



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 03	Mary S.
September 14	Jerry K.
September 21	Paul R.
September 24	Eric R.
September 24	Ruth A.
September 25	Jean G.
September 30	Gary M.



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,

Rachel Bishir, HFA
Executive Director

Volunteer News

We are always in need of some helping hands! Currently, we are searching for volunteers to assist with our monthly Sunday brunches, Saturday morning bingo, and evening game nights twice a week. Please contact a member of Life Enrichment to get started!

Theme Dinner

Our next Theme Week will be a Nashville Boot-Scoot-Boogie! We will have a fun-filled week of themed activities on October 21-25, culminating with our Theme Dinner on Thursday October 24! See you then! Yeehaw!

Did You Know...?

We hold a Chef's Circle meeting for Health Center and Assisted Living residents every Monday at 3:00 and 3:45, respectively? Bring your suggestions, compliments, and constructive criticism for Chef Chris and our kitchen staff.

Happy Hour is weekly at 3:30-4:30. We have live music, drinks, and appetizers! Come ready to party!

Out and About

Our residents enjoyed a fun morning at Colts Training Camp! Thank you to our volunteers and staff members who worked to make sure everyone could attend!



LIVE A DREAM

Lillian O., a lifelong Colts fan, was able to live her dream and meet Colts players Andrew Luck and Adam Vinatieri! If you or a resident you know has a dream, let a staff member know!



More from Out and About



Pat S. and Charlie M. enjoying our trip to Colts Training Camp

Sunday Brunch

Please rsvp for the Sunday Brunch to be held on Sunday, September 15 from 11am to 1pm by signing the family book on the front desk.

Legacy Lane

LaDean and Legacy Lane Coordinators Amanda work on an art project in our newly opened Legacy Lane.





WELLBROOKE

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Life Enrichment Director

Christopher Clair
Director of Food Services

Michelle Newlin
AP/Payroll Coordinator

Armando Hernandez
Director of Plant Operations

'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
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ACTIVITY
ADAPT
AGING
CHANGE

CHESS
DREAMT
GROW
HEALTHY

LEARN
PHYSICAL
PROCESS
REALITY

ROUTINE
SING
SUPPORT
WELLNESS