Fall is a difficult season for some to savor. The beautiful leaves burning with color, the crisp morning air, the earlier evenings, all signal that winter is on its way, bringing with it longer nights, later mornings, and for some, depression that can last for months on end. The change in seasons inspires many to stay indoors, avoid social situations, and curl up in front of the television with a snack and a warm drink. While this is good in small doses, it is important to remember that those interactions that fall and winter inspire us to avoid are pivotal in fighting off the blues.

During the darker, chillier months, our circadian rhythms, or the cycle by which our bodies regulate our sleeping patterns, can be thrown for a loop. This can lead to an overproduction of the hormone melatonin, which in turn can intensify feelings of sluggishness and depression. In some more extreme cases, this can lead to Seasonal Affective Disorder, a type of depression that can cause extreme lethargy, weight gain, and overwhelming feelings of worthlessness.

Thankfully, there are plenty of ways that you can enjoy the transition from fall to winter while building healthy habits that will greatly benefit you as the leaves fall and the landscapes change from vibrant to stark.

If you feel like you do not get enough natural sunlight during the fall and winter, it may be smart to invest in a “sunbox” light, which mimics the natural light of the sun. In many cases, these lights have been shown to reduce feelings of lethargy and sadness during darker months.

It is also important to maintain your social habits during this time of the year. Throughout the month, our Life Enrichment team will be hosting a wide range of activities and programs to help keep your spirits up. Join us for a trip into town during our Out and About program. Take up a new art project during Artisans. Participate in an exercise class that’s just your speed during Vitality, or just mix and mingle with your friends during Happy Hour. Continuing to interact with other people, especially those you care about, is important...

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Greetings from Forest Glen!

It’s hard to believe that spring and summer have come and gone, and that fall is upon us once again! For many, this is their favorite time of year, and we make sure to take advantage of the cooler days and pleasant nights at our campus. Join us any time for some warm cider and friendly company in our courtyard! This month marks another Theme Week celebration at our campus. We’ll be wrapping up our Trilogy Does Broadway series with the timeless classic, Beauty and the Beast. Don’t be alarmed if you stop by to find our employees dressed as inanimate objects come to life, as Belle, or even as the Beast himself! And if you aren’t already following our campus on Facebook and Twitter, make sure to do so soon. We’ll also be posting pictures from our Divisional Retreat, where we took 4 of our residents to Recreation Unlimited located in Ashley, Ohio. Our residents enjoyed participating in a home run derby, making arts and crafts, learning new mixology techniques, blacksmithing and playing volleyball. Social media is a wonderful way to keep up with what is happening at our campus, but visiting us in person is even better! I hope you find some time this month to do just that. We look forward to seeing you. I hope you have a wonderful October!

Yours in Service,
Nathan A. Carder,
MHA, LNHA, Executive Director

Family Night

There was pickin’, grinnin’, and lots of good eating at our Country Fun Family Night! The Mule Skinner Band had everyone’s toes tapping as they enjoyed pulled pork sandwiches, bratwursts and burgers. The photo booth added lots of fun and laughs and icy cold cups of Shannon’s Sweet Tea tasted perfect at our summer shindig.
More...Family Night

Out and About  Residents and staff enjoyed this year’s Fun in The Sun Retreat in Ashley, Ohio. We spent the night at Recreation Unlimited; a 190-acre wheelchair accessible campus featuring many wonderful activity opportunities. Residents enjoyed volly-ball, fishing, pontoon rides on the lake and a luau to end the first funfilled day. Next came pottery making, rock painting and many golf cart rides on the trails of the picturesque campus enjoying central Ohio’s beauty. Everyone played hard, made friends and many wonderful memories.

Smile of the Month

We have two smiles to celebrate this month! Brooke L. and Ann A. enjoyed a hamburger and some good company on a Summer Outing with a stop at Red Robin for lunch.

Taste of Town

We will enjoy Lee’s Famous Recipe Chicken for taste of the town on September 26. It’s finger licking good!

Sunday Brunch

Join us for Sunday Brunch on October 21, from 11:00 a.m. until 1:00 p.m. Each resident may invite two guests free of charge. There will be a charge of $7 for additional guests. Enjoy a chef prepared meal and leave the dishes to us! Please RSVP to Terri Bowermaster at 937-390-9913.

Did You Know...?

The Private Dining Room can be reserved for special events you would like to share with your family member. You can reserve the room for birthday parties, family meals or other special occasion.

Happy Hour is weekly at 4:00pm in the Health Care and Assisted Living Dining Rooms as well as the Legacy Lounge. Join us for refreshments, fun and fellowship.
‘Lift Your Spirits’

when it comes to maintaining a healthy body and mind.

This time of year is also a great time to reach out to people who you see are struggling. Maybe you have a neighbor who has seemed down, or a close friend who hasn’t been themselves; it can make a huge difference in the lives of those who are battling depression if you simply ask how they are feeling, provide them with a listening ear, and encourage them to interact with the rest of your community.

Whether you share a chat among the falling leaves with a friend, read a book while under the glow of your “sunbox” light, or participate in an activity or outing, make sure to savor everything that fall has to offer, and don’t forget that you are surrounded by people who care.