



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!

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 Villa neighborhood, 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!

Happy Birthday!

We will celebrate our resident's September birthdays at the Clubhouse on September 20 during Happy Hour. Please join us to celebrate our wonderful residents!

Did You Know...?

You can help choose your neighbors! If you know a friend or anyone in your social circle who may love the lifestyle the Villas offer, please let us know. We are always looking for ways to educate and inform the surrounding communities how great the Villas are.

Contact your Villa Lifestyle Director

Tina Bettsteller, 248-826-4879,
Tina.Bettsteller@westlakehc.com

Brent Hayes
Executive Director

Madeline Heierman
Assistant Administrator

Jen Matschikowski
Community Services Representative

Tyler May
Customer Service Specialist

Rick Gasperowich
Director of Plant Operations

Kimberly Penn
Director of Environmental Services

Suzanne Poling
Business Office Manager

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

Special Events from Last Month

Lunch & Learn –

Great presentation from Paragon Physical Therapy



NEW!: Ladies, please join us Thursdays from 2-4pm at the Club House for an enjoyable time with our friend from Mary Kay. Great tips and nice company. We hope to see you there.

TEXAS HOLD'EM POKER & PINNOCLE!:

Get your poker faces ready because Ray S. will be teaching everyone how to play Texas Hold'em! All are welcome to join! No experience needed. The class is held on Saturdays at 6pm at the Club House.

Our new Pinnochle group has taken off with flying colors! More players are always welcome. Pinocchle takes place on Mondays at 2pm at the Club House.

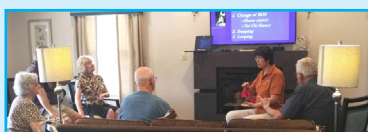
HOT BREAKFAST: Join us on Thursday, September 6th and September 20th for our hot breakfast at 9:30am. It is a great opportunity to gather as a community! If you have any recipe ideas please see Tina in the Clubhouse. We'd love to see you there and try something new and delicious for breakfast!

CLUB HOUSE HOURS: The Club House will be available for Community and Family Events as well. We are looking to collaborate with your group. Space is available, contact us for more information Monday through Friday 9am-5pm. Contact, your Villa Lifestyle Director for details.

Looking Ahead

September is Fall Prevention month! Please look for information at the Club House and around the campus.

Tai Chi: Our Westlake Villas Club House will now be offering Tai Chi classes every Monday and Wednesday from 9:00am to 10:00am at our Club House. It is such a wonderful opportunity to work on stability, balance, coordination and a peaceful mind. Tai Chi is included for Villa residents and will also be open to the public for \$5 per person. Please contact your Villa Lifestyle Director.



Upcoming Events

9/03: Alzheimer's & Dementia Support Group at 6-7pm**

9/05: Kathy Cameron with Mary Kay from 2-4pm**

9/06: Villa Community Meeting at 2pm**

9/10: Soup and Sandwich at 12pm**

9/12: Hot Breakfast at 9:30am*

9/12: Kathy Cameron with Mary Kay from 2-4pm**

9/12: Dinner Club-TBD We leave the Club House at

9/17: SEC at 2pm in the Health Center Dining Room

9/19: Kathy Cameron with Mary Kay from 2-4pm**

9/20: Please join us during Happy Hour at 3pm to celebrate our September birthdays!

9/25: Lunch and Learn at 12pm**

9/26: Hot Breakfast at 9:30am**

9/26: Kathy Cameron with Mary Kay from 2-4pm**

** = Location in Villa Clubhouse