



THE HERITAGE

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!

Residents

Renee A.	September 03
Mary R.	September 06
Edna W.	September 08
Dorothy K.	September 08
William L	September 12
Marjorie B	Septmeber 12
Judith B	September 16
Bonnie L	September 16
Marie S.	September 18
Norma H	September 18
Roesmary M	September 21
Betty W	September 25
Carol S.	September 29
Nancy M.	September 30
Rodney R.	September 30

Staff

Angie S	September 04
Katie G.	September 06
Glory N.	September 06
Brandy R.	September 08
Lessie C.	September 09
Alexandria M	September 11
Rhiannon C.	September 13
Christina F.	September 13
Ben P.	September 14
Karla W.	September 17
Diane B.	September 19
Cynthia S.	September 22
Jill W.	September 23
Amber D.	September 25
Jayita B.	September 29
Amanda F.	September 29
Cynthia G.	September 30



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,

Katie Brown

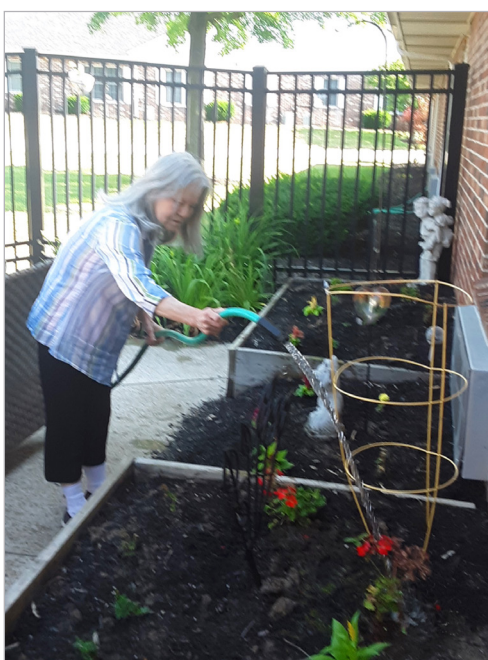
Executive Director

Out and About

Out and About in August we traveled to the Hollywood Casino.



Photo Highlights



Smile of the Month



Elanor Mary R., who celebrated her 106th birthday

Grandparents Night

Saturday, September 07 invite your grandchildren for a sleep over for snacks, games, activities.

Sunday Brunch

Brunch will be Sunday, September 08 11:00am-1:00pm in our Health Center and Assisted Living. Please call (419)424-1808 for reservations.

Family Night

Family Event Sunday, September 08 11:00am-3:00pm, please come join us for our fall festival. We are going to have homemade kettle corn, homemade ice cream, horse drawn trolley rides, cider and donuts, live music and much more.

Did You Know...?

Happy Hour is weekly at 2:00pm at the Assisted Living and 3:00pm at the Health Center with Live Entertainment, Snacks and Adult Beverages.



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2820 Greenacre Drive

Findlay, OH 45840

419-424-1808

theheritagehc.com |  

Katie Brown
Executive Director

Laura Donnelly
Director of Nursing

Michelle Maciejewski
Director of Resident Services/SS

Sandy Campbell
Customer Service Representative

Lisa Rider
Customer Service Representative

Susan Waaland
Business Office Manager

Robin Fisher
Life Enrichment Director

Dr. Michael Manuel
Medical Director

Abigail Haudenschild
Program Director

Ben Hindall
Director of Food Services

Wayne Riegler
Legacy Neighborhood 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
P	Q	X	Y	H	P	B	A	P	M	G	R	C	Z	B	L	N	A	M
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ACTIVITY

ADAPT

AGING

CHANGE

CHESS

DREAMT

GROW

HEALTHY

LEARN

PHYSICAL

PROCESS

REALITY

ROUTINE

SING

SUPPORT

WELLNESS