



WOODED GLEN  
*A Trilogy Senior Living Community*

Gazette

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

Hilda K.	September 04
Lorraine M.	September 04
Art D.	September 12
Alfred S.	September 17
John L.	September 25

## Staff

Mark T.	September 08
Amanda E.	September 08
Lauren H.	September 19
Beth S.	September 27

## Welcome Home!

Wooded Glen would like to welcome all of our new residents! We are honored you chose us to serve you!

## Save the Date

September 7- Grandparents Day Pajama Party Campout from 6:30-8:30 pm RSVP Required. Open to grandchildren/great grandchildren 12 and under. Location: Wooded Glen

September 8- Brunch Location: Wooded Glen Dining Room from 11:00am-1:00pm

September 12-Senior Executive Club Location: Wooded Glen Dining Room at 1:30 p.m.

Please RSVP if you or family/friend plan to attend any of these events.



## 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,

*Michael Lacey*

Executive Director

## Slipping into summer was a blast with our very own Slip N Slide!



(Left) Taylor and Joan loved the Slip and Slide



(Right) Marilyn and Beth enjoying some water fun on the Slip and Slide!





## More from Slip N Slide

*Pam and Barb loved  
the Slip and Slide!*



## SUMMER FUN AT WOODED GLEN FAMILY NIGHT!

◀ *Family Night was a 10!*



*Fun with Spittin Image and some O-H-I-O*



*Our Life Enrichment Team  
hosted a Summer Fun Family  
Night with live music and  
Kona Shaved Ice Treats!*

## Summer fun at the Clark County Fair!



*The Wooded Glen group enjoying Fair games!*



*Barb and Joan loved reliving childhood  
memories on the Merry Go Round*



*(Left) Virginia  
and Leah visiting  
the 4H animals!*

*(Right) Mattie  
takes a turn at  
the fair games  
with some help  
from Kendra!*

## Volunteer News

At Wooded Glen, we are working hard to recruit and develop the best Volunteer Program in Clark County!

Some of our existing opportunities include painting nails, leading Bingo, cooking demos, music performances (individually or with a group), lifelong learning programs, etc.

If you are interested in sharing your hobbies and passions with our residents, please contact our Life Enrichment Director, Beth Stumpf.

## Did You Know...?

Wooded Glen is now offering Massage Therapy to our residents every Tuesday morning! Please see Life Enrichment Director, Beth Stumpf to schedule.

That you can read the monthly newsletter and calendar on-line. Please follow the campus link, to see at a glance, what is happening at our campus.  
[www.woodedglensl.com](http://www.woodedglensl.com)

The Parlors, Lounges, & Activity Rooms can be reserved for special events such as, birthday parties, anniversary celebrations, family meals, or other special occasions, that you would like to share with your loved one. Please RSVP in advance to secure your room preference and availability.

Happy Hour is held every Friday. We welcome you to join us for some great appetizers, beverages, fun and fellowship!

The Trilogy Foundation grants "Live a Dream" experiences, to residents wishing to participate in something they have always wanted to try, or to simply relive an activity that they enjoyed in the past. See a member of our Life Enrichment team for more information.



# WOODED GLEN

*A Trilogy Senior Living Community*

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*Mike Lacey*  
Executive Director

*Kathy Nicewaner, RN*  
Director of Health Services

*Lindsay Clark*  
Customer Service Representative

*Tana Conley*  
Business Office Manager

*Beth Stumpf, CTRS*  
Life Enrichment Director

*Nate Mason*  
Director of Food Services

*Megan Dungan*  
Director of Resident Services

*Shane Spriggs*  
Director of Plant Operations

*Paula Cain*  
Environmental Services Director

*Amanda Evans, RN*  
MDS Coordinator

*Amber Holt, LPN*  
Medical Records/Scheduling

## 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](mailto:comply@trilogyhs.com)*

*Newsletter Production by PorterOneDesign.com*

# '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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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