



THE MEADOWS  
OF KALIDA

*A Trilogy Senior Living Community*

# Messenger

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

9/01	Doris P.
9/06	Margaret G.
9/07	Martha A.
9/07	Gene O.
9/13	Erma C.
9/16	Richard B.
9/19	Helen B.
9/20	Wanda G.
9/27	Linda S.

## Sunday Brunch

Our Sunday Brunch will be held on Sunday, September 15 from 11:00am-12:30pm. The first two family members are included with your loved one, with each additional person \$10.00. Please RSVP on campus on by calling 419-532-2961. We hope to see you here!

## Volunteer News

Senior Executive Club will be held on Tuesday, September 17 at 12:30pm. Please RSVP by Monday, September 16 to assure adequate seating. We hope to see you here!

## Happy Hour

Happy Hour is Friday weekly at 3:00pm. We have snacks and beverages to celebrate the great week we had.



## Executive Director Corner

Happy September! I hope that everyone

enjoyed themselves at our Las Vegas Casino Night Theme Dinner. My favorite dish was the Black Jack 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,

*Stephanie Clark*, LNHA  
Executive Director

## Living Arts



*We enjoy making tie blankets!*



# OUT AND ABOUT



*We enjoyed an out of this world trip to the Armstrong Air and Space Museum!*



*The Putnam County Fair is always a fun day!*

## Creative Cooking



*Our zucchini in the garden is ready so we made delicious muffins and cookies!*



## Back to School

We are also in the back to school season! We packed backpacks with supplies to donate to the elementary school!







# THE MEADOWS OF KALIDA

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419-532-2961

meadowsofkalida.com |  

*Stephanie Clark*  
Executive Director

*Donna Schnipke*  
Director of Health Services

*Lindsay Snider*  
Assistant Director of Health Services

*Leigh Kreinbrink*  
Community Service Representative

*Shannon Geise*  
Life Enrichment Director

*Deanna Brinkman*  
Director of Social Services

*Joe Wardzala*  
Director of Dining Services

*Pam Halker*  
Environmental Services 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](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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C	O	L	A	J	M	A	L	O	S	S	J	F	P	W	X	Y	T	K
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M	J	E	W	I	D	D	X	Y	S	B	Z	L	N	V	J	I	Q	F
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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