



OWEN VALLEY

HEALTH CAMPUS

A Trilogy Senior Living Community

Connection

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!

...continued on back page

Happy Birthday!

Residents

Joe B.	9-03
Shirley A.	9-06
Jane M.	9-08
Michael E.	9-09
Helen M.	9-10
Vera F.	9-26
Bruce B.	9-28

Staff

Bonnie G.	9-08
April G.	9-11
Kaylee L.	9-12
Jennifer O.	9-13
Julie H.	9-19
Rita B.	9-21
Darci M.	9-25
Tamra S.	9-30

Sunday Brunch

Sunday Brunch will be hosted on September 08, which is Grandparents Day, from 11:00am-1:00pm. Please come on in and enjoy some good food and fellowship with your loved ones.

Taste of Town

Down home cooking since the beginning of our town; buffet style; fine dining, big ol' smiles and great customer service is the atmosphere we will be having from our local Chamber's restaurant, being brought into our facility.

Volunteer News

Imagine the benefits and pleasure you could get from being a volunteer! Please come in and find out, if your imagination is accurate. Everyone needs a friend! If you are interested in volunteering, please contact Christy Mangin at 812-829-2331.



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,

Perry Daugherty
Executive Director

Smiles of the Month

We have so much to celebrate and smile about we have six new CRCA's- Autum, Brandi, Nicole, Kaylee, Trentin, and Chloe. Our very own Kim Shay -DHS is now wound certified. Check out these great pics!



More from Smiles of the Month



Community Event

Saturday, September 7, 2019

All residents are having their grandchildren/ great-grandchildren come to enjoy games and cookout campfire. It is called Grandparents Day sleepover. The party starts at 6:00pm and will go until 8:00pm. Bring the kids, come out, and have some fun.

Did You Know...?

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

Follow us on Twitter
@OwenValleyHC

Like us on Facebook at
Owen Valley Health Campus

Do not forget about Life Share, where your loved one can receive emails, pictures, videos, And play games right from their own TV in their room. Want to know more? Ask the Life Enrichment Director, Christy Mangin.

The Conference Room can be reserved for gatherings of family and friends, birthday parties, or any occasion. Please feel free to RSVP with any one from Owen Valley Health Campus.

Happy Hour is every Friday at 3:15pm we will be serving beer that we made right here in the facility and everyone is welcome to come, enjoy good times and fellowship with your loved ones. Do not forget to smile and laugh, it is the best medicine.

The Trilogy Foundation grants wonderful things from employee tuition to live a dream for our residents. If you know of anything a resident would like to do for a live a dream, please let any staff member know. Thank you!

Legacy Lane Spotlight

We are committed to being the best and making sure our residents are enjoying their journey. We have many things planned for this month and would love to have you join us as much as possible. We will be having a Grandparents Day sleepover on Saturday, September 7, 2019. We have had much fun on outings this summer with great memories that have been captured and posted for your viewing pleasures on our Life Share TV's. Please if you have any questions or concerns with how to navigate life share please feel free to contact Christy.



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Executive Director

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Customer Service Representative

Julie Hearth
Business Office Manager

Christy Mangin
Life Enrichment Director

Charissa Ausman
Legacy Lane Coordinator

Daniel Browning
Director of Plant Operations

Hope Martin
Assistant Director of Dining Services

Joe Cooper
Director of Environmental Services

Ben Wingard
Therapy Program Director

Ann Watkin
Director of Social Services

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
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ACTIVITY

ADAPT

AGING

CHANGE

CHESS

DREAMT

GROW

HEALTHY

LEARN

PHYSICAL

PROCESS

REALITY

ROUTINE

SING

SUPPORT

WELLNESS