



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

09/01	Mary L.
09/04	Ray B
09/10	Luita D.
09/19	Hubert S.
09/22	Raymond P.
09/28	Carol M.

Staff

09/04	Shelly J.
09/09	Christina B
09/10	Kinsey Mc.
09/11	Sabrina K.
09/28	Frances T.



Executive Director Corner

At St Mary
– we look
for every
opportunity

to make you happy. Sometimes we fall a little short, and that is when we appreciate the feedback to learn from these opportunities. I am surrounded by so many strong and caring people at St Mary. They work very hard, trying their best to help residents – and each other – with daily and nightly care, regardless of which department they work within.

****So this is where I need your help. We depend on the feedback given from our surveys given twice a year. We regularly set our goal of having 60+% of these surveys returned. Unfortunately, we regularly fall short of our goal. We are hoping this will be our year!**

In late August, the Fall 2019 Customer Satisfaction Surveys will be mailed out from our Home Office in Louisville and will be marked with the logo of our parent company, Trilogy Health Services.

Our goal is to receive scores of "10" which means that we are meeting your expectations in our core areas that form the basis of the care and services we deliver. We stress that a score of "10" doesn't mean we are perfect, but that you feel we are doing our best to meet your expectations.

We are thankful for the opportunity to serve you and your loved ones!

God Bless,

Joe Smart

Executive Director

Save The Dates!

*Theme Dinner – Nashville
Boot Scootin' Boogie – 10/24
Haunted House – 10/30*

Did You Know...?

Did you know that you could read the monthly newsletter on-line?
Please follow the campus link
www.stmaryhc.com

The Private Dining Room can be reserved for Family Celebrations, Sunday Brunch, Family Reunions and Birthday Parties. Call Donna Littleton, LED to reserve your special time.

Photo Highlights



Glenda's wish was to ride a horse again!



Hubert and Margaret enjoy their 70th wedding anniversary at the Trails Banquet Hall

Follow us on Facebook and Twitter!

Please "like" our Trilogy Health Services Facebook page and follow us on [@TrilogyLiving](https://twitter.com/TrilogyLiving) to see all the fun happenings at St. Mary. In addition, if you have not provided us with your email address, please do so to ensure that you receive our monthly campus newsletter!

More from Photo Highlights



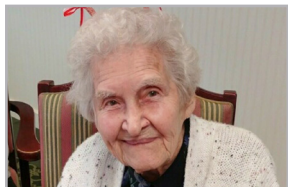
Mother and Daughter enjoy pottery class together!



Having fun baking on our Legacy Lane!



It's Customer Satisfaction Survey Time. We ask for a 10!



Mary says give us a "10"!



Kim says its a 10!



Pet Therapy is always a 10!



Live a Dreams a 10!



Donna's Insights

Hello all,
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 were not able to attend, do not worry – our next Theme Dinner is not far off!

Speaking of special occasions that are on the horizon, Grandparent's Day is just around the corner! On September 8, 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 are reminded that it is 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 team about our Vitality program, where we offer wellness activities 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.

Yours in Service,

Donna

Activity Highlights

09/01	2:30	Worship Services – Pastor Mark.
09/04	2:30	VCC Singers
09/06	3:00	Happy Hour w/ Al Jones
09/08	11-1	Sunday Brunch
09/08	2:30	Worship Services – Donna Shaw
09/08	3:00	Donna Shaw Gospel Music
09/10	12:00	Just the Guys Luncheon
09/11	1:30	Art Connections w/ Julia (Legacy)
09/11	3:30	LaLa Pottery Class w/ Angela
09/13	10:00	Mass
09/13	3:00	Happy Hour w/ Ryan
09/15	2:30	Worship Services – Sue Spurlin
09/16	1:30	Caring and Sharing Senior Band
09/18	2:30	Monthly Birthday Celebration w/ Kent
09/18	4:30-6:30	Chicken Noodle Dinner Fundraiser
09/20	10:30	Shirley at the Piano
09/20	3:00	Happy Hour Roy Carter
09/22	2:30	Worship Services – Darlene DeHaai
09/24	12:00	Red Hat Diamond Divas Luncheon
09/25	5:00	Fish Fry Family Night
09/27	12:00	Taste of Town
09/27	3:00	Happy Hour Wildcat Creek String Band
09/28	10-2	Vendor Show
09/29	2:30	Worship Services – Darlene Dehaai



ST. MARY

A Trilogy Senior Living Community

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Joe Smart
Executive Director

Concetta Mirelez
Community Services Representative

Suzie Jero
Business Office Manager

Donna Littleton
Life Enrichment Director

Machelle Hamilton
Director of Therapy Services

Larry Albright
Director of Plant Operations

Teresa Howe
Social Services Director

Lisa Miller
Director of Health Services

Brittany Harbolt
Director of Food Services

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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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