



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

Joyce S.	September 10
Irene K.	September 11
Ilio A.	September 14
Lucille L.	September 25
Barbara S.	September 28
Marilyn J.	September 29

Sunday Brunch

Join Us for Brunch on Sunday, September 08 from 11:00am-1:00pm. Please make your reservation today!

Family Night

Our Grandparent's Day Sleepover will be held on Saturday, September 07 with activities beginning at 6:30pm with pick up on Sunday morning at 9:00am. Please contact Life Enrichment Staff for more details.

Happy Hour

Happy Hour is weekly on Friday at 3:00pm.

Volunteer News

We sure have enjoyed the summer with many opportunities to explore Jackson and look forward to the changing of the leaves and fall harvest. If you are available to volunteer to join us on an outing we would love to have you. Please see Life Enrichment Staff for volunteer opportunity information.

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

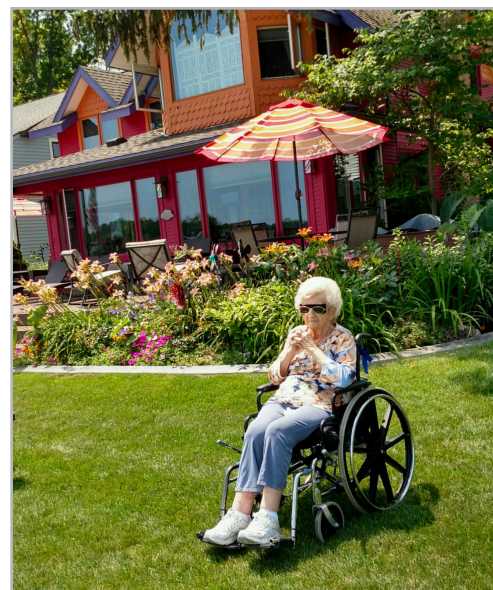
Healthy Aging Month. All throughout September, we're reminded that it's never too late for our hearts to be strong, and for our minds to be free from worry. For our residents who are looking for ways to actively lead a healthier lifestyle, consider talking to our Life Enrichment Director about our Vitality 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,

Laurie McCullough-Benner
Executive Director

Enjoying the Summer Sun!





Living Arts

Our Garden Party for Good was a great opportunity to show off our campus to the community, family and friends. We displayed art throughout and appreciate the artists from the area that brought in their paintings. Chef Steve provided samples of food & wine and everyone was able to enjoy the beautiful flowers in our courtyards as they moved about the campus.



Independence from Hunger Food Drive

The Independence from Hunger Food Drive was a huge success companywide! Thank You to all that supported our effort to collect food donations for the Compassionate Ministries of Jackson County.

LIVE A DREAM

Bill dreamed of swimming at Clark Lake as he had done most of his life. He was a previous resident at Clark Lake and our staff and his granddaughter made it possible for him to go to the lake for a pontoon ride past his old house and a swim in the lake. We all enjoyed being a part of his dream on a beautiful summer day!



Out and About

September 03 at 1:30pm
Burgers and a Ride

September 05 at 9:00am
Potter's Park Zoo

September 10 at 1:15pm
Bright Walls: Downtown Jackson

September 12 at 11:30am
Golden Girls

September 17 time TBD
Jackson 10 Theater

September 19 at 1:30pm
Cider, Donuts and a Ride

September 20 at 6:00pm
Walk to End Alzheimer's

September 23 at 1:20pm
Shopping

September 26 at 1:30pm
Animal Shelter Visit



RIDGECREST

HEALTH CAMPUS

A Trilogy Senior Living Community

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Jackson, MI 49203

517-787-5140

ridgecresths.com |  

Laurie McCullough-Benner
Executive Director

Sherry Flynn
Director of Health Services

Ashley Howland
**Community Rep/
Community Service Rep/Mkt.**

Diane Espinoza
Business Office Manager

Lori Lowder
Life Enrichment Director

Stephen Hickman
Director of Food Services

Katelyn Brandenburg
Guest Relations

Justice Wozny
Therapy Program 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*

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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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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