



GLEN RIDGE

HEALTH CAMPUS

*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!

## Residents

September 15	Donald G.
September 15	Maggie W.
September 18	Gloria M.



## 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,  
*Lauren Clayton*  
Executive Director

## Life Share

Lifeshare Technologies, in partnership with this campus, is delighted to provide an innovative new service that allows you to connect with family and engage with your community, all through your personal television. With Lifeshare, you can do all of the following through your TV:

- View and send emails and text message
- View photos
- View community information, such as activities, announcements, and dining menus
- Receive event reminders on screen or by phone
- Read daily news
- Play games, music, and faith bases programs.

See your life enrichment department to get set up now!

## Taste of Town

September 11th at 12:00

Featured Restaurant:  
Cracker Barrel

## Grandparent Day Celebration

September 7th from 6:00-8:00pm  
Games, Food, and Lots of Fun!

## Live a Dream: Lulie F.

Lulie Ice Skated most of her life and on her 97th Birthday was granted a wish of being on the Ice once again!! She got to enjoy this dream with some family and friends.



# More from Live a Dream: Lulie F.



# Live a Dream: Mary S.

Mary S. is a retired PE teacher and Swim Instructor, had a dream on take a refreshing swim once again. Mary and her son Allen got to take a few laps in the pool together at the Historic Silvercrest Facility. What an enjoyable day for both of them.



## Entertainment

Please join us every Friday at 2:30 or 3:00 for Happy Hour.

Refreshments and Live Entertainment.

## Turner Circus Performance

September 11th at 6:00pm

## Volunteers Needed

Glen Ridge strives to make all of our resident's days enjoyable and fun. Volunteers are the heart and soul of our campus and the key to making this happen. Therefore, we are calling all who want to volunteer and bring joy to our residents. You can give 1 hour a month to make a huge difference too many people. If you are interested in volunteering for the following programs, please contact Cindy Allen/ Life Enrichment Department. Bingo caller, crafts, leading men's group, nails, hosting a movie night, or bridge club.



# GLEN RIDGE HEALTH CAMPUS

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*Lauren Powers*  
Executive Director

*Stephanie Lee*  
Director of Health Services

*Jen Humphreys*  
Customer Service Specialist

*Amy Flannery*  
Community Service Representative

*Ayla Burkett*  
Business Office Manager

*Cindy Allen*  
Life Enrichment Director

*Crystal Dickey*  
Director of Social Services

*Susan Markle*  
Asst. Director of Social Services

*Tim Bridges*  
Director of Dietary Services

*Billie Hourigan*  
Environmental Services Director

*Missy Kitchen*  
Guest Relations

## 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](mailto:comply@trilogyhs.com)

*Newsletter Production by PorterOneDesign.com*

# '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