



## 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

September 01	Irene S.
September 06	John H.
September 09	Shirley C.
September 14	Joan F.
September 15	Ruth G.
September 17	Pat H.
September 17	Pat M.
September 20	Rita S.
September 21	Laura B.
September 23	Gemma S.
September 27	Mary R.
September 28	Diane S.

## Staff

September 08	Linda S.
September 12	Vicki M.
September 16	Jen G.
September 20	Anna G.
September 24	Kaytlin C.
September 27	Becky B.
September 29	Neal O.

## Sunday Brunch

September 01 from 11:00am-1:00pm. Please RSVP to ensure seating is reserved for you.

## Family Night

Join us on September 17 for our Harvest Family Night! The festivities start at 4:30pm with dinner starting at 5:00pm. Wear your Fall/Harvest attire and partake in music by the bonfire, a pie eating contest, hayrides, and more! Please RSVP (email preferred) by September 10 to [abby.siebert@ridgewoodhs.com](mailto:abby.siebert@ridgewoodhs.com) or call 812-537-5700.

## Family Forum

September 25 join us at 6:00pm on at Legacy Neighborhood.



## 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,

*Gwen Reverman*  
Executive Director

## Out and About

Marilyn and Myra enjoy the lunch outing at Nick's All American Café.





## Chef's Corner

Fall is around the corner with the days getting shorter and the nights getting longer. The leaves will change colors and you can find pumpkin flavors and scents everywhere! This is my favorite time of year. We will kick off September with our Monthly Brunch, on September 1st from eleven to one in the afternoon. We will have one last grill out of the year to celebrate Labor Day. Be on the lookout for that yellow envelope coming in the mail since it's that time of year again for our Annual Customer Satisfaction Survey! We appreciate all the 10's that we cook up for you all year long. Come enjoy a Family Night Harvest Dinner on Tuesday, September 17 from five to seven in the evening. Email me at [abby.siebert@ridgewoodhs.com](mailto:abby.siebert@ridgewoodhs.com) to reserve your table; we fill up fast. On Friday, September 20th we will be enjoying Kentucky Fried Chicken for our Monthly Taste of Town. We will end the month with some fun National Food Days to celebrate. Also, friendly reminder if you want to share a meal with your loved one to please call ahead so we can prepare your meal. Also, we offer Chef Circle's weekly, so you can come discuss food ideas or preferences with me.

## AROUND CAMPUS



Wanda and Laura enjoyed Legacy's Water Gun Painting Art

during rock garden painting.



Terry, Bernie, James, and Polly had fun at our annual car show.

## Smile of the Month

Marcena smiled as she shared her published books and articles as part of our Lifelong Learning program.



## Did You Know...?

The Private Dining Room, Riverboat Café, and Activity Room can be reserved for families to come and enjoy a birthday party, get together, or to share a meal with their loved one.

**HAPPY HOUR:** Every Friday at 3:00pm. Come and join us!

The Trilogy Foundation grants wishes for our residents through Live A Dream. If you can think of something that your loved one would enjoy doing, please contact the activity department (812) 537-5700.



**RIDGEWOOD**

HEALTH CAMPUS

*A Trilogy Senior Living Community*

**181 Campus Drive  
Lawrenceburg, IN 47025  
812-537-5700  
ridgewoodhs.com |  **

*Gwen Reverman  
Executive Director*

*Bonnie Burnham  
Director of Health Services*

*Rhonda McCrory  
Assistant Director of Health Services*

*Tonda Denton  
Customer Service Representative*

*Ashlee Owens  
Business Office Manager*

*Lori Schwipps  
Life Enrichment Director*

*Kellee Couch  
Legacy Neighborhood Director*

*Adam Clark  
Director of Plant Operations*

*Abby Siebert  
Director of Food Services*

*Milly Rich  
MDS Coordinator*

## 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](mailto: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