



THE SPRINGS
OF RICHMOND

A Trilogy Senior Living Community

News

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!

Residents

David R.	August 04
Roger L.	August 05
Mary Ann W.	August 08
Mark P.	August 15
Byron W.	August 27
Carolyn N.	August 29

Staff

Laura C.	August 09
Chelsea B.	August 18
Tony B.	August 19
Mark D.	August 23
Denise M.	August 28
Jacqueline S.	August 28

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"!

Let's have a great month!

Yours in Service,

Julie Reed
Executive Director

Servant Leader Spotlight

Our Servant Leader for the month of July is Staci Saylor. She is our Lead Transportation Assistant, If you ever been to our campus or to an appointment with your loved one, you have seen Staci in action, she makes sure our residents get to there appointments on time and has built many great relationships with the doctors office, family and residents.

Thank you Staci for your steadfast commitment to our Campus.



PRIDE MONTH

June was Pride Month and our campus and residents had a great time Celebrating and showing our Pride.



Sunday Brunch Sunday Brunch has become a Resident Favorite it happens the third Sunday of every month. It's the time for great food prepared by our awesome dietary department, and for families to reconnect with their loved ones over a great meal.



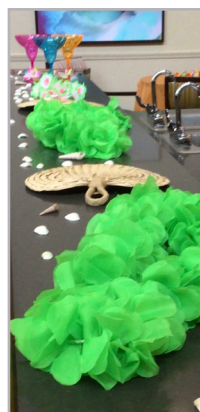
Bingo Night

Thursday Night Bingo is always a Fun time for the residents. Stop in sometime and see what all the excitement is about.



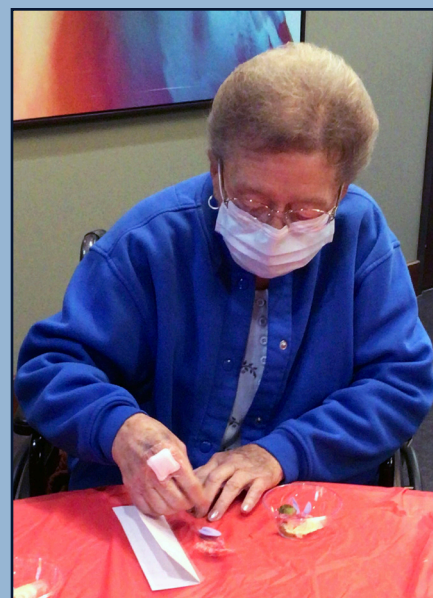
Happy Hour

Our Themed Happy Hours happen every Friday from 3pm to 4pm and our residents love them. Themed Food from our great dietary, live music from our local artists and most important is our residents happy faces.



Activities Corner

Our Residents really loved making Flower Pressed Bookmarks, they used the flowers from around our Campus.





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TBD
Executive Director

TBD
Director of Health Services
Logan Blackwell
Assistant Director of Health Services

Robert Newton
Life Enrichment Director

Jamie Martin
Business Office Manager

Melissa Bryant
MDS Coordinator

Ainsley Ziegler and Hallie Holbrook
Directors of Social Services

Sindy Henson
Director of Environmental Services

Steve Duncil
Director of Plant Operations

Serina Centers
Director of Food Services

Amanda Jett
AP/Payroll

Stay in the Loop

Keep up with latest campus news
and happenings by following
us on your favorite social networks!

Like us on Facebook:
Springs of Richmond

Follow us on Twitter:
@SpringsRichmond

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
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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