



THE SPRINGS  
OF LIMA

*A Trilogy Senior Living Community*

News

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

Alan M. (HC)	9/7
Marilyn O. (AL)	9/7
Jean P. (AL)	9/11
Meg D. (HC)	9/11
“June” L. (AL)	9/27
Carla S. (AL)	9/28
Barbara E. (HC)	9/29
Russ B. (AL)	9/30

## Staff

Andrea Marshall	9/3
Ashlee Mooter	9/5
Bobby Silbaugh	9/5
Iyawna Richardson	9/7
Laquanna Watkins	9/7
Dessi Conner	9/8
Rochelle Johnson	9/9
Leslie Jenkins	9/10
Santrice Dennard	9/15
Jenny Lauck	9/17
Danielle Brinkman	9/22
Tina Hawkins	9/23
Mary Kales	9/26



## 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,

*Jessica Trinko*  
Executive Director

## Smiles of the Month: Henri K., Ruby H.

Because of the extreme hot, our pool party got moved inside. Being inside didn't slow down the fun a bit! We had bubbles everywhere, played toss into the pool, and sang to the music while we soaked our feet.



## Sunday Brunch

Sunday Brunch is the second Sunday of each month 11-12:30. The resident and two guests are free. Additional tickets can be purchased at Guest Relations for \$7.00 each. Please RSVP 419-221-6051. September Sunday Brunch is 9/08/2019.

# Birthday Bash

On July 26th The Springs of Lima celebrated its one year anniversary by throwing an outdoor birthday bash! We invited the community to join us for bounce houses, lawn games, homemade ice cream, Popcorn, and live music featuring Robert Brown. As if that wasn't enough, Chef Justin and his team put together a 1st Birthday spread including Shredded Chicken, Pulled Pork, potato and macaroni salad, and Cole slaw. The front lawn was alive with laughter and fellowship. What a wonderful site to see our residents and families relaxed and enjoying their new Springs Community.



*1st resident Gerry P.*



*Volunteers Anna and Annie face painting*

# Out and About

We have enjoyed getting ice cream on our Friday Scenic Drives all summer long. We have taste tested our way all around Lima and the surrounding area. We have narrowed our favorites down to Pete's and The Creamery in Delphos.



## Upcoming Events

**Alzheimer's Walk is September 7th.** We would love to have you join our team. Contact Jessica Trinko with any questions

**Grandparents Day activities are September 7th at 6:30.** We will also be hosting an overnight for Grandchildren 7 years and older.

**September 11th is Taste of the Town** featuring Pat's Donuts and Kreme . Served in all dining rooms at breakfast.

**Senior Executive Club is scheduled for September 26th at 1:30 in the HC Dining Room.** Please RSVP 419-221-6051.

**Our Car Show will be September 30th at 6:00 in the Springs' parking lot.**

## Did You Know...?

You can keep up to date with the happenings at The Springs by connections with us on Facebook and through Twitter.

That your family member can sign up for The Lima Public Library and have books delivered to the facility every month? Contact Leslie Jenkins, LED for details.

That Happy Hour is every Friday night at 3:30 - 4:30pm in the Assisted Living Activity Center. Hot appetizers are served and family members are welcome to join us!



# THE SPRINGS OF LIMA

*A Trilogy Senior Living Community*

370 N. Eastown Rd

Lima, OH 45807

419-221-6051

springsoflima.com |  

*Jessica Trinko*  
Executive Director

*Jennifer Holmes*  
Director of Health Services

*Danielle Brinkman*  
Assistant Director of Health Services

*Caylee Rickert*  
Customer Service Representative

*Alexis Rayl*  
Customer Service Specialist

*Brandi Wireman*  
Business Office Manager

*Leslie Jenkins*  
Life Enrichment Director

*Ellen Diemer*  
Director of Social Services

*Bill Erickson*  
Director of Plant Operations

*Justin Daley*  
Director of Food Services

*Terri Williamson*  
Environmental Services Supervisor

*Julia Desenberg*  
MDS Coordinator

*Michaela Fitzgerald-Ryan*  
Medical Records & Scheduling

## 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](mailto:comply@trilogybs.com)*

*Newsletter Production by [PorterOneDesign.com](http://PorterOneDesign.com)*

# '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

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
K	V	V	W	A	U	R	W	L	U	R	N	B	A	A	S	N	M	Q
O	R	S	I	N	G	B	O	P	I	R	U	P	T	H	S	P	W	D
B	V	U	A	G	R	I	U	C	A	T	Y	L	C	G	O	U	W	U
R	P	U	D	E	M	F	A	E	E	A	Y	J	V	E	O	X	P	R
C	O	L	A	J	M	A	L	O	S	S	J	F	P	W	X	Y	T	K
U	K	U	P	K	Q	V	R	Q	I	F	S	J	K	B	Q	A	G	Y
J	G	O	T	L	H	E	A	L	T	H	Y	K	W	J	G	Z	T	D
M	J	E	W	I	D	D	X	Y	S	B	Z	L	N	V	J	I	Q	F
E	U	P	Q	S	N	T	F	C	D	I	A	R	A	W	V	Q	G	M
Q	D	R	H	R	M	E	U	H	M	C	D	S	Y	I	Q	G	T	A
O	G	D	Q	A	H	J	J	E	I	E	P	N	T	V	N	R	A	K
C	M	V	E	Z	Y	W	N	S	I	Y	I	C	H	I	O	O	Z	A
M	C	R	B	A	C	L	Y	S	L	K	A	E	Z	P	K	W	G	J
U	D	O	Y	I	J	H	A	F	I	R	K	I	P	Z	A	W	O	S
Q	O	G	U	Z	P	J	Z	Y	Y	U	U	U	Q	H	R	I	F	B
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