



THE SPRINGS
OF MOORESVILLE

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

Sept. 05	Melba F.
Sept. 08	Pat E.
Sept. 14	Geraldine W.
Sept. 16	Barbara A.
Sept. 24	Karen N.
Sept. 25	Norma G.



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,

Dawn Ellis
Executive Director

Taste of Town

Taste of town this month will be on September 10th. Taste of Town features a local restaurant each month that is delivered to the facility for our residents to enjoy at lunch! If you have any suggestions, please feel free to inform the Director of Food Services.

Volunteer News

The Life Enrichment team is always working on improving our programming for our resident! 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 about what programming may be right for you please see the Life Enrichment Director Sarah Wilde!

Senior Executive Club

Senior Executive Club will be on September 04 this month at 2:00pm. Join us for a complimentary chef-prepared brunch, great conversation with local seniors and a special guest speaker. Please contact Tiana Community Services Rep. for more information.

Grandparents Night

Grab your sleeping bags and join us on Saturday September 07 at 6:30pm for our annual Grandparents

Night! This year we will be enjoying a camping theme complete with s'mores, crafts, food, and movie! For more information or to RSVP please contact Sarah Wilde, Life Enrichment Director. We hope to see all the grandchildren here!

Hog Roast

Join us on September 28 from 5:00-7:00pm for our annual Hog Roast! Enjoy music, BBQ, and more! For more information please contact Tiana McGhee or Haley Worden!

Out and About

We are excited and looking forward to another month of fun outings at The Springs of Mooresville! Our outing for September will include **9/4-** Mooresville Movies, **9/5-** Country Drive-Sonic, **9/11-** Cracker Barrel, **9/12-** Walgreens, **9/18- AL-** Shopping Trip, **9/19- HC-** Shopping Trip, **9/25-** Anderson Orchard, **9/26-** Country Drive. If you are interested in attending, volunteering or questions, please feel free to contact a member of the Life Enrichment Team!

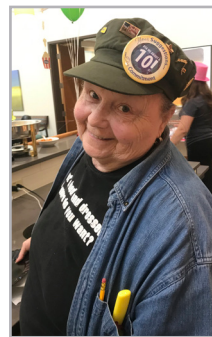
Creative Corner

Our residents enjoying expressing themselves and their creativity in our Artisans groups!



Family Fair Night

What an amazing night at the Springs Family Fair Night thank you for everyone that attended and volunteered you helped make a memorable night!



Sunday Brunch

Sunday Brunch will be held on September 15th starting at 11:00am. We would like to invite and encourage family members and friends to attend and enjoy a wonderful Chef prepared brunch. The first two brunch tickets are complementary! Please RSVP by the 11th or see the Business Office with any questions.

Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link: www.springsofmooresville.com. 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 3:00pm every Friday until 4:00pm at the Pub. Please join us for some Friday fun and enjoy appetizers, drinks, and music!

Families can access LifeShare from a mobile app called "Life Share Family" on your phone using the community access pin [springsofmooresville-hc](#) and [springsofmooresville-al](#).

If you would like to set up a family manager account or would like more information, please see Sarah Wilde the Life Enrichment Director.

Smile of the Month

Brian B. is September's smile of the month! Thank you for making our days a little warmer with your smiles!





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A Trilogy Senior Living Community

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Executive Director

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Director of Plant Operations

Jennifer Stierwalt
Care Coordinator

Amanda Jenkins
Director of Environmental Services

Sarah Wilde
Life Enrichment Director

Haley Worden
Customer Service Specialist

Brandon Hislope
Social 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@trilogybs.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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ACTIVITY
ADAPT
AGING
CHANGE

CHESS
DREAMT
GROW
HEALTHY

LEARN
PHYSICAL
PROCESS
REALITY

ROUTINE
SING
SUPPORT
WELLNESS