



NORTH RIVER

HEALTH CAMPUS

A Trilogy Senior Living Community

News

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!

...continued on back page

Happy Birthday!

September 05	Ellen T.
September 06	Mary G.
September 09	Margie D.
September 13	Frank G.
September 13	Maxine H.
September 14	Albert G.
September 21	Marilyn H.
September 21	Elinor F.

Volunteer News

Volunteers give the gift of time. Over 3,000 people presently serve as volunteers within Trilogy campuses. Families and friends make great volunteers! As a volunteer you become a part of the Trilogy team. So why volunteer? Here are just a few benefits: community involvement, resume building, developing new skills, and building meaningful relationships. Volunteering increases brain activity and volunteers live longer! All we ask is that you give us just 1 hour a week of your time. Just one hour to give back to your community, meet new people, try new things. Contact Katelin Bradley in Life Enrichment today!

PHOTO HIGHLIGHTS



Executive Director Corner

Happy September! I hope that everyone

enjoyed themselves at our Las Vegas Casino Night Theme Dinner. My favorite dish was the Baked Alaska – 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,
Vicky Harpenau, HFA
Executive Director



More PHOTO HIGHLIGHTS



Family Night

We are off to see the wizard for our next Family Night! Join us Thursday, September 12 at 6:00pm, for a Wizard of Oz themed night full of fun! Featuring Vince Goedde on guitar, fun games, and tasty dessert! Bring your yellow envelope down the yellow brick road for a chance to win a prize!

Live a Dream

Is there something your loved one has always wanted to do, but has not been able to? Is there something you know they would love to do again? At Trilogy, we pride ourselves in granting "Live a Dreams" for our residents. We plan, pay for and execute the dreams so that you can enjoy the experience with your loved one. We have taken residents to St. Louis Cardinals Baseball Games; Colts Games; concerts; residents have traveled to Nashville, TN; and Estes Park Colorado! We have assisted with family reunions, plane rides and Honor Flights. No dream is too small! Contact Katelin Bradley in Life Enrichment to fulfill your loved one's dream today!

Hope for the Holidays Fundraiser

Donate your pennies! During the month of September, North River is hosting a Penny War between our Executive Director, Vicky Harpenau and our Director of Nursing, Angela Wilhite. The competitor with the least amount will be pied on Tuesday October 01! All proceeds will benefit the Bread of Life Ministries of Elberfeld.



NORTH RIVER

HEALTH CAMPUS

A Trilogy Senior Living Community

811 East Baseline Rd.

Evansville, IN 47725

812-867-7256

nriverhc.com |

Vicky Harpenau
Executive Director

Angela Wilbite
Director of Health Services

Delores Ellis
Assistant Director of Health Services

Julie Vandever
Community Service Representative

Lisa Whitten
Customer Service Specialist

Katelin Bradley
Life Enrichment Director

Mike Peak
Director of Plant Operations

Brooke Williams
Director of Food Services

Mike Weaver
Environmental Services Director

Megan Miller
Social Services Director

Nikki Collins
Staff Development

Jennifer Reeb
Villa Lifestyle 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

Newsletter Production by PorterOneDesign.com

'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

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
P	Q	X	Y	H	P	B	A	P	M	G	R	C	Z	B	L	N	A	M
K	V	V	W	A	U	R	W	L	U	R	N	B	A	A	S	N	M	Q
O	R	S	I	N	G	B	O	P	I	R	U	P	T	H	S	P	W	D
B	V	U	A	G	R	I	U	C	A	T	Y	L	C	G	O	U	W	U
R	P	U	D	E	M	F	A	E	E	A	Y	J	V	E	O	X	P	R
C	O	L	A	J	M	A	L	O	S	S	J	F	P	W	X	Y	T	K
U	K	U	P	K	Q	V	R	Q	I	F	S	J	K	B	Q	A	G	Y
J	G	O	T	L	H	E	A	L	T	H	Y	K	W	J	G	Z	T	D
M	J	E	W	I	D	D	X	Y	S	B	Z	L	N	V	J	I	Q	F
E	U	P	Q	S	N	T	F	C	D	I	A	R	A	W	V	Q	G	M
Q	D	R	H	R	M	E	U	H	M	C	D	S	Y	I	Q	G	T	A
O	G	D	Q	A	H	J	J	E	I	E	P	N	T	V	N	R	A	K
C	M	V	E	Z	Y	W	N	S	I	Y	I	C	H	I	O	O	Z	A
M	C	R	B	A	C	L	Y	S	L	K	A	E	Z	P	K	W	G	J
U	D	O	Y	I	J	H	A	F	I	R	K	I	P	Z	A	W	O	S
Q	O	G	U	Z	P	J	Z	Y	Y	U	U	U	Q	H	R	I	F	B
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