



WATERFORD PLACE

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

Dwaine R.	September 05
Edna W.	September 07
Ronald S.	September 13
Dayton C.	September 15
Helen H.	September 28

Staff

Jamesina	September 04
Michael T.	September 06
Tonya C.	September 17
Chelsea R.	September 23
April B.	September 25

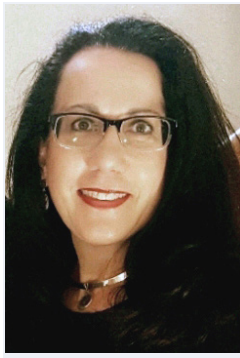
Family Night

We're Having a Sleepover! - In honor of National Grandparents Day, we're inviting the grandchildren of our residents to join us for a night of food, fun, and fantastic company on Saturday, September 7th! Looking forward to seeing their arrival at 6:30pm!

Sunday Brunch

Our Sunday Brunch for this month is September 15th from 11:00 – 1:00. Please call 765-236-1239 to R.S.V.P your delicious meal by Monday September 9th. We hope to see you here!

Photo Highlights



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,

Carol Ward
Executive Director

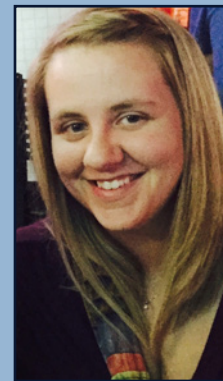


More Photo Highlights



Legacy Spotlight

Happy September! The sun is shining and our residents are holding on to summer from outings to tending the garden. Make sure to be on the look out for pictures of our themed dinner, "Las Vegas Night" in the next newsletter. I would like to take this opportunity for allowing me to serve your loved ones. I am transitioning to Legacy Neighborhood Manager at a facility closer to my home. It was my pleasure to be a part of Waterford Place Health Campus and I will certainly be back to visit.



We are excited to introduce the new Legacy Neighborhood Manager, Amanda Harp. Amanda is a Registered Nurse with

more than 15 years of experience in long term care. Amanda has been with Waterford Place Health Campus since 2011, in various capacities. As a registered nurse, Amanda has had the pleasure of serving our residents as a nurse on the floor, as well as the Transitional Care Unit Manager for 5 years before transitioning to the MDS coordinator position. Amanda is excited to bring her passion for music, crafting, baking, and caring for people to the memory care arena to best serve those living in the Legacy Neighborhood. Please join us in welcoming Amanda to the Legacy team!



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Carol Ward
Executive Director

Leslie Paul
Customer Service Specialist

Linda Kendall
Business Office Manager

Heather Moore
Life Enrichment Director

Debi Sanders
Legacy Neighborhood Director

Angie Sommer
Director of Nursing

Carly Haines
Director of Social Services

Gina Newburn
Director of Dining Services

Chris Myers
Director of Environmental Services

Andrew Clark
Director of Plant Operations

Kellie Turner
Assistant Director of Health Services

Stay in the Loop [t](#) [f](#)

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

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| AGING | GROW | PROCESS | SUPPORT |
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