



THE SPRINGS  
OF RICHMOND

*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!

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# Happy Birthday!

## Staff

Sindy H.	9/3
Dillion T.	9/4
Dustin C.	9/4
Melissa B.	9/7
Michelle R.	9/7
Gina R.	9/11
David H.	9/19
Jonathon	9/20
Carol I.	9/26

## *The Luck of Sept.*

Lucky Color: Gold

Lucky Day: Thursday

Lucky Number: 4

Lucky Letter: A

Flower: Aster

Bird of the Month: Red-tailed Hawk

Birthstone: Sapphire

## Taste of Town

Frickers – September 27th

## Themed Dinner

Grandparents Day Sleepover – September 8th



## 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,

*Keshia Attwood*

Executive Director

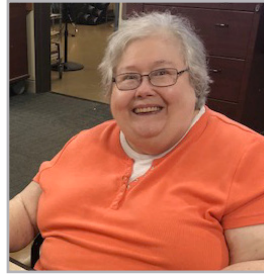
## Photo Highlights





## Featured Resident: Alpha N.

Alpha worked in retail, and as a seamstress, and a secretary most of her working years. She went to school at Breathitt County Highschool in Jackson, Kentucky but has spent most of her life in Richmond, Indiana. Alpha met her sweetheart Floyd, Jr. through friends while still living in Jackson, Ky. This lovely couple had two children one son and one daughter. Her most awesome thing that has happened to her was her children being born. The whole family traveled to several states including Florida, North Carolina, South Carolina, Georgia, Las Vegas, Nevada, Ohio, Tennessee, Kentucky and Indiana. Alpha said her most memorial event in her life was her daughter's wedding, she had five bridesmaids plus a flower girl. If she had one more thing she could do she would travel more, take a cruise to visit Europe. Alpha expressed how she considers The Springs the best place in Richmond to go heal, the staff are very friendly and caring, they show you respect and offer a lot of different Activities. Alpha would like you to know she is a jovial, lighthearted lady who loves to smile and laugh, enjoys a good joke, working puzzles of all kind and spending time with grandkids.



## More from Photo Highlights



### Sunday Brunch: September 8th

Come in and enjoy our Sunday Brunch September 9/8, 2019 11:00 to 1:00. Residents are welcome to invite as many guests as they wish! Each resident will receive 2 free meal tickets for Sunday Brunch. Any guests after 2, may purchase a meal ticket for \$7.00 each. Meal tickers may be purchased in the Business Office Monday thru Friday \*:00 a.m. to 5:00 – 7:00p.m.

*Guests Please R.S.V.P. by Wednesday, September 1st, at 3:00 p.m.*

## Out and About

- 9/3 Library
- 9/5 Hayes Arboretum
- 9/10 Willie and Reds
- 9/12 Dairy Queen
- 9/17 Applebees
- 9/19 Daughery Orchard
- 9/24 Referee Bar and Grille
- 9/26 Summer Drive-Wendy's Frosty

## Family Night

September 24th – 5-7p.m.

## Live a Dream

Ron T. – Smokey  
Robinson Concert

## Volunteer News

Make a difference! If you are interested in volunteering to serve the aging in a lovely setting with compassionate staff, Contact Teresa Baker at 765-935-0135 or via email at [Teresa.Baker@springsofrichmond.com](mailto:Teresa.Baker@springsofrichmond.com).

## Did You Know...?

The Private Dining Room can be reserved just call The Springs.

Happy Hour is weekly every Friday from 3:00 to 4:00pm in the Pub! One of our most attended activities and events in the campus; we would like to see everyone show up for this good time! Live entertainment will have your feet stomping, hands clapping and your head bopping! Enjoy snacks at the Pub and a glass of wine if that is your flavor! Hope to see you there!



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*A Trilogy Senior Living Community*

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765-935-0135**

**springsofrichmond.com |  **

*Keshia Atwood  
Executive Director*

*Gina Robinson  
Director of Health Services*

*Christina Falcone  
Assistant Director of Health Services*

*Jessica Reneau  
Business Office Maager*

*Teresa Baker  
Life Enrichment Director*

*Brenda Duke  
Medical Director*

*Melissa Bryant  
MDS Coordinator*

*Tabatha Woolwine  
Director of Socail Services*

*Amberley Vanwinkle  
Director of Environmental Services*

*Jeremiah Mitchell  
Director of Plant Ops*

*Matthew Huffman  
Director of Food Services*

*Jamie Martin  
AP/Payroll*

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

*Newsletter Production by PorterOneDesign.com*

# '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
K	V	V	W	A	U	R	W	L	U	R	N	B	A	A	S	N	M	Q
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C	O	L	A	J	M	A	L	O	S	S	J	F	P	W	X	Y	T	K
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J	G	O	T	L	H	E	A	L	T	H	Y	K	W	J	G	Z	T	D
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E	U	P	Q	S	N	T	F	C	D	I	A	R	A	W	V	Q	G	M
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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