



VALLEY VIEW

HEALTH CAMPUS

A Trilogy Senior Living Community

Venue

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

Helen M.	9/1
William W.	9/11
James G.	9/16
Helen F.	9/17
Mary M.	9/20
Shirley O.	9/29
Joan Z.	9/30

Staff

Marsha T.	9/5
Courtney L.	9/5
Nicole R.	9/8
Daniel K.	9/9
Hannah M.	9/18
Melissa N.	9/26



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,

Jody Patynko, LHNA
Executive Director

Volunteer News

Serving others is our primary function. From our communities to our employees, we work hard to help others. Volunteer today to help someone experience a better life. Currently we are looking for volunteers to assist with bingo, rosary service/bible studies, crafts, and lunch outings. To learn more about volunteer opportunities please contact Valley View Health Campus at (419) 332-0357

Did You Know...?

Did you know that you could read the monthly newsletter online? Please follow the [cams link at www.valleyviewhc.com](http://www.valleyviewhc.com)

The Private Dining Room can be reserved for family gatherings or special meals.

Happy Hour is weekly at 2:30pm and is held in the June street parlor. Feel free to join us!

Health Center Outings

9/4 - Lunch Bunch @ Peking

9/11 - Speed Trap Diner

9/15 - Sunday Drive

9/18 - Overnight Retreat

(Sauder Village)

9/22 - Morning Drive

9/25 - Hollywood Casino

9/29 - Sunday Drive

Assisted Living Outings

9/5 - Lunch Bunch @

Subway & shopping

9/12 - Lunch Bunch @ Cozy Corners

9/15 - Sunday Drive

9/18 - Overnight Retreat

9/22 - Morning Drive

9/25 - Hollywood Casino

9/29 - Sunday Drive

Photo Highlights



The business office will now be open until 6:00pm on Mondays and Wednesday for any payments or billing questions.

Tuesday, Thursday and Friday - Regular business hours 8:00am - 4:30pm

Trilogy Travel Club

The Trilogy Travel Club is a complimentary travel service provided to the residents, friends and family of Trilogy Health Services. Think of us as your convenient on-hand travel agents! We offer a variety of trips with all of the travel details arranged for you, and bring Trilogy team members to provide the best in care on our trips. To learn more about the Travel Club please contact a member of our Life Enrichment Team.



Senior Executive Club

September 12 - We are asking that no one arrive before 1:00 p.m.

Taste of Town

Tuesday, September 17-
Billy's (Breakfast)

Massage Therapist

Valley View is pleased to announce we now have a MASSAGE THERAPIST. We welcome Tanya Tucker. She will come to the facility by appointment only. To schedule an appointment or to purchase a gift certificate for your loved one you can contact her at (419)559-1885, or contact a member in our Life Enrichment department, we will be happy to schedule an appointment for you.



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Fremont, OH 43420

419-332-0357

valleyviewhc.com |  

Rey Nevarez

DVP-North Ohio Division

Jody Patynko

Executive Director

Courtney Lemaitre

Director of Health Services

Robin Knebr

Asst. Dir. of Health Services

Meghan Birkholz

Customer Service Director

Lisa Mathna

Business Office Manager

Heather McDonald

Life Enrichment Director

Amy Opre

Director of Therapy

Marsha Thompson

Director of Social Services

Dena Pena

Director of Environmental Services

Jim Thrun

Director of Plant Operations

Kylie Ferguson

Director of Food Service

Janice Kadlubowski

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*

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

ACTIVITY

ADAPT

AGING

CHANGE

CHESS

DREAMT

GROW

HEALTHY

LEARN

PHYSICAL

PROCESS

REALITY

ROUTINE

SING

SUPPORT

WELLNESS