



THE OAKS
AT NORTHPOINTE

A Trilogy Senior Living Community

Outlook

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 11 | Dorothy W. |
| September 12 | Barbara M. |
| September 17 | Eddie W. |

Volunteer News

We are always looking for volunteers that would like the opportunity to enhance the lives of others as well as their own. It can be something as simple as talking with a resident, playing cards, putting a puzzle together, calling bingo, painting fingernails or going on an outing. Also, the Life Enrichment Department is in need of a variety of magazine donations. Please contact Deidre or any other member of the other Life Enrichment team at 740-452-3000 for information.

Staycation

Everyone had fun at the Staycation at the Oaks at Northpointe. We had the Slip N Slide back by popular demand, along with a dunk tank, swimming pools, sand, sprinklers, tropical food and snow cones and of course a DJ! We were featured on WHIZ!



Joan



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,

Jacqueline Altier

Executive Director



Amanda and Mille



Jerry and Andrea

Just the Guys

Our volunteer Carl, hosted a “Just the Guys” afternoon by bringing in a drone and teaching the men how to fly it.



Ohio State Fair group



Tommie and Eddi

Outing to the Ohio State Fair

Taste of Town

Taste of Town will be on Monday, September 16 at noon. We will be enjoying Grill in Dave's Style this month.

Sunday Brunch

Sunday Brunch is Sunday, September 29 at noon. The first two guests are complimentary and each additional guest is \$7.00 a person. Please RSVP to the front office with the number of guest that you will have joining you. Hope to see you there! Afterwards join us at 2:00pm for Entertainment with the Marling's.

OUT AND ABOUT

During the past month we have been busy! Take a look at our trips to the National Road Museum, Red Lobster, and Dairy Queen.



National Road Museum



Red Lobster



Daniel at Dairy Queen



Jo at Dairy Queen

Did You Know...?

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

The Private Dining Room, Recreation Room and Activity Room can be reserved for family parties and community groups. Please contact a member of Life Enrichment for details.

Happy Hour is weekly at 3:00pm on Fridays by the clock tower!

The Trilogy Foundation grants Live a Dreams to residents wishing to relive an experience or engage in something they have always wanted to try. See a member of Life Enrichment for details.



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oaksatnorthpointe.com |

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Teresa Ott
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Deidre Hasel
Life Enrichment Director

TBD
Resident Services Director

Shane Stotts
Director of Plant Operations

James McKinney
Director of Food Services

Heidi Aronbalt
Environmental Services Director

TBD
MDS Director

Bobi Bonar
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@trilogybs.com

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'Healthy Aging'

...continued from cover

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

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ACTIVITY
ADAPT
AGING
CHANGE

CHESS
DREAMT
GROW
HEALTHY

LEARN
PHYSICAL
PROCESS
REALITY

ROUTINE
SING
SUPPORT
WELLNESS