



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

Carloyn R.	September 04
Peggy C.	September 11
Jim P.	September 14
Anita J.	September 16
Glendora W.	September 18
Bob H.	September 25
Joan M.	September 26

Sunday Brunch

We look forward to seeing you at our Family Brunch on September 8th!

Save the Date

Grandparents Day Sleepover-
Sept. 7th RSVP by end of August

Wine and Canvas Family Night
September 12th at 6pm – RSVP
by September 5th

Smile of the Month

Kathy E. has a beautiful smile and loves the outdoors picture bellows shows Kathy enjoying her time at IMS.



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,
Brad Macklin
Executive Director

Featured Resident

Lola S. loves her coffee and loves to be active with us and apparently also enjoys dunking our ED Brad in the dunk tank!





Out and About

We had a 'roaring' good time on our summer field trip to the Indianapolis Motor Speedway.



Residents & Families

We have enjoyed our summer outings to the Speedway, Indianapolis Zoo and coming up to the Casino. We also have several more activities coming up this month, we have Grandparents Day on September 7th/ 8th where we invite our residents grandchildren and great grandchildren to join us for food, activities and fun! Then we will be having our first wine and canvas painting for family night on September 12th where we invite residents with their family member to create a masterpiece with the help of a special instructor! We enjoy serving our residents each and every day with games, exercise, crafts, outings, inspirations and room visits and look forward to the Fall and Winter months doing the same!

Yours in Service,

Ashley Stingley

Life Enrichment Director

Field Trip

Making Carnival Food is a family tradition that started with Millie D. Picture below shows Millie and four generations of carnival food specialists.



Family Night

Our residents and family enjoyed our Homewood Hometown BBQ especially seeing their favorite managers being dunked!

Volunteer News

We welcome our newest volunteers Linda W. and Carrie B. to our group of Homewood volunteers.



HOMEWOOD

HEALTH CAMPUS

A Trilogy Senior Living Community

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homewoodhc.com |  

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Business Office Manager

Ashley Stingley
Life Enrichment Director

TBD
Social Service Director

Charlene Betts
Therapy Program Director

William Mixson
Director of Food Services

Penny Horton
Environmental Services Director

Maggie Andrew
MDS Coordinator

Liz Warren
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*

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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