



STONEBRIDGE

HEALTH CAMPUS

A Trilogy Senior Living Community

On Campus

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

Dorothy W.	September 4
David C.	September 5
Jacklyn S.	September 8
Barbara D.	September 17
Blanche T.	September 25
Hugh K.	September 27

Sunday Brunch

This month's Sunday Brunch will be held on Sunday, September 8th from 11:00 until 1:00. In continuing our effort to better serve our residents and families, please RSVP by Thursday, September 5th to assure seating. Each resident will have 2 complimentary guest meals. Each meal after will be \$7.00. If you have any questions, please contact the campus. We look forward to seeing everyone!

Did You Know...?

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

The Activity Room can be reserved for resident birthdays or special occasions.

Happy Hour is weekly on Fridays from 3:00-4:00pm



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,

Sara Kelley
Executive Director

Activity Highlights

At StoneBridge, we have daily programming designed to enrich the lives of our residents in a fun and engaging manner. What makes our activities a 10? Well, it's all about having fun, of course. We offer a wide variety of activities. There is something for everyone! From art, cooking, exercise classes, Bible study, evening music with live bands and pet visits, just to name a few! Keeping it sharp and current events are also part of our daily programming, as well as Life Long Learning classes. These type of activities are designed to keep our residents sharp and have a good time learning interesting subjects in the process.

Pictured: Legacy pineapple art - Mary S., Jerry Q., Kate S. and Jerry Q.



More from Activity Highlights



On the road again... We're heading to Wilstem Ranch to visit "Lou", the elephant.



We learned so much about elephants!



We had a great time meeting "Lou", the elephant at Wilstem Ranch



After a long day of fun, lunch at Dairy Queen sure hit the spot!



Jeona and the "One Eyed, One Horned Flying Purple People Eater"



Happy Hour is a blast with Susie G.

Live a Dream

Please help us discover what dreams your loved one has. What is something special that your loved one would love to do again, has always wanted to do, or thought it would be impossible to do?

Your Life Enrichment Department is only a phone call away and they are waiting to make dreams come true.

Taste of Town

Taste of town is a program sponsored by our Dining Services. This is a monthly program (the first Tuesday of every month), that allows our residents to enjoy a meal from local restaurants. This is just another way we keep our residents connected to their community. Kentucky Fried Chicken was on the menu this month!

Employee of the Month



This month, Courtnee Baker is awarded StoneBridge's employee of the month,

Courtnee Baker. Trilogy values employees who take pride in caring for our residents like they are our own family. Employees who treat our residents with dignity and respect, and love what they do are the ones who make a difference. Courtnee exemplifies all of the above and does it with a warm smile daily. Congratulations, Courtnee!

Grandparents Day Sleepover

We're inviting the grandkids to fluff up their pillows, grab their jammies, and join us for a night of fun!

Saturday, September 7th, 2019 at 6:30 pm.

StoneBridge Health Campus

Yummy Snacks, Kid Friendly Crafts, Games, Movies, And Best of all, Quality Time With Their Grandparents!

Ask a member of our team how to sign your child up today! Send them dressed for our event theme: Disney.



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A Trilogy Senior Living Community

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Bedford, IN 47421

812-278-8195

stonebridgehs.com |

Sara Kelley
Executive Director

Katie Kleber
Director of Health Services

Sonya Miller
Assistant Director of Health Services

Tammy Bailly
Community Service Representative

Laurie Neel
Director of Life Enrichment

Amy Stewart
*Director of Assisted Living/
Legacy Lane*

Cindy Carver, LPN
Director of Resident Services

Amanda Happel
Director of Dietary Services

Tessa Holland
Therapy Program Director

Amy Stewart
Legacy Lane Unit Manager

Donna Burgess
Environmental Services Supervisor

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