



THE OAKS
AT NORTHPOINTE WOODS

A Trilogy Senior Living Community

Outlook

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!

- Marie C. September 08
- Catherine M. September 16
- James H. September 19
- Rosalyn M. September 21
- Dorothy H. September 26
- Ardyn M. September 30

We will celebrate our September birthdays on *September 11 at 3:00pm* in the 200 hall activity area. The cake is donated by Kindred Home Health. Thank you, Preston!

Anniversaries

- Bob and Jean B. September 04

PHOTO HIGHLIGHTS

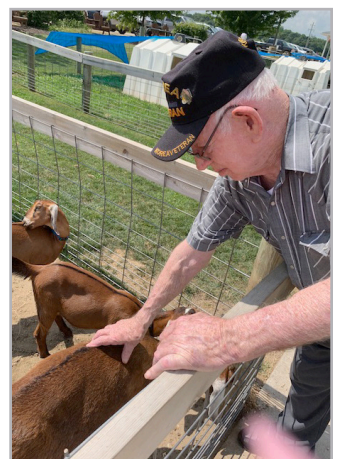


Sunday Brunch

The next Sunday Brunch will be September 01 (the first Sunday of the month) from 11:00am-1:00pm. Each resident can have up to 2 guests eat with them for free and each additional guest is \$10 and a voucher/sticker is required. Reservations are essential and must be done prior to 5pm on the Thursday before brunch. Please see the front desk to make a reservation and to get your stickers/vouchers for the brunch.

Volunteer News

We welcome individuals to gain experience while engaging with our residents and volunteering your time and energy with the Life Enrichment Department. If you are interested in helping out and sharing your time and talents, please contact our Life Enrichment Director, Kristen, and she will help you find a meaningful volunteer role. We are currently looking for Bingo callers and volunteers to do manicures.



Out and About We go out in our wheelchair friendly bus twice per week and can accommodate up to 14 per outing (with only 2 wheelchair tie back spots). Spots fill up quickly, so be sure to let Life Enrichment staff know when you plan to attend any of our trips. If you are interested in joining your loved one on an outing, please inform the Life Enrichment Director as soon as you know so that we can try to accommodate you. The Life Enrichment Team has a list of outings available and you can circle the ones that interest you. Please return the form to the Life Enrichment Director once it is completed. We will do our best to ensure that you are able to go on as many outings as you can.

Most of our outings require the resident to bring their own money. We offer an opportunity to open up a trust fund for your loved one to have easy access to their money for such outings. Please see the Business Office Manager, Jessica Greene, with questions.

FAMILY NIGHT:

Grandparents Day Sleepover is September 07 - If interested, please contact Kristen for details. All children must pre-register. Join us on September 25 at 4:00pm Fred Walker performs for the residents and their families. Stay after for dinner if you'd like. RSVP is encouraged.

COMMUNITY EVENTS:

Our annual Car Show was a great success! We were able to raise \$2,200 for the Alzheimer's Association.

FRIENDLY REMINDER:

Family is always welcome to join us on our outings (with notice and if seating is available), at any of our activities and at any meal. Meal tickets can be purchased for \$5 at the desk M-F 9-6 and are required for all meals. If you have more than one guest, we encourage you to reserve a table in the private dining room so as not to displace established residents. Please turn in your food order 2 hours in advance.

PENNY AUCTION:

Do you have items that are no longer of use to you? Please consider donating items to the Life Enrichment Department. We could use items such as jewelry, figurines, stuffed animals, small furniture pieces, perfume/lotions, games, puzzles, books, etc. for our Penny Auctions. Thank you. Please assist your loved one is cleaning out their rooms as well.

ADDITIONAL INFORMATION:

In addition to weekly visits by our Catholic Church volunteers, we offer a monthly Catholic Mass the second Thursday of each month at 2:30pm. We continue to offer Methodist services every Sunday at 3:00pm in our Legacy and Bible Stories every Monday at 10:00am in the 200 hall.

LIVE A DREAM:

Does your loved one have a dream that they want fulfilled? A special date night with a spouse, a trip to your favorite spot, a Detroit Tigers baseball game – we can help. Just inquire with any Life Enrichment Staff.

VETERANS:

Please sign up for the Honor Flight. It is an all-expense paid trip to Washington, D.C. Inquire with Kristen if interested. Applications are being accepted for all future flights. If your loved one is a veteran and would like their picture on the soon-to-be- Veteran wall. Please provide an 8x10 picture (or copy) of the veteran in uniform to Kristen.

THEMED DINNER:

Our Vegas/Casino theme dinner was on August 22 and it was a hit! Our next Theme Dinner will be Nashville/Boot Scootin' Boogie and it is on October 24 at the evening meal. All residents are encouraged to dress in themed attire. This event is mainly for our residents but family is welcome to join with a 2 day RSVP and \$5 meal ticket.

LifeShare

LifeShare is an innovative, easy-to-use internet based service that helps keep residents connected and engaged by allowing you to view and send messages, view photos, view today's activities and menus, read news and weather reports, and play games! Each room has this service available. Website is <http://www.lifesharetech.com> Please inquire with Jon or Kristen.

Did You Know...?

We work closely with several hospice agencies to give the best possible care for your loved one. If you are interested in adding hospice care to your loved one's care, please contact Jenessa in Social Services. Great Lakes Caring, Heartland Hospice and Southern Care, to name a few.

That you can read the monthly newsletter on-line. Please follow the campus link www.theoakshc.com. You can also access the activity calendar from this website as well.

Please follow us on Facebook and Twitter @oaks_npwoods for up-to-date pictures and alerts.

The Private Dining Room can be reserved for special occasions, please contact the front office for more information.

Happy Hour is every Friday afternoon at 2:30pm in the lobby and either 3:00pm or 3:30pm in the Legacy. We serve appetizers, beer, wine, and specialty drinks. Entertainment is provided. Limit of 2 drinks per person. Please note that our residents are served before our guests and staff will serve alcoholic beverages.



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Jason Crim
Director of Food Services

Jenessa Miller
Social Services Director

Danielle Blowers
Human Resources/Payroll

Jym Garman
Legacy Neighborhood Director

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

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
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ACTIVITY
ADAPT
AGING
CHANGE

CHES
DREAMT
GROW
HEALTHY

LEARN
PHYSICAL
PROCESS
REALITY

ROUTINE
SING
SUPPORT
WELLNESS