



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

Laura F.	9/1
Melvin K.	9/8
Howard J. W.	9/9
Louise R.	9/21

Staff

Dee O.	9/4
Katie R.	9/4
Amanda	9/6
Tammy D.	9/9
Danielle W.	9/12
Lyndi S.	9/18



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,

Michelle Weber

Executive Director

Grandparents Day Campout: *Save the Date*

Grandparents are special and important in our lives. They fill our heart with love and love they share!! As we would like to help make some special memories. We will be holding an evening with activities, games, snacks, movie it will be a fun filled event to treasure! Please, join us on Sunday September 8th starting at 6:00! Save that date! Please, see Sonya Watson or a Life Enrichment Associate for more information. Invitations will be on the way and a brief letter with more info on this special evening to spend with your Grandparent/Great-Grandparent.

Photo Highlights



More Photo Highlights



Activity Highlights

Fall is on the way and how we are looking forward to it! It is a beautiful time of the year when leaves start to fall!!! The nice cool weather begins after some of these hot days we have had; it will be a nice change. We had a great month of August with many activities and summer field trip. In September, we have many fun activities and outings planned. Please, be sure to check our activity calendar for the month and join us. We always encourage family to join us on any outings and/or assist with activities. If you have any questions call Sonya Watson, LED or a Life Enrichment Associate.

September 8th – Evening with Grandparents (Please, be sure to RSVP) Call to inquire and ask for Sonya Watson, LED!!

September 8th – Family Brunch 11:00-1:00 (Please, RSVP)

September 6th – Shopping Outing “Dollar Tree” (Everything’s a \$1.00)

September 21st – Resident, Family & Community Annual “Luau” (RSVP by September 11th)



THORNTON
TERRACE

HEALTH CAMPUS

A Trilogy Senior Living Community

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Hanover, IN 47243

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thorntonterracehc.com |

Michelle Weber
Executive Director

Sonya Watson
Life Enrichment 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@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