Henry Ford once said, “Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.”

It is with these words in mind that we address this month’s theme: **Lifelong Learning**. It would be wise to take advice from a man who went on inventing well into his later years, but besides the word of Mr. Ford, there is mounting scientific research that suggests that continuing to learn as we age can improve our brain health, much like exercise can improve our heart health. Paul Nussbaum, Ph.D. and director of the Aging Research and Education Center in Pittsburgh says this, “Every time your heart beats, 25% of that blood goes right to the brain. But while exercise is critical, it may be education that is more important. In the 21st century, education and information may become for the brain what exercise is for the heart.” Scientists agree—just like moving is good for your muscles, thinking is good for your brain.

As a young child, you probably remember learning something new and exciting nearly every day. This happened before you even began attending school, or even before you opened a book. You learned from watching others, and from asking questions. You sat in your mother’s lap as she sewed, and helped her count the stitches. You stood knee-high to your father while he fed your family’s animals and made note of who ate what. As you watched, you learned, and you grew. Many of us forget that we can still learn in this way, and that there are many people out there who can teach us by example.

Do you know someone who has a skill they can share, or knowledge they can bestow? It could be anyone you have met along your life’s journey—a family member, a friend, or even a community member you have always admired. Invite these people to your campus to share what they have learned with others through our Lifelong Learning program.

This passing of knowledge and of skills from one person to another benefits both the teacher and the student. Everyone involved walks away wiser, with brains that are so much the better than if they

...continued on back page
First, I want to say a very sincere ‘thank you’ for the continued thoughts and prayers given to our family during our son’s medical battles this past year. I cannot state in words how blessed we have been by the overflow of love and support given by so many around us, especially from our St. Mary family members! My family expresses our heartfelt thanks to each of you for your prayers and support. Life is good!

At St. Mary – we take pride in our efforts to make you happy. Sometimes we fall a little short, and that is when we appreciate the feedback to learn from these opportunities. I am surrounded by so many strong and caring people at St. Mary. They work very hard, trying their best to help residents – and each other – with daily and nightly care, regardless of which department they work within.

**So this is where I need your help. We depend on the feedback given from our surveys given twice a year. We regularly set our goal of having 60+% of these surveys returned. Unfortunately, we regularly fall short of our goal. We are hoping this will be our year! In late August, the Fall 2018 Customer Satisfaction Surveys will be mailed out from our Home Office in Louisville and will be marked with the logo of our parent company, Trilogy Health Services.

Our goal is to receive scores of “10” which means that we are meeting your expectations in our core areas that form the basis of the care and services we deliver. We stress that a score of “10” doesn’t mean we are perfect, but that you feel we are doing our best to meet your expectations.

We are thankful for the opportunity to serve you and your loved ones!

God Bless,

Joe Smart
Executive Director

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Happy Birthday!

**Residents**

<table>
<thead>
<tr>
<th>Date</th>
<th>Name</th>
</tr>
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<tr>
<td>09/04</td>
<td>Ray B.</td>
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<tr>
<td>09/19</td>
<td>Hubert</td>
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**Staff**

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</thead>
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<tr>
<td>09/07</td>
<td>Tabatha S.</td>
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<tr>
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<tr>
<td>09/10</td>
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<tr>
<td>09/11</td>
<td>Sabrina K.</td>
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<tr>
<td>09/28</td>
<td>Frances T.</td>
</tr>
<tr>
<td>09/29</td>
<td>Sarah H.</td>
</tr>
</tbody>
</table>

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Sunday Brunch

Sunday Brunch September 9th from 11:00 -1:00. Please RSVP to 447-4102

Did You Know…?

Did you know that you could read the monthly newsletter on-line? Please follow the campus link www.stmaryhc.com

The Private Dining Room can be reserved for Family Celebrations, Sunday Brunch, Family Reunions and Birthday Parties. Call Donna Littleton, LED to reserve your special time.

You can follow us on Facebook and Twitter! Please “like” our Trilogy Health Services Facebook page and follow us on Twitter @TrilogyLiving to see all the fun happenings at St. Mary. In addition, if you have not provided us with your email address, please do so to ensure that you receive our monthly campus newsletter!

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Shopping for Corn

Out and About:

At the Park

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Hello all,

I hope that your September is off to a great start. We are busily preparing for a very special event, our annual Grandparents Day Sleepover! We are 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 8. We will 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 me to get your registration form, and sign up your child today. Even if they do not sleep over, an evening spent with grandma and grandpa is still an evening well spent!

If you cannot make it to the sleepover, do not 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, Donna
‘Learning’

were to spend the afternoon in front of the television.

In addition to community members who volunteer their time to teach, we’re pleased to offer a variety of ways to nourish and strengthen your brain on campus. Make it your goal this month to exercise your mind; whether you begin an art project, dive into a new book, or participate in the next group outing, you are guaranteed to learn something about others, about the world around you, and about yourself. There is no limit to the amount of knowledge that is out there, and no better time to watch, to learn, and to grow.

Word Search

ART BOOKS BRAIN EXPERIENCE FORD GROW HENRY KNOWLEDGE LEARN LIFELONG MIND PROJECT PUZZLE SHARP TEACH WORLD