



WELLBROOKE
OF CARMEL

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!

Residents

9/02	Julia M.
9/13	Peter D.
9/13	Nondas B.
9/15	Nancy C.
9/18	Tom B.
9/21	Norma G.
9/22	Larry P.

Staff

9/12	Aimee S.
9/13	John M.
9/18	Rena D.
9/25	Re Re T.
9/25	Me Me T.

Sunday Brunch

Sunday Brunch will be held on September 15th. Each Resident gets 2 free guests and each additional is \$10.00. Be sure to make your reservations with Aimee at the front desk.

Did You Know...?

You can email pictures and messages directly to your loved ones television through LifeShare. Ask a member of Life Enrichment how to sign up as a family manager.

That you can read the monthly newsletter on-line in addition to the printed copy. Please follow the campus link: www.wellbrookeofcarmel.com

Wellbrooke of Carmel has a Facebook and Twitter account. Please follow or like us on your favorite social media network.

Twitter: @Carmel_WB

Facebook: Wellbrooke of Carmel



Executive Director Corner

Happy September!
I hope that everyone

enjoyed themselves at our Las Vegas Casino Night Theme Week. My favorite dish during dinner 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 Week 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 here at Wellbrooke of Carmel. 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 morning stretch, trilogy fit, 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 here at Wellbrooke of Carmel. It's our pleasure to serve you!

Yours in Service,

Bryce Farnan

Executive Director

Ice Cream at Baskin Robbins



Ann M. and her daughter Ann show off their choice of "31 flavors"



Vince C. and Volunteer Mauro enjoy the afternoon treat at Baskin Robbins.

COLTS TRAINING CAMP



Linda W. and Dorothy R. enjoy watching the Colt's practice



W.O.C. Residents, Staff and Volunteers met the Colts Superfan at Training Camp.

Indianapolis Zoo



Maryann B., Jenna T., and Ruth G. find a nice shady spot during our trip to the zoo.



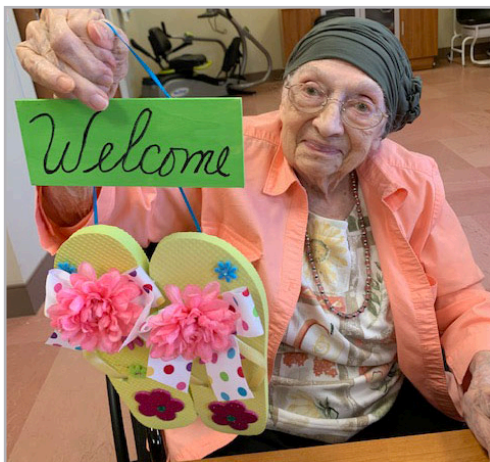
Jenni, Tonya, and Jamie celebrate with Mary M. on her birthday

Summer Fun



Anna T. and El S. sing and dance during Happy Hour.

SUMMER ARTISANS



Grace H. loves the Flip Flop door décor she made during Summer Artisans



Nancy C.'s daughter came to help out and visit during the Activity.

A Note from Jenni



School is back in session, the evenings are cooling off and we are ready to kick off fall

this month with football, field trips and family fun here at Wellbrooke of Carmel. Let us know if you want to come on an outing, family and friends are always welcome to join us.

Be sure to fill out and return your Customer Satisfaction Survey. Leadership and staff here at Wellbrooke of Carmel take your comments very seriously and want our residents to have the best experience possible. We know we are not perfect, but we do our best to get there. If you feel we would deserve an "A" please give us a "10", remember a 10=A, 9=B and so on.

As always, I'd like to thank you for the opportunity to bring joy and enrich the lives of your loved ones here at Wellbrooke of Carmel as your Life Enrichment Director.

Jenni Carrillo



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*Erica Dash
Director of Health Services*

*Tabitha Miller
Assistant Director of Health Services*

*Aimee Smith
Community Service Representative*

*Christina Barnes
Business Office Manager*

*Jenni Carrillo
Life Enrichment Director*

*Jess London
Director of Social Services*

*Jeannette Rider
Therapy Program Director*

*John Moore
Senior Director of Plant Operations*

*Matt Seib
Director of Food Services*

*Karen Caldwell
Environmental Services Supervisor*

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