

THE BRIDGE POINTE *Press*



Moving Towards a Healthier You

A lot of people seem to think that the older a person is, the less active they become. Seniors are often depicted as too frail, or too tired, to participate in any activities other than knitting or quietly watching T.V. As a community made up of seniors, it makes us happy to let people know that this is wrong. Sure, there aren't a lot of seniors signing up for the next Ironman triathlon (though Madonna Butler, aka the Iron Nun, finished the Subaru Ironman Canada in 2012 at age 82) but there are plenty of seniors who make it a point to stay active. The key is finding activities that suit their needs and abilities.

At our campus, this is where our **TrilogyFIT** program comes in. With four separate components, TrilogyFIT is designed to increase heart health, strength, flexibility and balance. In honor of Active Aging Week, which takes place September 24th through September 30th of this

year, we're going to give you an inside glimpse of TrilogyFIT and all it has to offer. We'll also be spotlighting a few seniors who inspire us with their dedication to fitness!

We'll start with **HeartFIT**, our program designed to make sure our hearts are at the top of their game. Although we won't be asking our residents to run a 10-minute mile (which, by the way, has only been done by Orville Rogers, who was over 90 at the time) we lead exercises that can be done standing up or sitting down, such as shoulder shrugs, marching in place, toe lifts, and many, many more. It's not uncommon to find an entire group getting their heartrate up either inside to music or outdoors to the tune of birdsong.

StrongFIT, our strength training program, utilizes a number of different props and weights to maintain muscle strength. We may not be on the same level as Ernestine Shepherd, who holds the title of Oldest Female Bodybuilder according to the Guinness Book of World Records, but our curls, rows, and raises have our residents feeling stronger every day.

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www.bridgepointehc.com

September 2017

Happy Birthday!

Health Center/TCU Residents:

Gladys L.	September 05
Pearl M.	September 06
Sarah O.	September 18
Barbara H.	September 20
Helen M.	September 29

Assisted Living Residents:

Eugene A.	September 03
Agnes O.	September 04
Luella B.	September 20

Sunday Brunch

September's monthly Sunday Brunch will be held on September 17th from 11:00 a.m.-1:00 p.m. Join us for our monthly brunch! The 3rd Sunday of every month Bridge-Pointe Health Campus hosts a Sunday Brunch for residents to invite family members, and friends to take part in a variety of breakfast and lunch dishes. Again, the event takes place from 11 a.m. -1 p.m. Each resident is allotted 2 complimentary guest meal stickers, and additional meals can be purchased for \$7 each. We hope to see you there!

Family Night

September is here, and so is our Tiki Family Night Dinner. On September 14, 2017 beginning at 6p.m. residents and family members are invited to visit BridgePointe Health Campus for a Tiki themed evening featuring an assortment of food, and entertainment provided by Haitian Connection until 7:30 p.m. To RSVP for the event please contact the Amanda Christian, guest relations. Hope to see you there!



Executive Director Corner

Greetings from Bridge-Pointe! I hope

that your September is off to a great start. As for our family at Bridge-Pointe we're busily preparing for a very special event, our Grandparents Day Sleepover!

We're inviting the grandchildren of our residents to dress in their favorite jammies and join us for a sleepover to top all sleepovers on Saturday September 9th. We'll have plenty of delicious snacks, kid-friendly crafts, games, movies, and best of all, lots of quality time with their grandparents. Of course, our sleepover is also the

perfect opportunity to plan your own grownups-only get together while the kids are away! Contact a member of our campus team to get your registration form, and sign up your child today.

If you can't make it to the sleepover, don't worry. We always welcome visitors to our campus any day of the week. Our residents love sharing their stories, their knowledge, and their laughter with company, so stop by any time, and feel free to bring the grandkids!

Have a wonderful September!

Yours in service,
Briana Crutchfield, HFA
Executive Director

Summer Field Trip

Residents had a great time attending our August Summer Field Trip to the Indiana Military Museum right here in Vincennes. Residents, volunteers, and staff enjoyed spending time viewing the museum and were treated to lunch at Ponderosa Steak House. Our final Summer Field Trip will take place in French Lick, Indiana as our residents, staff, and their loved ones spend a one night two day trip exploring what French Lick has to offer!

Theme Dinner

August 17th, residents Cruised the Caribbean, as we hosted our 3rd annual Theme Dinner. Entertainment by Haitian Connection began at 6p.m. following our cruise inspired dinner that began at 5p.m. Residents had a great time and our Life Enrichment and Dining Staff had the excitement of dressing up in our Caribbean inspired attire during service!

