



THE MEADOWS  
OF LEIPSIC

*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

9/04	Charlene W.
9/04	Patti S.
9/05	Rosella M.
9/10	Doris H.
9/16	Marjorie B.
9/16	Verna H.
9/19	Mildred D.
9/21	Rick R.
9/23	Dean S.
9/24	Jane B.
9/28	Patricia H.
9/30	Erroll B.

## Staff

9/09	Carla M.
9/13	Amber S.
9/14	Anea E.
9/15	Christy Z.
9/15	Crystal Z.
9/15	Julie B.
9/17	Victoria M.
9/21	Ashley R.
9/25	Amy D.
9/25	Donna Z.

## Sunday Brunch

September 15, 2019 from 11:30-1:00. RSVP's are very much appreciated due to the number of people who attend this event. RSVP's are very much appreciated to the number of people that attend this event. Just a reminder: Each resident can have up to 2 guests at no additional cost. Each additional guest will be charged \$10 for the meal. Thank you. Hope to see you there

## Taste of Town

Taste of the Town will be held on Friday, September 27, 2019. If you have any suggestions, please contact Lori K, Director of Dining Food Services.



## 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,  
*Stephanie Keaton*  
Executive Director

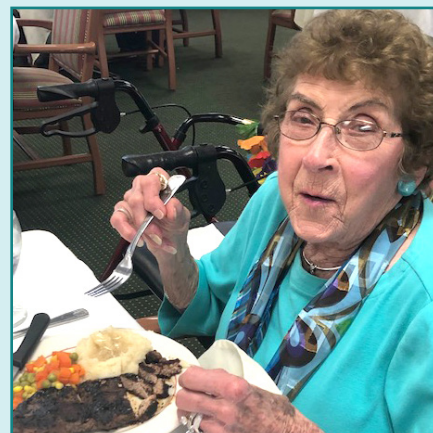
## Out and About

It was a nice day to get out with our friends and have a picnic at the park in Glandorf.



## Smile of the Month

Be the reason someone smiles today!





# Out and About: Mudhens Game

A group ventured to Toledo to see the Mudhens play! We enjoyed each others company to and from the game. The night ended with a nice treat, watching the fireworks show from our very own seats!



## *Campus in Color*

Would like to thank you again the dedication that went into Campus in Color this year! This would have not been a success, if we did not have you take part in it! Thank you to the volunteers, residents and managers that kept the flowers blooming!



## Senior Executive Club

Senior Executive Club will be held on Tuesday, September 17, 2019. We will be meeting in the Lilac House. The Guest Speaker, Bingo and appetizers will start at 12:30pm with the lunch meal being served at 1:00pm. Hope to see you there!





# THE MEADOWS OF LEIPSIC

*A Trilogy Senior Living Community*

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*Stephanie Keaton*  
**Executive Director**

*Colleen Rader*  
**Director of Health Services**

*Lisa Stateler*  
**Life Enrichment Director**

*Tony Krogman*  
**Director of Plant Operations**

*Sandy Moyer*  
**Environmental Services**

*Lori Neff*  
**Food Service Director**

*Courtney Huber*  
**Social Services**

*Derrick Pease*  
**Therapy 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
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
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J	G	O	T	L	H	E	A	L	T	H	Y	K	W	J	G	Z	T	D
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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