



RIVER POINTE

HEALTH CAMPUS

A Trilogy Senior Living Community

News

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!

Residents

September 13	Carol B.
September 15	Joyce O.
September 24	Anna B.
September 24	Mary Z.
September 25	David D.
September 29	Mabelgene L.

Staff

September 02	Alyssa C.
September 04	Jessica L.
September 07	Brittney B.
September 12	Heather C.
September 16	Redeana P.
September 16	Ludnie J.
September 16	Cassandra L.
September 17	Kyla T.
September 21	Caty M.
September 22	Brandi J.
September 22	Cher L.
September 24	Stephanie G.
September 24	Caneshia R.
September 25	Ashley O.



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,

Adam Strickland
Executive Director

Days to Remember

September 02:

Labor Day

September 07:

Grandparents Day Sleepover

September 08:

River Pointe Family Brunch

September 08:

National Grandparents Day

September 11:

Patriot Day

September 15:

National Online Learning Day

September 30:

National Love People Day

SUMMER OUTINGS

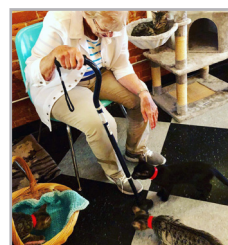
Our summertime adventures continue... Residents visited downtown Evansville where the Cat Lounge at the River Kitty Cat Café was reserved especially for them to play and cuddle with some adorable frisky felines! River Kitty Café always treats us like royalty & residents can't wait to visit again.



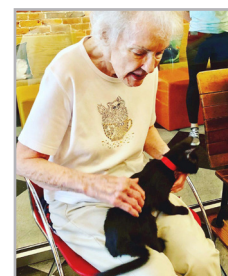
Fun at the Fair for a Summer Outing!



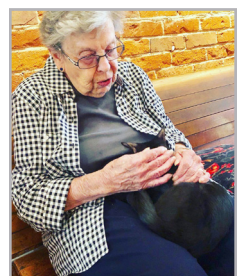
Taking a break during our Walk 'n Rollers Club! Ask how you can help us walk across the USA!



Yvonne, the cat whisperer, at the River Kitty Cat Café!



Loving the River Kitty Cat Café!



Playing together and cuddling together!

Staff Spotlight: Mary Cayte B.



Mary Cayte B. & Family

Position: Administrator.

I've been with River Pointe for 1 month.

My family consists of my 2 daughters: Evalynn, 7 years old, and Reagan, a 1 year old.

My hobbies: Singing, UK Basketball, St. Louis Cardinals Baseball, and Riding Motorcycles

More about me: I'm the baby of 11 kids! I was Hoosier-born & now reside in Kentucky. My dad was a WWII veteran. I've been in healthcare for 12 years.



Campus in Color

Only one day's worth of fresh tomatoes and more to grow!



Chef's Table

A small group of residents was treated to what is called Chef's Table, which is designed to create an exceptional dining event where the Director of Food Services (DFS) hosts a meal which is cooked and served in the kitchen for a small group of residents on Assisted Living. Our DFS at River Pointe, Megan, with help from our Assistant DFS, Jeremy, prepared and served a meal fit for royalty including a Caprese Salad & Spinach Bacon Stuffed Mushrooms for starters followed by Thick Cut Pork Chops with Mango Salsa accompanied by Baked Zucchini and Summer Squash Noodles along with Pan Fried Black Rice with Green Onion. For a decadent finish, Fresh Baked Berry Lemon Pound Cake garnished with a house made sauce & cream.



Les Miserables: School Edition

Each year the Public Education Foundation (PEF) and the Evansville-Vanderburgh School Corporation (EVSC) invite local students to audition for their annual high school summer play. This year their 31st Annual Summer Musical was Les Miserables: School Edition presented at the Old National Events Plaza. With seven residents and two staff in tow, the bus was full of excitement in regards to this longest-running musical in today's theatre!

Resident Spotlight: Dionne A.

My family: We're all very close - when one hurts, we all hurt.

My friends say I'm a looney tune, but love is the answer.

The hardest lesson I had to learn was patience.

Favorite food: Chocolate!

Words of Wisdom: "Love conquers all!"



Dionne A. and granddaughter, Kori



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Executive Director

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Stephanie Sellers
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Caty Mobley
Life Enrichment Director

Elizabeth Harrison
Director of Resident Services

Camelia Seger
Therapy Program Coordinator

Robin Arnold
Community Service Representative

Megan Kraft
Director of Dietary Services

Steve Talbert
Director of Plant Operations

Katie Houghland
Environmental Service 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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'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