



THE LAKES
OF MONCLOVA

A Trilogy Senior Living Community

Messenger

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!

Assisted Living

Dorothy M. September 11
Stephen B. September 24

Legacy

Theresa S. September 01
Norma M. September 04
Bill M. September 06
Elaine P. September 06
Patricia K. September 16
Lucy G. September 17

Health Center

Mary Ann L. September 03
Cathy P. September 06
Bette W. September 08
Joann W. September 11
Rose I. September 13

Volunteer News

Our Volunteer Program has been technologically updated! When you stop in to volunteer, please see one of our Life Enrichment staff to sign in on our MobileServe tablet. We are always looking for fun and friendly people to help with our Bingo, Shopping Trips, Events, and to sit down one on one with our residents. Each and every volunteer makes a huge impact!

Sunday Brunch

Sunday, August 8th from 11:00- 1:00. Each resident is welcome to 2 guests free of charge. Additional guests will be \$10 each.

Family Night

Thursday, September 12th from 5:00-7:00. We'll kick off the football season with a Tailgating Theme!

Executive Director Corner

Happy August! I hope that everyone has been enjoying themselves these past few weeks. We've been busy in the best ways possible – celebrating the Fourth of July with friends, enjoying Sunday Brunches with family, and making memories together that are sure to stay with us for the rest of our lives. But we're not done celebrating yet!

August 21st is Senior Citizen's Day, so I wanted to take some time to acknowledge all of the incredible senior citizens who call our campus home. Whether you've been with us for two weeks or two years, your approachability, warmth, and wisdom has been evident ever since you first came through our doors, and has made serving you each and every day an absolute joy. Life is an adventure that was meant to be shared, and we're so lucky that we have you to share it with.

Speaking of adventure, I also want to take this opportunity to remind all of our residents about our Live a Dream program. With Live a Dream, we're proud to take our seniors on all kinds of adventures – whether it's something they haven't done since they were a teenager, or it's something that they've never done before in their life. We've had residents who have gone sky-diving, met their favorite bands backstage, and even sat in a replica of the Batmobile! Whether you're looking for a new experience or want to relive an old one, we're happy to make your dream a reality. Contact a member of our Life Enrichment team to find out how.

I hope everyone has a great month, and I hope to see you soon!

Yours in Service,
Desiree Staifer
Executive Director

PHOTO HIGHLIGHTS



MORE PHOTO HIGHLIGHTS



Grandparents Night
Grandparents Night Slumber
Party will be September 7th!



THE LAKES OF MONCLOVA

A Trilogy Senior Living Community

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lakesofmonclova.com |

Desiree Staifer
Executive Director

Tamar Lomeli, R.N.
Director of Health Services

Chris Lyon
Social Services

Linda Bronowski
Customer Service Representative

Nina Shipman
Business Office Manager

Candace Camp
Life Enrichment Director

Tim Osstifin
Director of Plant Operations

TBD
Director of Dining Services

Dan Lenz
Environmental Services Director

Jennifer Reau, C.T.R.S.
Legacy Neighborhood Director

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@trilogybs.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
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ACTIVITY
ADAPT
AGING
CHANGE

CHESS
DREAMT
GROW
HEALTHY

LEARN
PHYSICAL
PROCESS
REALITY

ROUTINE
SING
SUPPORT
WELLNESS