



HAMPTON OAKS

HEALTH CAMPUS

A Trilogy Senior Living Community

On Campus

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 03	Norma P.
September 08	Lucille H.
September 15	Seweryna G.
September 21	Everitt Mc.
September 30	Norma C.

Staff

September 13	Melissa S.
September 18	Crystal G.
September 18	Delores E.
September 18	Isabelle D.
September 22	Robin Mc.
September 25	Terry J.
September 27	Kayla B.

Live a Dream

Is there something that you have always wanted to do? Live-a-Dream is a program that helps us give the opportunity to our residents to do something that they have always wanted to do. If your loved one has something they have always wanted to do, let the Life Enrichment team know! We would love to grant it for them!

Taste of Town

Taste of Town is where we invite restaurants to come in and give our residents the look and feel of being at the restaurant without the travel part of it. Taste of town is always the third Thursday of the month. Check with your Chef to see what restaurant is coming your way.

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,

Brandy Royalty

RN, MSN, HFA,

Executive Director

Photo Highlights



Summer outing to Clifty Falls

More Photo Highlights



Norma E. Cucumber plant



Shirley planting Herbs



Donna and Beverly at Clifty Falls



Beatrice and the Taste of Town Chicken



Glenna Jean and the Taste of Town Chicken



Norma C. and the Taste of Town Chicken

Sunday Brunch

Is normally held on the Third Sunday of the month. Our chefs prepare a wonderful meal for our residents and 2 of their guest free of charge. Any additional guest are welcome to attend as well but there is a \$7.00 charge. Please RSVP with the front office so we can make sure we have plenty of seating set up for you and your guest.

Did You Know...?

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

The Private Dining Rooms can be reserved for birthday parties or family gatherings.

Happy Hour is weekly on Fridays at 3:00 with live entertainment.

The Trilogy Foundation grants Live a Dreams for our residents, see the Life Enrichment Director for more details.



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Executive Director

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Cheryl Dunn
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Caroline Hahn
Business Office Manager

Regan Stewart
Life Enrichment Director

Chelsea Bullard
Director of Social Services

Barbara Kermanshahi
Rehab Program Director

Penny Koerner
Director of Food Services

Angie Morgan
Environmental Services Director

Robin McClain
Assistant Director of Nursing

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