



TRIPLE CREEK
RETIREMENT COMMUNITY
A Trilogy Senior Living Community

Connection

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!

Residents

John F.	09/04
Calvin C.	09/08
Connie P.	09/09
Pauline K.	09/10
Bonnie E.	09/12
Nora M.	09/13
Pete T.	09/15
Essie W.	09/27
Dorothy M.	09/28

Staff

Bianca R.	9-06 ~ CSS
Greg C.	9-10 ~ LPN
Sharon W.	9-11 ~ ED
Monique K.	9-13 ~ <i>Environmental Asst.</i>
Cheri D.	9-15 ~ CRCA
Deanna B.	9-19 ~ CRCA
Haley C.	9-20 ~ CRCA
Alexis Y.	9-20 ~ CRCA
Raven T.	9-21 ~ CRCA

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, TrilogyFit, 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,

Sharon Wilburn

LNHA, RD/LD
Executive Director

Grandparents Day Sleepover



You've Never Seen a Sleepover Like This Before!

We're inviting the grandkids & great grandkids to fluff up their pillows, grab their jammies, and join us for a night of fun! You can

even send them dressed for our event, the theme this year is country!

Ask a member of our Life Enrichment team how to sign your child up!

*Saturday, September 7th starting at 6pm
Ending at 10am Sunday, September 8th*

Yummy Food, Snacks & Breakfast • Kid Friendly Crafts • Games • Movies
And Best of All, Quality Time With Their Grandparents!

Cruising at the Creek

Cruising at the Creek brought out the classic cars, smiles and Mr. Redlegs



Mary Kay

Thanks to our wonderful volunteers the residents were pampered with Mary Kay facials and manicures.





Campus in Color

Cooking from our own resident gardens!





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Jenny Lowell
Director of Health Services

Sarah Thornton
Customer Service Representative

Hanna Rosteck
Business Office Manager

Georgina Appelman
Life Enrichment Director

Lynn Bastin, PD, PTA
Director of Rehab Services

Tim Hawthorne
Director of Environmental Services

Steve Marsh
Director of Plant Services

Jamie Insko
Director of Dining Services

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
P	Q	X	Y	H	P	B	A	P	M	G	R	C	Z	B	L	N	A	M
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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