



THE VILLAGES
AT HISTORIC SILVERCREST
A Trilogy Senior Living Community

Herald

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

Bonnie S.	9/1
Geneva W.	9/6

Smile of the Month

Betty was serenaded on her birthday by the Danny Linde Duo at Happy Hour!



Sunday Brunch

We host a Sunday Brunch every first Sunday of the month. From waffles and omelets to fried chicken and mashed potatoes, there's something for everyone! Come join us at either 11:00 am or 12:30 pm. Please make reservations at the front desk by the Wednesday before brunch.

Customer Service Moment

We have wonderful employees that go above and beyond everyday for our residents. If you know of someone on our staff that has done so for your loved one, please share your story with us. We love to spotlight our employees that spread the love!



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,

Carla Sieckert
Executive Director

Community Connections

Residents visited the New Albany Floyd County Animal Shelter in July, but they didn't arrive empty-handed! They delivered dog treats they had baked the day before. In September, we plan to return with kennel blankets!



Mary Lou prepared homemade dog treat dough



Ina met Fievel, a surprisingly adorable rat, at the shelter!



Betty (left) and Martha (right) met a sweet kitten, Elizabeth

Out and About

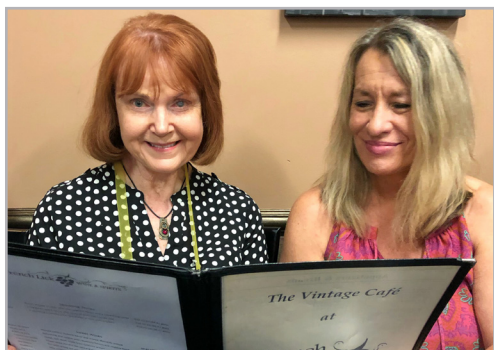
At Silvercrest, we plan at least two field trips each week. Last month we played the slots at Horseshoe Casino, delivered dog treats to the local shelter, and met an elephant at Wilstem Ranch. Next up: Old Forester Distillery and the Kentucky State Fair!



Sid and Betty took in Yesterday at the New Albany theater



Lunch and slots at Horseshoe Casino



Debbie and Christine at French Lick Winery



Up close and personal with Lou the elephant at Wilstem Ranch

Family Night

July 11th was a hot one, but it didn't slow us down. We had such a blast with our residents, families, and friends at our Summer BBQ!



Bonnie



Joe and a pal



Harold and Linda



Carla and Holmesetta

Volunteer Time

We appreciate you, volunteers! Families and friends, you're always welcome to join us on an outing, call a round of bingo, share a talent, or just sit and chat during Happy Hour. Take a look at our activities calendar and reach out to any Life Enrichment team member and let us know when you'd like to swing by for an hour or two!

Thank you, Nick, Christina, and Troy, for stopping by to stroll with residents in the garden and accompany them to our theater for a matinee!



Live a Dream

We want to make your dream come true! Please contact Life Enrichment for any questions or ideas for your loved one. We're currently seeking veterans who'd like to take their much-deserved Honor Flight, an amazing trip to Washington D.C., paid for by Trilogy.

Did You Know...?

The Private Dining Room can be reserved for birthdays, dinners, and other special events. Please contact us for reservations.

Happy Hour is weekly at 3:00pm every Friday in the Piano Bar. Family and friends are more than welcome to join us!



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1 Silvercrest Drive
(formerly 1809 Old Vincennes Rd)
New Albany, IN 47150
812-542-6720
villagesatsilvercrest.com |

Carla Sieckert
Executive Director

Rebecca Bowling
Director of Health Services

Andy Griffin
Asst. Director of Health Services

Michelle Boso
Community Services Representative

Molly Rucks
Life Enrichment Director

Elisabeth Voelker
Villa Lifestyle Director

Brad Houchins
Dining Services Director

Therese Casper
Social Services Director

Megan Riedling
Therapy Program Director

Jenny Brown
Customer Service Specialist

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*

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