

# The East Troy News

MANOR

SEPTEMBER  
2025

## Happy Birthday!

Best wishes to our residents and staff celebrating birthdays this month.

### Residents

9/11	Suzanne L.
9/16	Thomas I.
9/21	William K.

Skilled Nursing • Respite Care • Rehabilitation Services

## Facility News

We have just a short time to participate in Our Program "Cycling Without Age". Everyone is Welcome to Sign up for a Ride! Come Join us Family and Friends!



## Activity Highlights

- 9/16 1:30 pm Petting Zoo
- 9/18 10:00 am Cycling Without Age
- 9/24 10:00 am Jan Tsetsas-Patsy Kline Performance
- 9/30 2:00 pm Resident Council

## WE ARE HIRING!

Please visit East Troy Manor's Career Page Today!

East Troy  
MANOR

3271 North Street, East Troy, WI 53120  
262.642.3995

Christie Leadley, Administrator  
June Lancour, Director of Nursing  
Crystal Hart, Activities

Like Us On Facebook

As a non-profit 501c3 community, we thank you for supporting our mission of service to seniors through tax-deductible donations of cash or useful items. Please call our office.



Wisconsin Illinois  
SENIOR HOUSING INC.

EastTroyManor.org

WE ACCEPT CREDIT CARDS

## UPCOMING ACTIVITIES

Let's Go on an Adventure! Our Residents can participate in our Monthly Outings. The Monthly Outings will be posted on the Activity Office Door. Sign Up Today for a New Adventure!



## Simple Habits for a Healthier You

September is Healthy Aging Month, a great time to celebrate the habits and mindsets that help us thrive as we grow older. Aging well isn't about turning back the clock—it's about tuning into what your body and mind need to feel your best right now.



### Move Your Body in Ways You Enjoy

Exercise doesn't have to be intense to be effective. Gentle stretching, chair yoga, nature walks, and water aerobics can all support flexibility, circulation, and balance. Just 20 minutes a day of light movement can lift your spirits, improve sleep, and increase independence.



### Feed Your Body & Your Brain

A colorful plate isn't just pretty—it's powerful. Bright fruits, leafy greens, whole grains, and lean proteins support everything from digestion to memory. Don't forget to hydrate, especially in warmer months or when taking certain medications.



**Exercise Your Mind** – Lifelong learning, curiosity, and creativity keep the mind engaged. Try something new: take a virtual class, write in a journal, or work on a puzzle with friends. Staying mentally active helps reduce the risk of cognitive decline—and it's fun, too!



### Connection Is Key

Whether it's phone calls with family, lunch with neighbors, or volunteering at a local group, meaningful connection keeps the heart and mind strong. Isolation can impact both emotional and physical health, so make time for others, and don't hesitate to reach out when you need support.

**Healthy aging is more than a checklist—it's a mindset of valuing each stage of life, staying active in your own care, and finding joy in the moment.** Be sure to consult with your physician before making any changes to diet or exercise to know what is right for you.

## Let's Get Crafty, Silly, and Inspired!

Creativity isn't just for artists—it's for anyone who's ever told a story, tried a new recipe, doodled on a napkin, or fixed something in a clever way. **On Live Creative Day, September 14, celebrate the joy of making, imagining, and exploring on your own, with friends, family, or alongside grandkids!**

Try one of these just-for-fun ideas:



Design a postcard and mail it to someone you love.



Paint or color something—even if it's just outside the lines!



Write a story together, or make up a funny skit.



Host a silly hat parade with costume pieces and music.



Create a memory box with keepsakes, photos, or favorite quotes.

There's no wrong way to be creative, so let loose, laugh a little, and enjoy where your imagination takes you.

## WISH List – For Activities

September is the Month of "Apples." We would love to sample some Apple Pies from our Local Vendors. Let's Bring in the Season of "Apples" to East Troy Manor! YUM!



## 8 Great Ways to Celebrate Grandparents Day

Grandparents Day is all about love, connection, and celebrating the wisdom and warmth of older generations. Whether you're near or far, here are eight simple and joyful ways to honor the grandparents in your life:

### 1. Make Something Together

Craft a handmade card, bake a favorite family recipe, or create art side by side.

### 2. Share a Story - Ask

grandparents to tell a favorite memory or piece of family history. Make a video or write it down.

### 3. Play and Laugh - Bring

out the classic games! Connect Four, Uno, dominoes, or even a puzzle.

### 4. Plan a Special Meal - Share

lunch, dinner, or a scoop of ice cream together, if you're able to visit.

### 5. Fresh Air Fun

Take a nature walk, stroll through a garden, or visit a favorite local spot.

### 6. Send a Little Love

Mail a card, drawing, or photo to let them know you're thinking of them, even a quick text or voice message can brighten their day.

### 7. Explore Your History - Look

through old family photos or ask about your heritage. You might discover surprising and heartwarming stories.

### 8. Create a Time Capsule -

Gather mementos, notes, or drawings and seal them in a box to open together next year.

**No matter how you celebrate, Grandparents Day, Sunday, Sept. 7, it is simple: *spend time, show love, and make memories together.***