



WELLBROOKE
OF SOUTH BEND

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!

...continued on back page

Happy Birthday!

Health Center

Helen M.	September 21
Nila F.	September 23
Eliabeth R.	September 24

Assisted Living

Leona S.	September 01
Betty K.	September 01
William B.	September 03
Betty M.	September 27

Legacy Lane

Judith R.	September 08
Eunice H.	September 13

Car Show

Do not miss out on the last Car Show of the year, September 06. This year we have had so much fun going back in time and seeing all the great old cars.

Volunteer News

Have you ever thought about becoming a volunteer? Do you have a passion and enjoy:

Gardening Crafts
Manicures Games
Music Cooking
Outings

We would like to have you join our Volunteer Team, It takes many helping hands to help our residents to enjoy every day to the fullest potential they can. Contact a member of The Enrichment Team at 574-247-7044 if you are interested in sharing your time and expertise with our residents. Thank you in advance for considering this great opportunity.



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,

Caley Nixon
Executive Director

Legacy Lane Spotlight





GIVE US A "10!"



Transportation Reminder

Wellbrooke of South Bend Health Campus bus is available to transport residents to doctor appointments on Monday, Thursday, and Friday. We reserve the bus for Life Enrichment transport on Tuesday and Wednesday.

PHOTO HIGHLIGHTS



We had a wonderful time with these card games



A group of residents really enjoyed the river walk

Sunday Brunch

You are invited to join us for Sunday Brunch, September 29 each resident may enjoy up to 2 family complementary tickets for additional guest cost will be \$10.00 a ticket, *PLEASE RSVP to Guest Relations*. Monday-Friday 10:30am - 5:00pm, to ensure we can have your space ready for your loved one!

Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link www.wellbrookeofsouthbend.com, scroll down the page and click on Newsletter sign-up.

The Movie Theatre Room can be reserved for small Birthday parties and other special events for your loved ones. Please contact Wellbrooke of South Bend, 574-247-7044.

Happy Hour is every Friday from 3:00pm - 4:00pm

Like us on Facebook at Wellbrooke of South Bend

Like us on Twitter @wellbrookeofSB



WELLBROOKE OF SOUTH BEND

A Trilogy Senior Living Community

**52565 State Road 933
South Bend, IN 46637
574-247-7044**

wellbrookeofsouthbend.com | [t](#) [f](#)

Caley Nixon
Executive Director

Asbely Hearld
Director of Health Services

Raquel Jimenez
Customer Service Specialist

Jessica Doms
Business Office Manager

Diana Grady
Director of Life Enrichment

Marie Bastine
Community Services

Derek Ressler
Director of Social Service

Terrence Harris
Director of Plant Operations

Laura Sandusky
Director of Food Services

Jennifer VanKirk
Environmental Service Director

Marci Griesinger
MDS Coordinator

Emily Nieboer
AP/Payroll Coordinator

Stay in the Loop [t](#) [f](#)

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*

Newsletter Production by PorterOneDesign.com

'Healthy Aging'

...continued from cover

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
K	V	V	W	A	U	R	W	L	U	R	N	B	A	A	S	N	M	Q
O	R	S	I	N	G	B	O	P	I	R	U	P	T	H	S	P	W	D
B	V	U	A	G	R	I	U	C	A	T	Y	L	C	G	O	U	W	U
R	P	U	D	E	M	F	A	E	E	A	Y	J	V	E	O	X	P	R
C	O	L	A	J	M	A	L	O	S	S	J	F	P	W	X	Y	T	K
U	K	U	P	K	Q	V	R	Q	I	F	S	J	K	B	Q	A	G	Y
J	G	O	T	L	H	E	A	L	T	H	Y	K	W	J	G	Z	T	D
M	J	E	W	I	D	D	X	Y	S	B	Z	L	N	V	J	I	Q	F
E	U	P	Q	S	N	T	F	C	D	I	A	R	A	W	V	Q	G	M
Q	D	R	H	R	M	E	U	H	M	C	D	S	Y	I	Q	G	T	A
O	G	D	Q	A	H	J	J	E	I	E	P	N	T	V	N	R	A	K
C	M	V	E	Z	Y	W	N	S	I	Y	I	C	H	I	O	O	Z	A
M	C	R	B	A	C	L	Y	S	L	K	A	E	Z	P	K	W	G	J
U	D	O	Y	I	J	H	A	F	I	R	K	I	P	Z	A	W	O	S
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