



GENOA
RETIREMENT VILLAGE

A Trilogy Senior Living Community

Gazette

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!

Health Center

September 04	Donald V.
September 21	Marilyn T.
September 23	June M.
September 28	Sharon M.

Assisted Living

September 12	Benjamin H.
September 12	Michelle K.
September 18	Kathryn W.
September 24	Leota K.

Save the Dates!

Sept. 3rd- Music with Alan S.

Sept 4th- Music with Alana G.

Sept. 6th- Happy Hour
with Dave R.

Sept. 8th- Brunch

Sept. 11th- Bible Study with
Sarah and her dog Lacey

Sept. 13th- Happy Hour
with Acoustic Crossing

Sept. 16th- Music with Randy V.

Sept. 19th- Music with Alana G.

Sept. 20th- Farm Fest and
Music with Gene Z.

Sept. 24th- Birthday
Bash with Lyle D.

Sept. 25th- Bible Study with
Sarah and her dog Lacey

Sept. 27th- Happy Hour
with John Pickle



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!

Sincerely,

Bryanne Lee, LNHA
Executive Director

VOLUNTEER NEWS

A big thank you to the local Genoa Baseball Team for the demolition of our two flower beds in Assisted Living and rebuilding one large flower bed to take their place! We can't wait to get our hands dirty, plant those vegetables and enjoy watching them as they grow next year!



Summer Fun

Our campus is full of life this time of year! Please join us for our Summer Trips, Farm fest Friday's, Happy Hours, Painting in the Garden's and much much more!



Outing Reminder

Reminder to all Residents, Families and Staff members that our Health Center and Assisted Living go out once a week into the community for shopping, sightseeing, eating at local restaurants and during the months of May - October our residents have a special additional outing! Please ask our Life Enrichment Director or any Life Enrichment Staff for the details on the weekly outings and special trips!



Look how that bus SHINES, join us on our weekly outings!

Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link: www.genoahs.com

The Private Dining Room can be reserved for a special gathering? Call and speak to our customer service representative to schedule your date today!

Happy Hour is every Friday from 3:00-4:00pm. Appetizers, Cocktails, Wine, house made Craft Beer, Pop, Lemonade, Ice Tea, Coffee, Music and Entertainment will be provided. All are welcome to enjoy the fun and laughter with us!



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genoahs.com |  

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Executive Director

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TBA
Assistant Director of Health Services

Leslie Ryan
Community Service Representative

Elizabeth Burnep
Business Office Manager

Tessa Rice
Life Enrichment Director

TBD
Director of Plant Operations

April Lewis
Director of Food Services

Joanna Costantini
Environmental Services Director

Dallas Brammer
Social Services

Wade Nofitz, PTA
Therapy Program Director

Jenny Wahl
AL 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
P	Q	X	Y	H	P	B	A	P	M	G	R	C	Z	B	L	N	A	M
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ACTIVITY

ADAPT

AGING

CHANGE

CHESS

DREAMT

GROW

HEALTHY

LEARN

PHYSICAL

PROCESS

REALITY

ROUTINE

SING

SUPPORT

WELLNESS