



## 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

Delphine P.	September 06
Mary H.	September 09
Dorothy K.	September 16
Kitty D.	September 22
Angie E.	September 26
Fred K.	September 26
Jan B.	September 28
Marilyn V.	September 29
Jim F.	September 30
Esther F.	September 30

## Staff

Leslie W.	September 12
Erin H.	September 21
Laura S.	September 26
Megan H.	September 29

## Senior Executive Club

Next Meeting on September 25th

## Monthly Events

September 6th Happy Hour  
with Acoustic Crossing

September 7th Grandparents  
Day Sleepover

September 8th Sunday  
Brunch- Music with Ben

September 12th Family Night

September 13th Happy  
Hour with David R.

September 18th Sylvania  
Senior Center

September 20th Happy  
Hour with Christopher J.

September 26th  
Bookmobile at 2:30

September 27th Happy  
Hour with Gene



## 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!

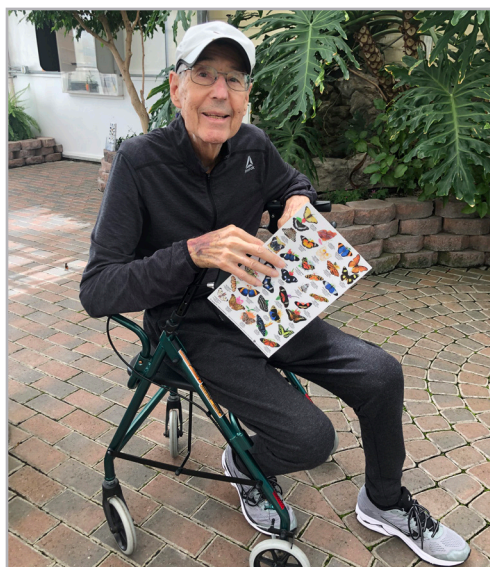
Speaking of special occasions that are on the horizon, Grandparent's Day is just around the corner! On September 8th, we proudly recognize all of the grandmothers and grandfathers of our community. Through your wisdom, love, and friendship, you nurture the world towards becoming a better place for not 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!

Sincerely,  
*Jeff Barror*, LNHA  
Executive Director

## Photo Highlights





# More Photo Highlights



## SMOKE FREE Environment



Visitors/Guests/  
Family Members  
and Residents,

We are so grateful to have such a beautiful campus. One of our beliefs is that we keep the campus beautiful so all can enjoy it when they come to visit. We have and always will remain a SMOKE FREE campus. The SMOKE FREE initiative pertains to all areas of the campus. We certainly do not want cigarette debris all over our parking lots and sidewalks. If you should have any questions related to this request please see the campus director Jeff.





# THE LAKES OF SYLVANIA

*A Trilogy Senior Living Community*

5351 Mitchaw Rd.  
Sylvania, OH 43560  
419-824-6699

[lakesofsylvania.com](http://lakesofsylvania.com) | [t](#) [f](#)

*Jeff Barror*  
**Executive Director**

*Lindsay Wenland*  
**Director of Health Services**

*Allison Fauve*  
**Assistant Director of Health Services**

*Madison Dunlevy*  
**Community Services Representative**

*Cori Lane*  
**Business Office Manager**

*Ashley Bell*  
**Life Enrichment Director**

*Morgan Murphy*  
**Social Services Director**

*Brian Grime*  
**Director of Plant Operations**

*Chris Rajner*  
**Director of Food Services**

*Nolan White*  
**Environmental Services Director**

## Stay in the Loop [t](#) [f](#)

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](mailto:comply@trilogyhs.com)*

*Newsletter Production by PorterOneDesign.com*

# '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
K	V	V	W	A	U	R	W	L	U	R	N	B	A	A	S	N	M	Q
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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
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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
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ACTIVITY  
ADAPT  
AGING  
CHANGE

CHESS  
DREAMT  
GROW  
HEALTHY

LEARN  
PHYSICAL  
PROCESS  
REALITY

ROUTINE  
SING  
SUPPORT  
WELLNESS