



## 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*

Sara G.	9/07
John B.	9/22
Patricia C.	9/26
Billie R.	9/27
Maxine H.	9/28
Carolina W.	9/30

## *Staff*

Kelsea B.	9/03
Denise B.	9/04
Cissy S.	9/04
Deanne T.	9/06
David H.	9/14
Sandy T.	9/16
Laurie A.	9/18
Katlynn K.	9/22
Rebecca P.	9/27

## *Staff Anniversaries*

Erin H.	6 Months
Christina K.	6 Months
Ashlynn D.	1 Yr
Muranda F.	1 Yr
Sierra M.	1 Yr
Ruth-Ann G.	2 Yrs
Beverly M.	2 Yrs
Kayla M.	3 Yrs
Laurie A.	4 Yrs
Janet B.	4 Yrs
Martina C.	7 Yrs

## Family Night

September 05 at 5:00pm. Join us for fried chicken & all the fixins! Live music will be in the campus from 6:00-7:00pm. All are welcome to attend, so come on out and spend the evening with your loved ones!!!

## Grandparents Night Out!!!

September 07 at 4:00pm. Please join us for a fun evening with games, pizza, ice cream & a movie!!! Please call Harrison's to confirm a reservation to the fun. Ask for Lacy when calling.



## Executive Director Corner

September is one of my favorite

months. The weather always seems to be great the month of September. Everyone is gearing up for fall and all of the fun events and decorations that kick off the season. We have great things planned at Harrison's Crossing for September.

Our Customer Satisfaction Survey will be mailed to our families on August 30. Your feedback is extremely important to us. Please fill out your survey and either mail it in or bring it in to our campus and your name will be entered into a drawing to win a tailgate basket. We are asking for a "10" for every category in our survey. A "10" doesn't mean we are perfect a "10" means that we are striving everyday to be the best we can be for your loved one. If for any reason you feel we are not giving a "10" in our service please contact one of our leaders to resolve your concern.

We celebrate the bond between our residents and families. September 5 at 5:30 is our next family night. We will have a family style fried chicken dinner with all of the fixings. Be sure to join your loved one and return your

survey that night to be entered into the drawing for a tailgate basket. Call our campus to reserve your table with your loved one for our family night.

We have a special event planned to celebrate the bond between grandparents and grandchildren. On September 7 is our "grandkids night out" We have a special evening of events planned for our resident's grandkids. The best memories a kid can have is with their grandparents and those special moments. We have activities, food, and a movie planned for our residents and grandkids. Please contact Life Enrichment for more details.

Join us for Sunday brunch every 3rd Sunday of the month. Our dining service team puts together an amazing spread for our brunch. Each of our residents is welcome to invite two guests at no charge; additional guests can purchase a brunch sticker at the front desk for \$7.00. For parties larger than four please call ahead for reserved seating.

It is always a pleasure to serve our residents and families and we look forward to making new memories in our campus.

Yours in Service,

*Shannon Williams*

Executive Director



# Green Acres

We have had a very busy summer with lots of cook outs, scenic drives, field trips, memories made, & many shared laughs as well. We kicked off the start of the fall with a trip to GREEN ACRES! A very well know place around North Terre Haute!! The residents had a great meal and a few cold treats and shared many memories! Thanks so much to our Life Enrichment team for all their hard work and fun they provide for us!!!



## Welcome Karen !!!

Please help us to welcome our new social services assistant Karen Turchi!!! We are so happy to welcome you to the team and look forward to seeing you all around the campus. You can normally find her bouncing around with a smile on her face and her collar popped!!! Welcome Karen!!!



## Thank You

September Everyone give Miss Megan (Guest Relations) a huge smile and thank you this month when coming in to the building!!! Megan has went above and beyond in her position and we are all very proud of her hard work and dedication to Harrison's!!! Thank you Megan!



## SMILES OF THE MONTH

Pat is well known for her love of the popcorn!! She is always smiling and has a warm heart to great everyone!! Liz & Brenda have become great friends with Miss Pat and love caring for her!! Thank you nursing staff for all your hard work!!!



## LEGACY LANE SPOTLIGHT

Legacy Lane has added some new friends this month. Donna is a resident on Legacy and her husband Philip lives upstairs in Assisted living. He loves to come spend the day with her in Legacy and enjoys the company of the nursing staff.



## Goodbye

We would like to wish our former transportation associate a fair well on his new adventure!! Tom will be missed by all!!! Also Mackenzie has left to start her new career as an ED at another Trilogy building!!! Best luck to her as well!!!





# HARRISON'S CROSSING

HEALTH CAMPUS

*A Trilogy Senior Living Community*

**395 8th Avenue**

**Terre Haute, IN 47807**

**812-234-7111**

**harrisonscrossinghc.com |  **

*Shannon Williams*

*Executive Director*

*Ashley Quakenbush*

*Director of Health Services*

*Mica Holland*

*Assistant Director of Health Services*

*Leslie Garcia & Wendy Winterberg*

*Customer Service Representative*

*Pamela Austin*

*Business Office Manager*

*Lacy Malone*

*Life Enrichment Director*

*Susan Allen*

*Social Services Director*

*Karen Turchi*

*Social Services Assistant*

*David Hostetler*

*Director of Plant Operations*

*Darla Davidson*

*Director of Food Services*

*Megan Cravens*

*Guest Relations*

*Ryan Smith*

*Legacy Lane Coordinator*

*Martina Clapp*

*Environmental Services Director*

*Debbie Railsback*

*AP/Payroll*

## 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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M	C	R	B	A	C	L	Y	S	L	K	A	E	Z	P	K	W	G	J
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G	W	M	O	P	A	A	G	I	N	G	S	I	J	Y	R	T	N	F

ACTIVITY

ADAPT

AGING

CHANGE

CHESS

DREAMT

GROW

HEALTHY

LEARN

PHYSICAL

PROCESS

REALITY

ROUTINE

SING

SUPPORT

WELLNESS