



SHELBY FARMS  
SENIOR LIVING

*A Trilogy Senior Living Community*

# Harvester

August 2022

## 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!

Staff

Ryan L

8/22

## Smile of the Month

Bob and his Veterans Honor Wall portrait, shot at Ft. Hood, Texas, just prior to his shipping to Frankfurt, Germany.



*Spc. 4 Robert Mackey, US Army*

## Save the Date

8/05 at 2:00 pm:  
Alzheimer's Support Group

8/6 at 2:00 pm:  
Community Dog Show

8/12: Bell House Taste of Town

8/14: at 11:00 am:  
Sunday Brunch

8/21 from 2:00 pm - 4:00 pm:  
Open House

8/25: "Beyond the Sea"  
Themed Dinner

## Our Bus Is Here!

It was as hot as blue blazes, but we couldn't wait to take our bus out for a spin to Dairy Queen for Blizzards, strawberry shakes, and some delicious hot fudge sundaes!



## Executive Director 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 week 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! Just by being yourself, you can go a long way in making someone feel at home.

It's going to be a great month!

Yours in Service,

*Brittany Fancher*  
Executive Director



*Our bus' maiden voyage!*



# 4TH OF JULY COOKOUT!

There's nothing better than having our families over to celebrate the holidays.  
Thanks to all who joined us!



*Gene and family*



*Mike working his grill magic!*



*Stevie*



*Judy and family*



*Mary and family*



*Mildred and her daughter, Carla*

## Curtis Cabaret!

Curtis Williams will be performing for us every second Thursday at dinner. His versions of "My Way" and "Chantilly Lace" are second to none!



*Curtis Williams*

## The Saddlebred Salon is open for business!

Just drop a note in the mailbox outside of the salon with your name, the date you're leaving the note, and what service(s) you'd like. Elly will look for you on the following Wednesday!



*Elly, our stylist*





# SHELBY FARMS

## SENIOR LIVING

*A Trilogy Senior Living Community*

100 Williamsburg Drive

Shelbyville, KY 40065

502-257-9485

shelbyfarmssl.com |  

*Brittany Faucher*  
Executive Director

*Mindy Hahn*  
Director of Health Services

*Dr. Waqar Saleem*  
Medical Director

*Andrianna Marshall*  
Customer Service Representative

*Mike Bunger*  
Director of Plant Operations

*Alisha Osborne*  
Business Office Manager

*Stephanie Peyton*  
Director of Food Services

*Molly Rucks*  
Life Enrichment Director

*Gypsy Piche-Morgan*  
Legacy Lane Coordinator

*Torie Butler*  
Guest Relations

## 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](mailto: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