

The Benefits of Lifelong Learning

Being mentally active is a sure-fire way to help your brain stay healthy and alert. Whether it's learning a new language, dusting off your math skills, or immersing yourself in a new culture, the benefits of keeping our minds engaged is just as beneficial to the brain as it is to opening our hearts.

According to the National Institute on Aging, research around these subjects has shown that they each have a positive link to our cognitive health:

- Keeping our physical health in check
- Helps manage high blood pressure
- Eating healthy foods
- Being physically active
- Keeping our minds active
- Staying connected with social activities

- Managing stress
- Reducing risks to cognitive health

Our campus offers opportunities to stay on top of each of these subjects – but our *Lifelong Learning* program directly tends to your mental wellbeing by providing a cooperative educational experience. Enrich your mind with courses and

activities including, but not limited to: Art, Computers, History, Humanities, International Studies, Languages, Music and Performing Arts, Psychology, Social Studies, Recreation, Science, Health, and Math at least one time per week.

Talk to a member of our team today to learn about how you can get started!



Happy Birthday!

Residents

Edith B.	8/01
Gordon F.	8/18
Elizabeth R.	8/19
Betty S.	8/19
Mary M.	8/27
Mary F.	8/27
Barbara D.	8/29

Staff

Parris R.	8/02
Kendra G.	8/03
Ashley M.	8/06
Jennifer E.	8/09
Alicia L.	8/09
Carl D.	8/11
Jasmine W.	8/12
Carol K.	8/13
Kieran O.	8/14
Trista S.	8/16
Susan S.	8/17
Courtney F.	8/17
Larita W.	8/20
Phillip J.	8/25

Residents had a ball celebrating the T200 with over 25 rides traveling 200 miles between campuses. At Bethany Pointe, we ride on!



Executive Director Corner

Welcome back to the ED Corner!

There's no doubt we're in August now – with some of the hottest days of the year reminding us to stay cool, stay hydrated, and stay healthy. Talk to any member of our team about how you can cool off with our indoor activities, and we'll be happy to direct you towards our many upcoming events! Speaking of which...

Our latest Theme Week kicks off this month, with "Beyond The Sea" lasting from August 21st through August 27th. Get ready to climb aboard as we embark upon a campus-turned-cruise adventure, filled with 6 straight days of themed activities, decorations, and of

course, themed meal options. As always, please don't hesitate to contact any member of our Life Enrichment team with any questions you might have. We'll make sure you're ready by the time we call "All Aboard"!

Finally, please join me in welcoming the many new faces to our community. You may have already introduced yourself to some of our new residents, but if not, be sure to greet them with a smile, and encourage them to participate in all that we have to offer. Just by being yourself, you can go a long way in making someone feel at home.

Let's have a great month!

Yours in Service,
Alicia Lambert
Executive Director





Louise just loves to jump in and help create some delicious recipes in Creative Cooking

Our entertainers bring so much joy to the campus



Family Night

We're inviting family members to join us at 3pm on August 12th for our Milkshakes & Music Happy Hour. Come and join in the fun while we dance and sing to our favorite genre...the Golden Oldies!

Sunday Brunch

August 21st will be our next delicious Sunday brunch. Each resident may be joined by two family members for a free meal. We would love to break bread with you!

Smile of the Month

This smile of the month belongs to Ella! We had a Blast to the Past with our Back to the Future Happy Hour and her smile really says it all.



Enjoying the Outdoors

Floyd takes some time to relax and enjoy the warm weather





BETHANY POINTE

HEALTH CAMPUS

A Trilogy Senior Living Community

1707 Bethany Road

Anderson, IN 46012

765-622-1211

bethanypointehc.com |

Alicia Lambert
Executive Director

Amanda Crabill
Administrator in Training

Alexa Troutman
Director of Health Services

Zella Fulp
Director of Environmental Services

Ashley Miller
MDS Coordinator

Jennifer Edgecomb
Business Office Manager

Brandon Reynolds
Director of Food Service

Scott Noel
Legacy Neighborhood Director

Wendi Goens
Life Enrichment Director

Josh Dyke
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

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Monthly Trivia & Activity Corner

All trivia answers will be printed in our upcoming month's newsletter!

Question 1: At what age does your brain fully form?

Question 2: The ocean covers more than ____ percent of the Earth's surface.

Question 3: What is a group of lions called?

Question 4: True or false:
Paul Revere shouted "The
British Are Coming!"

Question 5: What is the
only sport to be played on
the moon?

Flip the page for last
month's trivia answers:

Q1: Where was Independence Day
first celebrated? Philadelphia
Q2: What vitamin can you get
from sunlight? Vitamin D
Q3: Which planet has the
most moons? Jupiter
Q4: What does the wizard
give the Tin Man at the end of
The Wizard of Oz? A clock
Q5: Which Elvis Presley song
was the first to become a Number
1 hit in the U.S. in the 60s? I
Forgot To Remember to Forget



Grab some markers, crayons or pencils to show your support
for World Honey Bee Day on Saturday, August 20!

Word Search

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

ACTIVITIES

AGING

ALERT

COGNITIVE

CULTURE

EDUCATIONAL

ENRICH

EXERCISE

EXPERIENCE

FOOD

HEALTHY

LEARNING

LIFELONG

MIND

PHYSICAL

STRESS