



STONECROFT

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!

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Happy Birthday!

Residents

Robert H. 09/2

Dorothy W. 09/4

David C. 09/5

Jacklyn S. 09/8

Barbara D. 09/17

Blanche T. 09/25

Staff

Bellah V 9/2

Jennifer C 9/3

Hannah M 9/5

Ashlee R 9/8

Alie A 9/8

Stephanie B 9/16

Barbara C 9/16

Katie M 9/24



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,

Nikki Gee, HFA
Executive Director

September 8th: Grandparent's Day Sleepover

We're Having a Sleepover! - In honor of National Grandparents Day, we're inviting the grandchildren of our residents to join us for a night of food, fun, and fantastic company on Friday, September 6th!

Volunteer News - The Life Enrichment team is always working on improving our programming for our residents! One way we are looking to enhance the senior life style experience is by inviting families, friends, and members of our community to volunteer and share a hobby that you are passionate about! We are asking you to donate one hour of your time to programming of your choice. If you are interested in volunteering or have questions please see the Executive Director Nikki Gee!

Senior Executive Club - Our next SEC Brunch is September 17th at 10 am. Our guest speaker is Brittany Mackey who is the Therapy Program Director at Stonecroft. She will be speaking about Fall Prevention. Join us for a complimentary chef-prepared brunch and great conversation with local seniors. Please contact April Community Services Representative for more information



Live a Dream

We made another wish come true! Chuck S., accompanied by his wife, daughter and the Stonecroft team, attended his family reunion during the month of July. Chuck and his family shared stories and created new memories!

Does your loved one have something that they have always wanted to do? Our Live a Dream program is designed to grant wishes of our residents. If you know someone interested please let our Life Enrichment team know.



Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link <https://www.trilogyhs.com/senior-living/in/bloomington/stonecroft-health-campus>. You can also find us on Facebook and Twitter.

The Private Dining Room can be reserved for family events and private dining with friends and loved ones. It seats up to 8 people comfortably! Reservations can be made at the front desk.

Happy Hour is weekly at 3 pm every Friday at Jordan's Pub. Please join us for some Friday fun and enjoy appetizers, drinks, and music!

Families can access Life Share from a mobile app called "Life Share Family" on your phone using the community access pin. If you would like to set up a family manager account or would like more information, please see Toby Stigdon the Life Enrichment Director.

Out and About - We have multiple outings scheduled for this month (all outing dates are subject to change). If you are interested in going on one of our outings please sign up with a member of our Life Enrichment Team

Caregiver's Day Off - September 18th from 4:00 – 6:00pm. Come rest and relax with

a complimentary massage and learn about the benefits of essential oils.

Alzheimer's Walk 2019 -

September 15th at 8:00am in City Hall. Sign up and participate in this event under the Team "The Trilogy Way" in the following website <http://act.alz.org/goto/thsbloomington>.

Family Ambassador Meeting - September 19th at 6pm

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 812-825-0551
 stonecrofthc.com |  **

*Nikki Gee, HFA
 Executive Director*

*Chelsie Daugherty, RN
 Director of Health Services*

*Jennifer Pursell
 Business Office Manager*

*April Williams
 Sr. Customer Services Representative*

*Wayne Deckard
 Director of Plant Operations*

*George Pavlopoulos, CFPP
 Director of Dining Services*

*Becky Kirk
 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*

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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