



HEARTHSTONE

HEALTH CAMPUS

A Trilogy Senior Living Community

Herald

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!

9/03	Freddie L.
9/03	Phyllis G.
9/05	Lois N.
9/17	Louise B.
9/26	Margaret H.
9/27	James M.
9/28	Janet S.
9/28	Marcia H.

Business Office Hours

- Monday and Wednesday:
8:30am to 6:00pm
- Tuesday, Thursday & Friday
8:00am to 4:30pm

Volunteer News

Give the gift of time and have fun! Volunteering as little as two hours per week can help reduce depression, lessen chronic pain, and give your brain a boost. Volunteer opportunities include community outings, Sunday Brunch, Life-long learning, one-to-one visits, Bingo, or sharing a talent or hobby. Please see the Life Enrichment Team or call 812.333.7622.

Live a Dream

Did you know Hearthstone has a Live a Dream program? Imagine doing the one thing you have always wanted to do, and through a partnership with the Trilogy Foundation, dreams can become a reality. Please see, Life Enrichment team member for more information.



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,

Zachary Wilson, HFA
Executive Director

Smile of the Month: Allan C.

Allan C.
enjoying a
banana split on
an outing to
Dairy Queen!



CAMPUS IN COLOR

Our Taste of Trilogy Fair was a huge hit with residents, families, and members of the community! The residents enjoyed the opportunity to dunk Hearthstone's Executive Director Zach Wilson in the dunk tank, watching children jump in the bounce house, playing games, and interacting with animals! Thank you to all the volunteers who brought animals, supported the games, and interacted with residents, without the community's support these events would not be possible!



Legacy Neighborhood Spotlight

The residents enjoyed tie-dying shirts for a special event in the Legacy Neighborhood!



Gathering Around the Hearthstone

September 8th: Grandparent's Day Sleepover

We're Having a Sleepover! - In honor of National Grandparents Day, we're inviting the grandchildren of our residents to join us for a night of food, fun, and fantastic company on Saturday, September 7th!

September 12th: Senior Executive club begins at 1:30 in the AL dining room. SEC provides the opportunities to meet new people, enjoy our wonderful food, participate in new activities, and have a group of friends with whom to discuss topics of interest.

September 15th: Brunch
Join us for Sunday Brunch starting at 11:00am for a chef-prepared buffet. Loved ones are invited and encouraged to attend.

September 26th: Taste of Town

Did You Know...?

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

You can follow us on Facebook, simply type **Hearthstone Health Campus** into the search bar. You can also find us on Twitter. Our handle is **@Hearthstone_HC**

Happy Hour is weekly at 3:00pm on Fridays in the Stardust Café. Join us for music, appetizers, and drinks!

We go on community outings twice a week. Please sign up in the Activity Room, space is limited!



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Bloomington, IN 47404

812-333-7622

hearthstonehc.com |  

Zachary Wilson
Executive Director

Paula McCarthy
Director of Health Services

Janet Thomas
Assistant Director of Health Services

Karissa Fleetwood
Guest Relations

Brandi Freese
Business Office Manager

Bailey Anderson
Life Enrichment Director

Cameron Mizell
Director of Food Services

Brandon Jensen
Legacy Neighborhood Director

Tara Todd
Social Service Director

Mary Ann Wininger
Therapy Program Director

Greg Anderson
Environmental Services Director

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