



WATERFORD PLACE

HEALTH CAMPUS

*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

Phyllis M.	8/03
Mona M.	8/08
Martha O.	8/12
Phyllis W.	8/16
Donna G.	8/17
Carol L.	8/22
Betty C.	8/26
Kathryn C.	8/27
Patricia R.	8/29
Fayella S.	8/31

## Staff

Faith G.	8/01
Maryann W.	8/07
Ashlynn J.	8/09
Ashley J.	8/11
Breeann S.	8/19
Mckennah H.	8/21
Cheryl D.	8/22
Carrie T.	8/23
Deborah C.	8/28
Kyle B.	8/28
Sonshara T.	8/31



## 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,  
*Rachel Bishir*  
Executive Director

## Legacy Spotlight

Monster cookie energy bites sure are a great snack and not scary at all to make!



*Mix, stir, and serve!*

## Activities Corner

Bad dum tssss! Come join Thursday at 10:30am for yoga ball drumming. It's always a jam-tastic time!



*Check out these ladies jammin' out!*





## ARTISAN PROGRAM

Check out the first step of our clay wall hangers. Life Enrichment had so much fun with these residents and can't wait to see how beautiful they'll be after they're painted!



*One step closer to beautiful wall decorations!*

## Save the Date

All aboard! Somewhere Beyond the Sea theme week will be docking August 21st-27th. Family and friends are more than welcome to come and celebrate with us on August 25th for our Captain's Ball Dinner!

## Community Connections

In recognition of Independence Day, residents made festive lanterns! We love our friends from St. Vincent Kokomo!



*Andrea and her EMT team bringing the 4th of July fun!*

## Live A Dream

Although it was a little too windy for a hot air balloon ride, it was a great time to mingle with the Trilogy Campuses that came! If you have a Dream, let someone know and we'll try to make that dream come true!



*Summer nights, ice cream, and friends are the best combination*



# WATERFORD PLACE

HEALTH CAMPUS

*A Trilogy Senior Living Community*

800 St. Joseph Drive

Kokomo, IN 46901

765-236-1239

waterfordplacehc.com |  

*Rachel Bishir*  
Executive Director

*Mike Wray*  
Administrator

*Monica Brooks*  
Director of Health Services

*Penny Hinze*  
Assistant Director of Health Services

*Laura Harpe*  
Business Office Manager

*Carly Haines*  
Director of Social Services

*Nick Fuson*  
Life Enrichment Director

*TBD*  
Director of Plant Operations

*Jesse Huntzinger*  
Director of Food Services

*Kris Myers*  
Environmental Services Director

*Melissa Ward*  
Legacy 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](mailto:comply@trilogyhs.com)*

*Newsletter Production by PorterOneDesign.com*

# 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