



## 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!

## *Health Center*

|              |            |
|--------------|------------|
| September 13 | David H.   |
| September 19 | Russell M. |
| September 21 | Barbara R. |
| September 28 | Ronald B.  |

## *Assisted Living*

|              |          |
|--------------|----------|
| September 23 | Zelma P. |
|--------------|----------|

## *Staff*

|              |              |
|--------------|--------------|
| September 02 | Diana H.     |
| September 08 | Charlotte C. |
| September 09 | Chelsea R.   |
| September 12 | Brianna W.   |
| September 22 | Ashley D.    |
| September 26 | Keisha W.    |
| September 29 | Carrie L.    |
| September 30 | Telia T.     |
| September 30 | Melissa G.   |



## *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,

*Nicci St. Clair*

Executive Director

## Out and About

RiverOaks Health Campus residents toured the Toyota Princeton plant on Friday, August 2, 2019. The group consisted of 15 residents and staff members. Gwen B, at the age of 102 years, event attended the tour! The residents were amazed at the auto industry advancements and had a learning session before and after the tour of the plant. Volunteers are welcome on all of the out and about trips! Please visit Dawn Green, Life Enrichment Director for more details or call the campus at 812-385-0794.





# LIVE A DREAM

The RiverOaks residents LIVED A DREAM and went on a fun waterslide ride in July! The morning was simply perfect and cool for our first ever Slip and Slide ride. The residents initially were a little hesitant to try something new but when they realized it was FUN they all wanted to go! Some commented that they wanted to do it again soon and some stated, "Best Day Ever". We couldn't have agreed more when the laughter and fun was shared by so many!!! A special thank you to all of the RiverOaks Staff and managers who helped out that morning to make it a fun time together! Big Thanks to Nicci S. our amazing Executive Director for letting us try something new!



*'Best Day Ever' says David H. after the slide ride with Olivia D.!*



*Phyllis B. and Lettie B.*



*Frank S. and his daughter watch the waterslide ride!*



*Mary E. and Evelyn L. take a turn on the slide ride!*



*Nicci and Inez on the slip and slide ride!*



*We had a ball at the RiverOaks Annual Slip and Slide!*

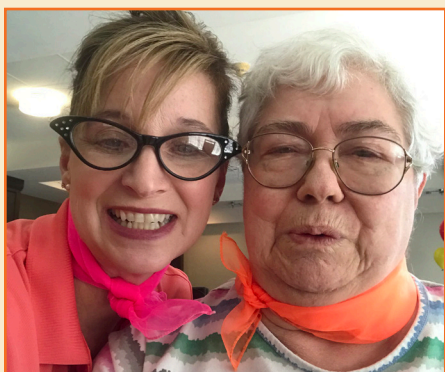
## Volunteer News

**Lane S. volunteering during Living Arts.**



## Taste of Town

Princeton Sonic as the July Taste of the Town restaurant. Sonic was enjoyed for lunch by all the residents at the campus. Taste of the Town is monthly and the food is brought in for everyone to have a restaurant experience! Not only is the food different, but the decorations are themed to the restaurant or to the food! The tables were dressed in red and white checked and balloons with "Sonic" were at all the tables in the dining room-(don't stay in your room that day for lunch). The restaurant supplies cups and napkins and mints for the tables. The food was super great and drive-in style! The residents had Coney Dogs and onion rings and Sonic favorite tater tots! The next Taste of the Town is September 25 and features Princeton Dairy Queen!



*Dawn and Zelma dressed in 50's attire for the Taste of the Town Lunch from Sonic restaurant in Princeton!*



**RIVEROAKS**

HEALTH CAMPUS

*A Trilogy Senior Living Community*

1244 Vail Street

Princeton, IN 47670

812-385-0794

riveroakshc.com |  

*Nicci St. Clair*  
Executive Director

*Patsy Denny*  
Director of Health Services

*Mark McFarland*  
Assistant Director of Health Services

*Tina Barnes*  
Community Service Representative

*Christy Creamer*  
Customer Satisfaction Specialist

*Pam Cox*  
Business Office Manager

*Gregg Henager*  
Assisted Living Manager

*Kelly Stevens*  
Director of Resident Services

*Dawn Green*  
Director of Life Enrichment

*Jennifer Smitha*  
Therapy Program Director

*Dawn Horning*  
Director of Food Service

*Marilyn Adamson*  
Medical Records

## 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)*

*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

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ACTIVITY

ADAPT

AGING

CHANGE

CHESS

DREAMT

GROW

HEALTHY

LEARN

PHYSICAL

PROCESS

REALITY

ROUTINE

SING

SUPPORT

WELLNESS