



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!

Health Center

Jack H.	September 06
Annabelle S.	September 15
Verna T.	September 22
Henrietta A.	September 26

Assisted Living

Alex M.	September 01
Charles M.	September 02
Edward G.	September 11
Gwen Z.	September 12
Ethel H.	September 18
Helen M.	September 19
Wendell K.	September 24

Staff

Kelsie B.	September 01
Fadila M.	September 08
Pamela D.	September 09
Margaret S.	September 18
Jamuna P.	September 29
Temika W.	September 29
Janelle B.	September 30

Did You Know...?

Happy Hour is scheduled every Friday at 3:00 p.m. in the Assisted Living multipurpose room and 4:00 p.m. in the Healthcare Dining Room... with LIVE ENTERTAINMENT!



Executive Director Corner

Happy August! I hope that everyone has been enjoying themselves these past

few weeks. We've been busy in the best ways possible – celebrating the Fourth of July with friends, enjoying Sunday Brunches with family, and making memories together that are sure to stay with us for the rest of our lives. But we're not done celebrating yet!

August 21st is Senior Citizen's Day, so I wanted to take some time to acknowledge all of the incredible senior citizens who call our campus home. Whether you've been with us for two weeks or two years, your approachability, warmth, and wisdom has been evident ever since you first came through our doors, and has made serving you each and every day an absolute joy. Life is an adventure that was meant to be shared, and we're so lucky that

we have you to share it with.

Speaking of adventure, I also want to take this opportunity to remind all of our residents about our Live a Dream program. With Live a Dream, we're proud to take our seniors on all kinds of adventures – whether it's something they haven't done since they were a teenager, or it's something that they've never done before in their life. We've had residents who have gone sky-diving, met their favorite bands backstage, and even sat in a replica of the Batmobile! Whether you're looking for a new experience or want to relive an old one, we're happy to make your dream a reality. Contact a member of our Life Enrichment team to find out how.

I hope everyone has a great month, and I hope to see you soon!

Yours in Service,
Abdoulie Cham
Executive Director

Servant's Heart: The Key To Success

Our Servant's Heart award winner for the month is AP/Payroll Specialist, Margaret Swift. Margaret embodies Trilogy's mission statement in that "we are committed to exceeding our customer's expectations." Always going above and beyond, Margaret exemplifies every aspect of "Excellence in Customer Service." She is an example of dedication and devotion to both residents and staff. Congratulations again to Margaret Swift, a true asset to the Franciscan family!



VOLUNTEERS GIVE THE GIFT OF TIME

Franciscan Healthcare Center takes great pride in all aspects of care provided, especially its Volunteer Program! Always committed to creating the best possible environment for each resident, our volunteers make a difference each and every day – whether it's leading a Bible Study group or giving manicures, our volunteers ROCK! For more information about becoming a Franciscan volunteer, please contact the Life Enrichment Team and start your journey as a volunteer!



Franciscan Healthcare Center – Where Dreams Come True!

The **Live A Dream** program gives experiences back to seniors in serving them to the best of our ability, to embrace their passions, and to give back a little piece of what they have given and continue to give. Our most recent Live A Dream recipients were Marcella, who celebrated her 100th birthday with family and friends and Walter & Winona, who celebrated their 57th wedding anniversary on board My Old Kentucky Dinner Train! We are lucky enough to be touched by inspiration every single day through the stories and experiences this program has created.



Smile of the Month

Our “Smile of the Month” belongs to AL resident, Ethel as she is shown here enjoying a cool treat on a hot day – BEAUTIFUL smile!





FRANCISCAN HEALTH CARE CENTER

A Trilogy Senior Living Community

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Louisville, KY 40219

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franciscanhc.com |  

Abdoulie Cham
Executive Director

Jeri Lewis
Director of Health Services

Jennifer Dobbs
Admissions Coordinator

Dawn Jackson
Business Office Manager

Margaret Swift
AP/Payroll

Deanna Dome
Customer Service Representative

Tommy Roberts
Senior Director of Plant Operations

Ron Webster
Director of Dining Services

Lisa Richards
Life Enrichment 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