



## 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!

September 02	Alice E.
September 07	Tracie P.
September 07	Edith S.
September 07	Ruby D.
September 10	Marsha S.P.
September 16	Robert B.
September 22	Linda S.
September 24	Tami G.
September 24	Donna T.
September 25	Fern M.
September 25	Sylvia K.
September 30	Betty B.

## Did You Know...?

The September Sunday Brunch will be held Sunday, September 15, 2019. If you would like to reserve a table please RSVP our guest relations.

Happy Hour is weekly at 3:30pm every Friday!

## Chef's Circle

Do you have any questions or requests for our campus chef Shawn, Director of Food Services or Jordan Brumett Assistant Director?! Join us weekly at 10:50am in the Health Center Dining Room for our Chef's Circle discussion! All Residents and Families are invited!

*left: Shawn Burge, Director of Food Services*  
*right: Jordan Brumett, Assistant Director of Food Services*

## 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,

*Pamela Cole*  
Executive Director





# LEGACY LANE SPOTLIGHT

Silver Oaks Legacy Lane recently started a new art program entitled Inspired Artisans. This program was specifically designed for our Residents! It promotes creative expression and a sense of accomplishment through art! Each week Legacy Lane will be completing a new Inspired Artisans project, please feel free to stop by and view some of these great works!



## BFF, The Best Friends Approach

Here at Silver Oaks this year we have been implementing the Best Friends Approach to Dementia Care! Researchers have found individual who have had high quality close friendships tend to have lower social anxiety, an increased sense of self-worth, and fewer symptoms of depression. Let's be BFF's!!! Contact your Life Enrichment Director or Legacy Lane Coordinator for more information on this amazing program!





SILVER OAKS

HEALTH CAMPUS

*A Trilogy Senior Living Community*

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*Pamela Cole*  
Executive Director

*Linda Benter*  
Director of Health Services

*Tommy Burns*  
Business Office Manager

*Alesa McQueary*  
Life Enrichment Director

*Shawn Burge*  
Director of Food Services

*Jordan Brumett*  
Assistant Director of Food Services

*Melissa Hacker*  
Director of Therapy

*Lindsay Eldridge*  
Social Services Director

*Ashley Harbaugh*  
Community Services Representative

## Stay in the Loop [t](#) [f](#)

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

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
P	Q	X	Y	H	P	B	A	P	M	G	R	C	Z	B	L	N	A	M
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ACTIVITY

ADAPT

AGING

CHANGE

CHESS

DREAMT

GROW

HEALTHY

LEARN

PHYSICAL

PROCESS

REALITY

ROUTINE

SING

SUPPORT

WELLNESS