



ST. ANDREWS

HEALTH CAMPUS

A Trilogy Senior Living Community

Standard

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!

Residents

September 02	Carl H.
September 06	Bonnie B.
September 10	Ruth H.
September 11	Ed W.
September 12	Betty V.
September 18	Margaret E.
September 21	Patricia M.
September 21	Edwina E.
September 22	Faye L.
September 22	Helen N.
September 24	Caryn
September 26	Carol W.
September 27	Ron E.

Card Club

St. Andrews residents enjoy "Card Club" every Monday at 3:00pm and Thursday at 3:30pm. Come and join us!

Volunteer!

You're never too young or too old to volunteer! Call the Activity Director, Anita McQueen at 812-934-5090 if you would like to volunteer! We especially need volunteers on Saturdays for Bingo at 2:00pm!

Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link at www.standrewshc.com

The Private Dining Room can be reserved for special family events and parties.

Happy Hour is on Fridays at 3:00pm every week.

The Trilogy Foundation grants Live A Dream.

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,

Joni Scudder

Executive Director

ARTISANS

Ripley County Fair displayed some of the St. Andrews resident's art work and crafts.



Rose Marie H. received ribbons for her many pieces of beautiful art work.



Marge F. received a ribbon for her lovely painted tile work.

Out and About

July was a fun and busy month for outings. The residents visited Metamora, Indiana, Izzy's restaurant and The Batesville Historical Museum where many beautiful wedding dresses from the past 100 years were on display. The gowns and Bride's photos were lovely!



Betty & Ruth in Metamora



Rose Marie at museum



Melvin enjoying the historical photos



Caryn & Melvin at Izzy's



Bev, Marge and Katie at Izzy's

Smile of the Month



Anna is a lovely lady who recently celebrated her 99th birthday.

Anna is a busy lady who plays balloon volleyball, bingo, Happy Hour and Mass every Friday.

Legacy Lane Spotlight

Kenzie and Sherri help Marge, Shorty and Katie make Rolo chocolate cowboy hats for Bandana Day. They were not only pretty to look at but also delicious!



Centenarian

Ruth T. celebrated her 100th birthday with her sweet family!





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1400 Lammers Pike

Batesville, IN 47006

812-934-5090

standrewshc.com |  

Joni Scudder

Executive Director

Barb Schamer

Director of Health Services

TBD

Assistant Director of Health Services

Brittany Gross

Community Services Representative

Emily Kilby

Business Office Manager

Anita McQueen

Life Enrichment Director

Alisha Miller

Director of Resident Services

TBD

Director of Dining Services

Arden Devers

Director of Food Services

Lisa Rosfeld

Environmental Services Supervisor

Billy Meyer

Director of Plant Operations

Erin Insley

AP/Payroll, Human Resources

Jeremy Simon

Therapy Program 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
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ACTIVITY

ADAPT

AGING

CHANGE

CHESS

DREAMT

GROW

HEALTHY

LEARN

PHYSICAL

PROCESS

REALITY

ROUTINE

SING

SUPPORT

WELLNESS