



MILL POND
HEALTH CAMPUS

A Trilogy Senior Living Community

Monthly

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 01 | Stella W. |
| September 12 | Betty B. |
| September 15 | Don O. |
| September 15 | Bill S. |
| September 18 | Bev P. |
| September 18 | Jean G. |
| September 20 | Lou C. |
| September 22 | Ida S. |

Staff

| | |
|--------------|-------------|
| September 00 | Jon M. |
| September 00 | Brittany K. |
| September 00 | Jane Y. |
| September 00 | Juleena C. |
| September 00 | Tim H. |
| September 00 | Jennifer L. |
| September 00 | Nicole W. |
| September 00 | Courtney C. |
| September 00 | Shelby C. |
| September 00 | Morgan F. |

Fourth of July

This year we had an extraordinary Fourth of July celebration. For dinner we had a cook out/ grill out. The food provided by our Director of Food Services (Darnel) was very tasteful. After dinner the residents enjoyed the firework show that Mill Pond provided. We would like to give a big shout out to our Business Office Manager (Shannon) for purchasing and displaying the fireworks for all the residents and their family members. Not only did the residents get to enjoy the firework display provide form Mill Pond; they also got to enjoy the fireworks from the city of Greencastle. The residents had a long afternoon with a nice cook out and two different firework shows. Everyone had a blast and cannot wait to see what next year has in store. ►



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,

Rachel Frye

Executive Director



Bernie W.



Bev and Juanita

More from Fourth of July



Group at Fireworks



Group enjoying Independence Day weather



Shannon, Betty, and Charlene



Stella and Evelyn with family at fireworks

Legacy Lane Spotlight — July marked a new era for our Legacy Lane here at Mill Pond. Our Legacy received renovations which included new paint, floor, kitchen, and furniture. Legacy residents are now able to enjoy cooking from their very own stove top and oven, to make wonderful food dishes every day. The increased size of the kitchen/dining area allows for the residents to sit more comfortable for both meals and activities. The new paint really brightens up the entire space making the entire area look larger and renewed. Our Legacy Lane is growing every day to meet the needs of our residents. If you have not come and looked at the new renovations please ask about a potential tour.

National Water Gun Day

We celebrated national water gun fight on Friday July 19th during happy hour. Residents and staff both got water gun pistols to shoot each other with. The residents had a blast taking aim and shooting at the staff members. Staff made sure to make trips around the building to ensure everyone was involved in celebrating national water gun day. The goal was for no man or woman to be left unsprayed. Here at Mill Pond we never stop having fun and love to engage the residents as much as possible!



Nancy C.



Deb L.



Don O.

Sunday Brunch

Join us for our brunch this month on Sunday, September 08 at 11:00am.

Volunteer News

We are always looking for volunteers here at Mill Pond. Individuals who want to give and build relationships. Right now we are in need of consistent volunteers on the weekends. If you or someone you know is interested please reach out to any staff member or contact our activities department.

Did You Know...?

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

The Private Dining Room can be reserved for family meals, birthday parties, and many more fun things. Please call 765-653-4397 to reserve a private dining room for a special occasion with your loved one.

Happy Hour is Friday weekly at 3:30pm. We have snacks and beverages to celebrate the great week we had.



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765-653-4397
millpondhc.com |

Rachel Frye
Executive Director

Brandie Kendall
Director of Health Services

TBD
Assistant Director of Health Services

Crystal Fortner
Customer Service Representative

Shannon Fitzpatrick
Business Office Manager

Sydney Gilliam
Life Enrichment Director

Jeannie Stinson-McLean
Director of Resident Services

Chris Young
Director of Plant Services

Darnel Tanner
Director of Food Services

Kandra Roberts
Environmental Services Director

Loren Ashcraft
Therapy Program Director

Amy Arthur
Legacy Lane Coordinator

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'

...continued from cover

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

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ACTIVITY
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AGING
CHANGE

CHESS
DREAMT
GROW
HEALTHY

LEARN
PHYSICAL
PROCESS
REALITY

ROUTINE
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SUPPORT
WELLNESS