Happy Hour

BridgePointe Health Campus has been collecting canned foods to donate to our local food pantry, Helping His Hands Food Pantry. This is just one of the many community outreach programs our building does. Please stay posted for upcoming charitable events that you may be interested in volunteering for or possibly contributing to along with our efforts!





BridgePointe: Runner Up in the “Miami or Bust” Walking Contest!

Vincennes “rolled and strolled” faithfully 3 times a week to support the Trilogy Wellness initiative for residents and staff. Everyone in the campus heard an overhead announcement that invited “all available staff meet in the entrance for Roll and Stroll!”

They intentionally added the “stroll” so those unable to walk would feel included. They also had walks “available by request” and they are still rolling and strolling weekly!



Did You Know...?

Our Live A Dream program is to discover and grant the dreams and wishes of our Residents! The biggest challenge is finding out what our Residents’ dreams are! We need your help to make a resident’s dream come true! A few examples of dreams granted in the past are riding motorcycles, meeting a famous person, enjoying a concert, riding in a helicopter, eating at a special restaurant, bringing a family member to visit who lives far away. There are no limits to these dreams! We will do our best to make them come true!

If you learn of a resident with a dream, please see a member of our life enrichment team today!

Artisans class is hosted every Tuesday and Thursday afternoon. Don’t hesitate to drop in and watch or lend a hand with your loved one as they create their masterpieces.

Dine with a Doc® is a new FREE event being held monthly for seniors in our Vincennes community! It is held the 1st Wednesday of each month. It is FREE to attend and includes a meal and an opportunity to meet and receive information from a doctor!

Location is First United Methodist Church 411 N 4th St. Vincennes, IN. RSVP 812-882-0742

For more information visit www.dinewithadoc.com

Grandparents’ Day Sleepover

Grandparent’s day is right around the corner. This year Trilogy Health Services invites residents’ grandchildren or great grandchildren ages 5-7 and 8-12 to attend a special sleepover event on Saturday, September 09, 2017 from 6-8p.m. (for ages 5-7) and 6 p.m. – 10 a.m. Sunday September 10, 2017.

BridgePointe’s Camping Themed Sleepover will be a wonderful opportunity for residents and their grandchildren or great grandchildren to spend time doing activities inside and out (if weather permits). Please inquire about registration with either the Life Enrichment Staff, or Briana Crutchfield.



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A Trilogy Senior Living Community

A monthly newsletter serving the residents of BridgePointe Health Campus

- Briana Crutchfield, HFA
Executive Director
- Allison Braun, RN
Director of Health Services
- Melissa Dickens, RN
Assistant Director of Health Services
- Kathy Perrott
Director of Assisted Living
- Kathy Horrall, LPN
Medical Records Nurse
- Chris Hoalt, RN
MDS Nurse
- Amanda Strosnider
Business Office Manager
- Emily Lee
Director of Dining Services
- Beckie Gansman
Resident Services Director
- Mike Mayles
Director of Plant Operations
- Angie Hatfield
Director of Environmental Services
- Brenda Sims
Customer Service Specialist
- Danielle Houtsch
Rehab Program Director

Stay in the Loop  

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

@BridgePointeHC
BridgePointe Health Campus

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 the Divisional Vice President or our Compliance Line.

Rhonda Warner, Divisional Vice President: 812-789-6054 or Rhonda.Warner@trilogyhs.com
Compliance Hotline: 800-908-8618, ext. 2800; or comply@trilogyhs.com

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'A Healthier You'

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During **FlexFIT**, we tap into our inner Tao Porchon (who at 98 can strike yoga poses that make us sore just by looking at them) and perform gentle stretches that increase flexibility and help our residents cut down on the stiffness that can cut in on their good time.

Our **BalanceFIT** program is key to fighting falls, and although we may not be walking over 600 feet across a tightrope like Ivy Baldwin (who completed the task at the age of 82), our balance exercises will help those who call our campus home navigate life's obstacles with confidence.

At our campus, our residents are our top priority, which is why we invest in their mental, spiritual, and physical wellness. If you are interested in learning more, or if you would just like to stop by and join in, we welcome both your calls and your visits. After all, the journey towards wellness is always better with friends by your side.



Word Search

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ACTIVE
BALANCE
FLEX
HEALTHY

HEART RATE
MARATHON
MILES
MOVING

MUSCLE
PHYSICAL
PROGRAMS
RUN

STEPS
STRENGTH
STRETCH
WELLNESS