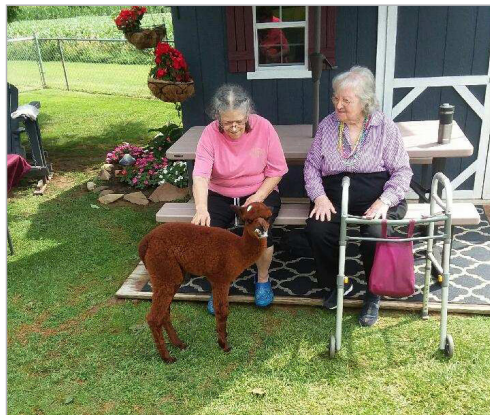
Forest Park's Masterpiece! If you have a moment to spare in your visit with your family member, please take the moment with the Resident you're visiting and step outside into one of our Beautiful Courtyards. I promise you will enjoy the view.



MORE FROM CAMPUS IN COLOR



Arlo and Griffy Visit



Out and About

The Residents enjoyed the first of many exciting Summer Field Trips. This trip was exciting and knowledgeable "The Air Force Museum".

Did You Know...?

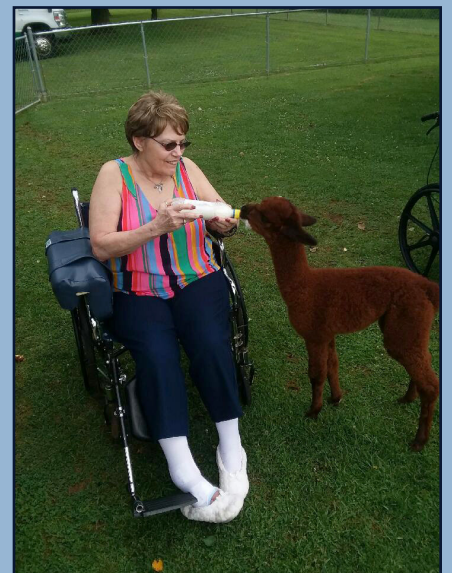
That you can read the monthly newsletter on-line in addition to the printed copy. Please follow the campus link www.forestparkhc.com or you can pick up a printed copy when you visit our campus. Just a Reminder... We Are No Longer Mailing Them.

The Private Dining Room can be reserved for your Family Occasions, just call Heidi Rhodus, LED to make your plans.

Happy Hour is EVERY FRIDAY at 3:00 PM.

Smile of the Month

Smile of the Month comes from SueAnn G. who loves to be social with the employees and her peers. If you have the opportunity to meet SueAnn, please help her feel at home with us at Forest Park.





FOREST PARK

HEALTH CAMPUS

A Trilogy Senior Living Community

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Richmond, IN 47374

765-966-5705

forestparkhc.com |  

Gary Griffin
Executive Director

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Megan Slemker
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Business Office Manager

Heidi Rhodus
Life Enrichment Director

Kendra Lester
Director of Social Services

Chuck Berry
Director of Food Services

Nikki Kemp
Therapy Program Director

Jean Varner, LPN
MDS 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

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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