



THE WILLOWS
AT HARRODSBURG

A Trilogy Senior Living Community

Monthly

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

Juanita B.	September 06
Sally H.	September 12
Patricia S.	September 19
William B.	September 27

Staff

Kathy P.	September 01
Sarah C.	September 02
Jill C.	September 03

Did You Know...?

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

Like us on Facebook at The Willows at Harrodsburg

Follow us on Twitter at @W_Harrodsburg

The Private Dining Room can be reserved for various events like Birthdays!

Happy Hour is weekly on Friday at 3:00pm!



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,

Rachel Dadisman
Executive Director

Out and About

What would summer be without a field trip? We had a ball cheering on the Lexington Legends at Whitaker Bank Ballpark! We enjoyed picnic seating and an all-you-can eat buffet. One of the Legends mascots even popped in to say hello!





Servants Heart

June's Servant Heart award was presented to Katie K! We are so thankful for all the love that you show to the residents!

JULY FUN

We had lots of Red, White, and Blue fun this month! Residents and their loved ones had lots of fun during our festive Fourth of July luncheon, and creating sparkly firework art! We also enjoyed putting together colorful and festive fruit kabobs!



Happy Hour

You never know where we will visit or what we will do for Happy Hour at The Willows! A popular theme last month was "Dinner on the Grounds", featuring a pot-luck style meal and gospel music by the Master's Servants!



Live a Dream



The Live a Dream Foundation is a wonderful organization that grants wishes to seniors. Recently, we had the opportunity to visit one of our sister campuses for a truly BIG event! Two of our residents and their families were treated to first-time-ever hot air balloon rides! We also enjoyed tableside magic tricks, snowcones, and a BBQ dinner. It was a wonderful evening that they will never forget!





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**180 Lucky Man Way
Harrodsburg, KY 40330
859-734-2953
willowsatharrodsburg.com |  **

*Rachel Dadisman
Executive Director*

*Kelly Workman
Director of Health Services*

*Laura Montgomery
Community Services Representative*

*Lorie Davis
Business Office Manager*

*Brandi Anderson
Life Enrichment Director*

*Racheal Parsons
Director of Social Services*

*Matt Yeager
Director of Environmental Services*

*Chris Worthington
Director of Plant Services*

*Kris Fultz
Director of Food Services*

*Kelly Wilson
Customer Service Specialist*

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