



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!

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| September 06 | Joyce S. |
| September 11 | Ronald S. |
| September 17 | Irene H. |
| September 22 | Darren W. |
| September 26 | Evelyn O. |

Special Event

Our annual grandparent's day sleepover will be held September 07-08. We will have games, crafts, and even a movie night for the grandchildren to enjoy with grandma or grandpa. For more information or to sign up please speak with the Life Enrichment Director Rachelle Roemer.

Sunday Brunch

This month our Sunday Brunch will be September 08. It is required you RSVP for our Sunday Brunches so we can best serve each guest. There are two seating times for brunch- 11:00am and 12:00pm. Each guest will need only \$10.00 for a wonderful meal. This will be a fun filled afternoon with your loved ones! Please talk to Jill, CSS, for more details.

Taste of Town

Our taste of the town this month will be held on September 09. Stay tuned to find out what great restaurant we will be bringing in this month.



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,
Tim Reardon
Executive Director

Out and About

Sign up for outings in the Assisted Living Activity Room next to the Life Enrichment Office. There are a limited amount of spots so sign up today! Due to severe weather conditions, look for outings to be rescheduled.

Transportation

We can gladly set up transportation for your loved one for an appointment if needed. We offer transportation through our campus on Mondays and Wednesdays. Families are highly encouraged to attend. If you want transportation arranged for you please stop by a nurses station and fill out a Transportation Request form for them to hand in to the LED Rachelle.

PHOTO HIGHLIGHTS



LifeShare

Did you know LifeShare is connected to every TV at Novi Lakes HC? To access it, all you have to do is press the input button on your remote control.

LifeShare is a great tool to use during family visits. Did you know you can email your loved one pictures of your family, vacations, pets, or anything else going on in your life? It is so simple and it is something you can come back to the campus and show your loved one. This is a great way to have a meaningful visit!

Volunteer News

Please see your Life Enrichment Department today if you or someone you know are interested in volunteering. There are so many different opportunities for volunteers. You can go visit room to room with residents, paint nails for the ladies, run Bingo, etc. You can also come showcase your talents for the residents too – musical talents, arts/crafts, exercise, and/or other hobbies you may have

Did You Know...?

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

The Private Dining Room can be reserved for family events and/or meetings as long as it doesn't interfere with normal dining times.

Happy Hour is weekly at our Simon's Ice Cream Parlor on every Friday 3:00-4:00pm.



NOVI LAKES

HEALTH CAMPUS

A Trilogy Senior Living Community

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novilakeshc.com |  

Tim Reardon
Executive Director

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Alissa Burnett
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Rachelle Roemer
Life Enrichment Director

Jerry Glombowski
Director of Plant Operations

Jayson Bogota
Director of Food Services/Chef

Kimberly Kidd
Environmental Services

Subburman Sivakumar
Medical Director

Catherine Sobel
Director of Social Services

Rajeev Joseph
Rehab Program 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

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ACTIVITY
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AGING
CHANGE

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GROW
HEALTHY

LEARN
PHYSICAL
PROCESS
REALITY

ROUTINE
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SUPPORT
WELLNESS