



WELLBROOKE  
OF WABASH

*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

Marjorie S.	September 1
Cathy T.	September 2
Mary H.	September 5
Pamela G.	September 10
June S.	September 12
Carolyn H.	September 21
Janis B.	September 22
Thomas M.	September 24
Sondra H.	September 25



## 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,

*Aaron Vogel*, HFA  
Executive Director

## Volunteer News

Volunteers give the gift of time. Over 3,000 people currently serve as volunteers in Trilogy campuses. Families make GREAT volunteers! As a volunteer, you become part of the Trilogy team! So why volunteer? There are tons of benefits, including developing new skills, personal satisfaction, new friendships, longer lifespan, and so much more!

Suggested ways to volunteer include but are not limited to:

Manicures (Nail Painting)

Leading an activity or teaching a skill, such as knitting or crocheting

Calling/ assisting with Bingo!

Helping residents get to and from activities and meals

If you are interested in becoming a volunteer, please contact our Life Enrichment Director, Kelsay Winstrom, at 260-274-0444 or [Kelsay.Winstrom@WellbrookeOfWabash.com](mailto:Kelsay.Winstrom@WellbrookeOfWabash.com).

## SMILE OF THE MONTH

We had so much fun at Jazz on the Lawn at the Honeywell House! Look at those beautiful smiles!





# OUT AND ABOUT

We enjoyed a trip to the 13-24 Drive In here in Wabash for their Retro Reels night, where we watched Dirty Dancing and enjoyed popcorn, laughs, and lots of fun!



## Customer Service Moment

Our therapy department went above and beyond when Mike Y. graduated from therapy! Mike loves to fish, and Sally and her team threw him an awesome party fit for a fisherman! Thank you Sally and team!



## Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link [WellbrookeOfWabash.com](http://WellbrookeOfWabash.com).

The Gallery can be reserved for birthday parties, anniversary parties, family get togethers, etc. Please contact Life Enrichment if you are interested.





# WELLBROOKE OF WABASH

*A Trilogy Senior Living Community*

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Wabash, IN 46992  
260-274-0444

wellbrookeofwabash.com |

*Aaron Vogel*  
*Executive Director*

*Fawn Updike*  
*Director of Health Services*

*Angel White*  
*Assistant Director of Health Services*

*Steffany Pegg*  
*Business Office Manager*

*Patrick Kelly*  
*Community Services Representative*

*Emily Frank*  
*Customer Service Specialist*

*Taylor Oliver*  
*Director of Social Services*

*Scott Wysong*  
*Director of Food Services*

*Vicci Fincher*  
*Director of Environmental Services*

*Patrick Flynn*  
*Director of Plant Operations*

*Kelsay Winstrom*  
*Life Enrichment Director*

*Sally Winters*  
*Therapy Program 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
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
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J	G	O	T	L	H	E	A	L	T	H	Y	K	W	J	G	Z	T	D
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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