

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!

Juanita W.	9/03
Naomi W.	9/09
Nellie S.	9/18
Julie M.	9/21
Mary M.	9/23



## 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,  
*Sean R. Steele*  
Executive Director

## Photo Highlights



## Grandparent's Sleepover

Please join us Saturday September 7th for our third annual grandparents sleepover. We will be doing a Camp out theme with a hot dog roast, outdoor movie and so much more. Please contact our Life Enrichment Director for more details.

## Family Night

Family Night provides time of fun and something the whole family can enjoy. Family Night is offered four times a year, providing good food, fun and entertainment. We will have our third Family Night Thursday September 26th at 5:00pm. We will have Hay Rides, a Hot Dog roast and apple cider. We encourage family and staff to participate and dress up for theme that night.

## Live a Dream

Calling all dreamers! Is there something that you have always wanted to do: going in a hot air balloon, going down a water slide, flying in an airplane? These are just a few ideas that have been granted through our Live a Dream program. Please let Jami Stephenson, Life Enrichment Director know if you have a Dream.

## Did You Know...?

Happy Hour is hosted every Friday in the O'Bannon Parlor at 3:00 pm. Please join us!

The Private Dining Room can be reserved at any time for families to have a special celebration or meal together. Please see a management team member to place a reservation.

## More Photo Highlights



## Sunday Brunch

Sunday Brunch is offered the second Sunday of each month. Mealtime is between 11:00 a.m. to 1:00 p.m. with Brunch type foods served buffet style. Please join us for this family meal with your loved ones! Our Sunday Brunch is on Sunday September 8th. Each resident can have two guest for Brunch at no charge. If a resident would like to have more guest, the charge is \$7.00 per each additional guest

## Out and About

The Life Enrichment Department plans weekly outings to area local eateries and shopping. Please consider joining us on our next outing, if the weather is nasty we will stay in! Here are a few outings we will be going on this month:

- Cheddars
- Dollar Tree
- Wal Mart
- Schwartz Family Restaurant

## Taste of Town

Every Month we feature a restaurant within our community! You can enjoy some of your favorite local food without leaving home. The September restaurant we will feature is Mike's Feed Store on September 18th.



A Trilogy Senior Living Community

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[harrisonspringshc.com](http://harrisonspringshc.com) |

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Life Enrichment Director*

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*Jeff Brown  
Director of Plant Operations*

*Anthony Cucino  
Director of Food Services*

*Jeff VonHeimburg  
Environmental Services Director*

*Ella Bryant  
MDS Coordinator*

*Mandy Smith  
Legacy Lane Coordinator*

# '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

## 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)