

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

Wilma K.	August 01
Majella W.	August 08
Blondeana M.	August 10
Neal C.	August 12
Charles M.	August 26
Sue H.	August 28
Betty F.	August 29

Staff

Gabrielle S.	August 03
Raymond G.	August 04
Sandra J.	August 05
Allison W.	August 05
Brittany C.	August 10
Trudi S.	August 14
Railyn W.	August 14
Kayla H.	August 18
Bailey W.	August 20
Savannah B.	August 23
Hunter H.	August 30



Executive Director Corner

Happy July,
everyone!

It's been an
amazing

summer so far of cookouts, nights spent with friends, and of course, refreshing Happy Hours to help us cool down. In our childhoods, it was around this time of year that many of us started looking towards the dreaded return to the classroom – but here at our campus, July means that the party is just getting started.

The penultimate Theme Week of the year is already upon us, and this time, we're heading to the high seas! From August 21st – August 27th,

we'll be embarking upon a campus-turned-cruise with our "Beyond The Sea" Theme Week, bringing all of the amazing sights and sounds of being out on the ocean right here to our home. We'll have more information to share with you before we set sail, but in the meantime, don't hesitate to reach out to any member of our Life Enrichment team with any questions you might have!

Looking forward to
seeing you aboard!

Yours in Service,

Todd Frasher

Executive Director

CAMPUS IN COLOR

At Sanders Ridge, our residents don't just stop to smell the roses – they help bring them to life! Held every Spring, our Campus in Color gardening celebration rings in the season of renewal with fertilizer, fresh air and friendships that continue to make our community blossom.

The WHY. Gardening is exercise, can help your memory and helps you feel good! We had such a great time this summer in the garden!





Family Night

Thank you to all of our residents, families and employees who helped us celebrate our Family Night - it was shrimpily the best! Complete with plastic tablecloths, bibs and wet naps to create the summer seafood boil experience. Lots of fun, entertainment and fellowship! You do not want to miss our next family night!

I scream, you scream, we all scream for ice cream!

Thank you to our friends at JenCare Senior Medical Center for hosting an ice cream social for our residents, families and employees. We enjoyed the tasty treats and are looking forward to the next visit!





SANDERS RIDGE

HEALTH CAMPUS

A Trilogy Senior Living Community

119 East Sanders Lane
Mt. Washington, KY 40047
502-251-3821
sandersridgehc.com |

Todd Frasher
Executive Director

Krista Shepherd
Director of Health Services

Allison Aguas
Assistant Director of Health Service

Valerie Rucker
MDS Coordinator

Bri Harris
Customer Service Representative

Savannah Brown
Customer Service Specialist

John Bates
Therapy Program Director

Brittany Chesser
Social Service Director

Ray Giron
Area Director Food Service

Dana Higdon
Business Office Manager

TBD
AP/ Payroll

Cisco Aguas
Plant Operations 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@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