



WELLBROOKE  
OF KOKOMO

*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

September 2nd	Thelma H.
September 6th	Robert C.
September 13th	Wenford K.
September 27th	Shirley L.
September 30th	Delores C.

## Staff:

September 4th	Yvonne V.
September 9th	Brett D.
September 10th	Crystal K.
September 12th	Roger W.
September 15th	Gemeyl S.
September 21st	Heather C.
September 23rd	Lucas F.
September 23rd	Erin S.
September 24th	Nathan N.

## Jammin' with Jamie

As the evenings are getting a little cooler and the days a little shorter I wanted to let you know of my plans for this upcoming fall season. One thing we will be doing is going to some orchards and wineries. We also had to reschedule our Turkey Run Outing due to heat warnings so we will also be going to Turkey Run to enjoy the changing leave colors. As it gets cooler in the evenings we are going to be using our fire pit and roasting marshmallows, drinking hot chocolate and making s'mores. We want to enjoy the cool fall weather. We are also, I hate to say it but gearing up for things to do for the holidays. If there are things you know your loved one would love to do please let me know. I want to go places that the residents want to go to.

As always it is with my please to be able to serve you and your family member. It is my joy to be apart of The Trilogy and Wellbrooke family.



## 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,  
*Amorette Renwand*, HFA  
Executive Director

## Volunteer News

We are looking for volunteer's to come in and spend time with our residents, whether it is just sitting and talking with them or doing an activity with them. Maybe doing things with residents isn't quite what you are interested in. Maybe you would rather answer the phone or show people where they need to go. No matter what you may want to do we can find a spot for you. Being a volunteer is so vital to our facility. Our residents love to have people here and visit with them. Being a volunteer is more than just coming in and helping out or lending a hand. It is being the heart of Wellbrooke. So if this is something you're interested in doing please contact Jamie Kenyon at 765-455-4443 or at [jamie.kenyon@wellbrookeofkokomo.com](mailto:jamie.kenyon@wellbrookeofkokomo.com).



# Photo Highlights



## Smile of the Month

Rita can always be found with a smile on her face and is always willing to be apart of any activities that are planned.

## Living Arts

For our living arts we do many different kinds of art projects. We want to be creative and find different ways of expressing ourselves.

## Out and About

Here is outing for this month. We will be going to Ihop on the 5th, and Wilson's Amish Store on the 12th. We will also be going to the Library on the 3rd, Wal-mart on the 10th and Dollar Tree on the 17th. We will be going to K-mart on the 24th, and the post office the 19th. If you would like to go please let someone from Life Enrichment know so we can get you signed.

## Live a Dream

Do you have a dream of something you have always wanted to do and just thought I will never be able to do that? Well we are here to help. Trilogy loves to make our residents dreams come true. We did a Live a Dream for John W. He wanted to go to his 55th class reunion and we got the joy of making sure this happen. Reese took John to his class reunion. Where this did not cost us money we wanted to make sure he got to go. If your dream is costly or just to go eat somewhere special please let someone know. We want your dreams to come true.

## Themed Dinner

This month's theme dinner will be Las Vegas Theme dinner. We will have a whole week of activities geared toward our theme. We will also have glamour shots on Thursday the same day as the Dinner.

We will also have a new entertainer that day by the name of Kevin Angstmén.

## Taste of Town

Taste of Town will be on Friday the 30th for Happy Hour. We will be featuring Half Moon. Please join us for their featured beer and appetizers.

## Family Night

Grandparents Day is September 8th and will also be our Sunday Brunch. We want to celebrate our grandparents and their families. We will have a photo booth so you can have family pictures taken and we will send the pictures with you.



# WELLBROOKE OF KOKOMO

*A Trilogy Senior Living Community*

**2200 S. Dixon Road**

**Kokomo, IN 46902**

**765-455-4443**

**wellbrookeofkokomo.com |  **

*Amorette*

*Executive Director*

*Jen*

*Director of Health Services*

*Jessica*

*Customer Service Representative*

*Wendy*

*Business Office Manager*

*Jamie*

*Life Enrichment Director*

*Leeann Green*

*Social Service Director*

*Aaron*

*Director of Plant Operations*

*Steven*

*Director of Food Services*

*Scott*

*Environmental Services Supervisor*

*Suzanne*

*AP*

## 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](mailto:comply@trilogyhs.com)*

*Newsletter Production by PorterOneDesign.com*

# '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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Q	O	G	U	Z	P	J	Z	Y	Y	U	U	U	Q	H	R	I	F	B
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