



THE SPRINGS  
AT STONY BROOK

*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 01	Nicholas D.
September 09	Lucy M.
September 09	Clint M.
September 09	Pat M.
September 11	Martha W.
September 15	Martha T.
September 20	Chom P.
September 28	Charles A.

## Sunday Brunch

Sept. 8th

Sunday Brunch is offered the second Sunday every month. Brunch is held from 11:00 a.m. to 1:00 p.m. Brunch-type foods are served.

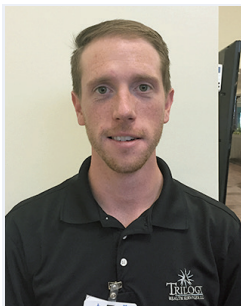
## Taste of Town

Wednesday, August 14  
at 11:30am (Restaurant TBD)

## Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link: [springsatstonybrook.com](http://springsatstonybrook.com)

Happy Hour is held weekly on Fridays at 3:00pm with Live Entertainment! Please join us in a fun-filled Friday with music and great refreshments!



## 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,

*Sean McCoy*  
Executive Director

## Out and About

Stony Brook residents are going to the Derby Dinner Playhouse on September 19th! We plan to see Millionaire Dollar Quartet! This will be a great Summer Fieldtrip for our residents.

Every Summer, Trilogy Health Services commits funds for each of our campuses' residents to have the opportunity to experience their communities. Such trips may include fishing and picnics in the park, trips to museums, theatres, zoos, train rides, sporting events and other local attractions. We also encourage campuses to "bring the fieldtrip to the campus" for all residents to engage in, when possible.



# LIVING ARTS

We offer Art Programs weekly to give residents the opportunity to creatively express themselves through different mediums. Art programs encourage and promote use of fine motor skills, boost self-esteem, promote socialization and help to maintain cognitive function

Some of the types of art programs may be a craft art form such as painting, sculpting, quilting, sewing, crochet, pottery, photography, jewelry making, scrap booking, stamping, etc. If you or someone you know may be interested in Volunteering to assist with these types of programs, please contact our Life Enrichment Department.





# THE SPRINGS AT STONY BROOK

*A Trilogy Senior Living Community*

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Louisville, KY 40220

502-491-4692

springsatstonbrook.com |

*Sean McCoy*  
Executive Director

*La'Keisha James*  
Director of Health Services

*Carolyn Strong*  
Assistant Director of Health Services

*TBD*  
Life Enrichment Director

*TBD*  
Community Services Representative

*Tabitha Kielian*  
Director of Social Services

*Tracy Novak*  
Business Office Manager

*Ray Giron*  
Director of Food Services

*Stephen Valentine*  
Director of Environmental Services

*Chris Crimmons*  
Director of Plant Operations

## 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

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
K	V	V	W	A	U	R	W	L	U	R	N	B	A	A	S	N	M	Q
O	R	S	I	N	G	B	O	P	I	R	U	P	T	H	S	P	W	D
B	V	U	A	G	R	I	U	C	A	T	Y	L	C	G	O	U	W	U
R	P	U	D	E	M	F	A	E	E	A	Y	J	V	E	O	X	P	R
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ACTIVITY  
ADAPT  
AGING  
CHANGE

CHESS  
DREAMT  
GROW  
HEALTHY

LEARN  
PHYSICAL  
PROCESS  
REALITY

ROUTINE  
SING  
SUPPORT  
WELLNESS