



WOODBIDGE

HEALTH CAMPUS

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

Edith B.	September 05
Russell C.	September 07
Phyllis I.	September 14
Shirley N.	September 17
Marjorie F.	September 21
Betty S.	September 22
Evelyn H.	September 26
James M.	September 26

Staff

Nola F.	September 04
Mike H.	September 05
Betti N.	September 13
Kiera R.	September 14
Cora P.	September 22
Heaven J.	September 27
Brenda S.	September 28
Lori R.	September 30

Volunteer News

We love our volunteers! We are always looking for ways to enrich the lives of our residents. If you would like to become a volunteer, please visit our Life Enrichment team to discuss the possibilities. Also, when you see our volunteers please thank them for spending their time helping to enrich the lives of our residents.

Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link: www.woodbridgehc.com

The Private Dining Room can be reserved by calling Alison in Guest Relations.

Happy Hour is weekly at 3:00 on Friday.

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,

Tammy Shirels

Executive Director

Photo Highlights



Betty, Doris, Betty and Donna stop for a picture at the Butterfly Exhibit at the Lafayette Zoo

More Photo Highlights



Holly and Jimmy stopped to enjoy a lemon shake up at the Cass County Fair



Donna and Brooke were excited to see all the beautiful art pieces at the Cass County Fair



Legacy Coordinator Kathy and CRCA Christy are happy to display the Dementia Bill of Rights



Tammy and Freda stopped for a picture as they were tending to the flowers in the Therapy courtyard

Sunday Brunch

Please join us for Sunday Brunch on Sunday September 8th at 11:30. Each resident may enjoy 2 complimentary guest. Any additional guests may purchase a meal for an additional \$7.00. Reservations are required. Please stop by or call to reserve your spot today!



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Logansport, IN 46947

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woodbridgehc.com |  

Tammy Shirels
Executive Director

Carrie Reiff
Director of Health Services

Jada Johnson
Assistant Director of Health Services

Jill McMinn
Life Enrichment Director

Jodi Shively
Director of Social Services

Holly Leffert
Therapy Club Director

Brandy Rodabaugh
Community Service Representative

Mike Huffer
Director of Dining Services

Jason Iliff
Director of Plant Services

Donna Foster
Director of Environmental Services

Cindy Clark
Business Office Manager

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
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B	V	U	A	G	R	I	U	C	A	T	Y	L	C	G	O	U	W	U
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C	O	L	A	J	M	A	L	O	S	S	J	F	P	W	X	Y	T	K
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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