



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

9/6	Charlotte B.
9/8	Fern F.
9/8	Helen B.
9/16	Stephen C.
9/19	Miriam B.
9/22	Nina P.

Staff

Fernanda M.	9/1
Samantha M.	9/3
Paula J.	9/8
Julia O.	9/14
Sarah C.	9/18
Decontesa P.	9/19
Ciera T.	9/22
Kimberly B.	9/24

Sunday Brunch

Sunday Brunch will be held on September 22nd starting at 11am. We would like to invite and encourage family members and friends to attend and enjoy a wonderful Chef prepared brunch. Please RSVP or see business office with any questions.

Volunteer News

We are always looking for dedicated volunteers to enrich our activities! There is a variety of ways you could volunteer time to our community including attending an outing, assisting in a craft or even calling out BINGO!

If you or anyone you know is interested in volunteering or have any questions please see Life Enrichment Director, Sarah McIlroy.



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,

Alicia Lambert

Executive Director

Smile of the Month

Thank you for always brightening our day with your warming smile!





Our Wellbrooke bus loaded with our donations!

Independence from Hunger

Thank you to everyone that donated for our Independence from Hunger Food Drive! We were able to donate 12,000 pounds to assist Hendricks County Senior Center!

Fun & Games

Our residents enjoy all kinds of games throughout the week especially our weekly game of Jenga!



Community Connections

We recently had ladies from Brownsburg Scrapbasket Quilt Guild donate beautiful blankets to help keep our residents warm!



A few residents showing off their new quilts.

Did You Know...?

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

The Private Dining Room can be reserved for monthly club meetings, birthday celebrations, family events or private dining with friends and family.

Happy Hour is weekly at 3:00pm on Fridays; live music and snacks! Come Join Us!



WELLBROOKE OF AVON

A Trilogy Senior Living Community

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wellbrookeofavon.com |  

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Executive Director

Rachelle Morgan
Director of Health Services

Monte Wood
Assistant Director of Health Services

Sonia Turner
Business Office Manager

Sarah McIlroy
Life Enrichment Director

Dick Bilderback
Director of Plant Operations

Tammy Meadows
Environmental Services Director

Jodi Bell
Therapy Director

Gina Dodson
Social Services Director

Charnicka Williams
Legacy Lane Coordinator

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