



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!

Sept. 07	Shirley B.
Sept. 11	Joy K.
Sept. 14	Jane C.
Sept. 15	Clarence M.
Sept. 21	Orie H.
Sept. 21	Helen Y.
Sept. 22	Don B.
Sept. 22	Blanche M.
Sept. 26	Tom B.

Family Night

September 3, 2019 with live entertainment starting at 6:00pm for Legacy and the Main Campus. Dessert Bar & Drinks will be provided during the show. (Please RSVP)

ER3 Family Fun!

We celebrated our staff and their families this month! We can't thank you enough for everything that you do for our residents! Keep up the AWESOMENESS!



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,

Ellen Smitherman-Hinrichs
Executive Director

Campus In Color

Just look at that beautiful red tomato!
It was the first of the season.



Living Arts

Bean Art - Who knew that one simple bean could become such a beautiful piece of artwork!



Out and About



We enjoyed our time out at the local Farmer's Market. We got to see old friends and make new ones. We also got to pick up some locally grown goodies!



Nothing better than porch sitting with friends and enjoying a nice cold glass of lemonade.



The Wings Of Freedom Tour: We got some of our guys together to go see of these World War II Fighter planes. They knew what every single one of them was too.

Independence From Hunger

Thank you to everyone that generously donated food, PTO, cash, water, to Trilogy's Independence From Hunger Campaign. You don't know how much our community appreciates our generosity.



Smile of the Month

The smile on Marilyn's face says a thousand words. Casey always brightens our day when he comes to visit.





WHITE OAK

HEALTH CAMPUS

A Trilogy Senior Living Community

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Alicia Berning
Director of Resident Services

Pam Hellitzel
Business Office Manager

Darla Houser
Life Enrichment Director

Larry Cates
Director of Food Services

Rodger Clendenen
Director of Plant Operations

Connie Vermillion
Director of Environmental Services

Amy Howard
MDS Coordinator

Zach Johnson
Therapy Program Director

Brittney Vaal
Legacy Neighborhood Coordinator

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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