



Lift Your Spirits This Fall!

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 get out and 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. Keep attending villa outings with your fellow residents, host a dinner party, or invite a few friends over to play cards or watch a movie. And if you're ever at a loss for something to do, take the short stroll to our campus and join us for an exercise class, a movie night, a game of trivia or even live entertainment. Continuing to interact with other people, especially those you care about, is important 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 take a stroll through the fall leaves with a friend, read a book while under the glow of your “sunbox” light, or attend an outing with your Villa community, make sure to savor everything that fall has to offer, and don't forget that you are surrounded by people who care.



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 A Trilogy Senior Living Community

Meet Melissa!



Hello! I am Mellisa Dulrymple and I am your new Villa

Lifestyle Director. I am thrilled to be in my new position and can't wait to meet everyone! Having fun with you all!

I am originally from Windfall, IN which is by Tipton and Elwood. I moved to Kokomo in 1998, on a whim! I met my husband 18 years ago, his name is Patrick. We have two teenage daughters, Hannah and Hallie. I can't wait to introduce my family to all of you. We have two goldendoodles, Bentley and Berkley, who are just as excited to meet you! We stay extremely busy with our children who are involved in cheerleading and golf!

I am looking forward to creating a sense of community for everyone by hosting great parties, keeping up your preferred active lifestyle and maybe helping you find new hobbies! Stop in anytime, I'll be looking forward to meeting everyone!

Lifestyles: A monthly newsletter serving the residents of the Villas at Waterford Place.

*Carol Ward
Executive Director*

*Michael Meadows
Administrator*

*Christy Berryman
Director of Health Services*

*Kris Myers
Environmental Services Director*

We strive to provide the best customer service and quality care for our residents. In the event that you need further assistance with any unresolved concerns, we encourage you to call our Compliance Line. Compliance Hotline: 800-908-8618, ext. 2800; or comply@trilogyhs.com

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Villa Lifestyle Corner

Dear Waterford Place friends and family members,
Greetings from Waterford Place Health Campus! 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.

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.

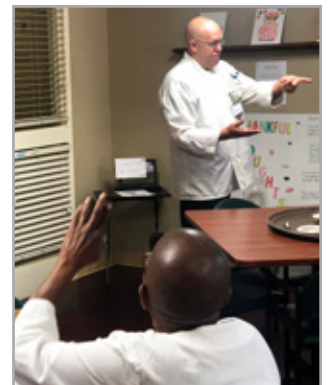
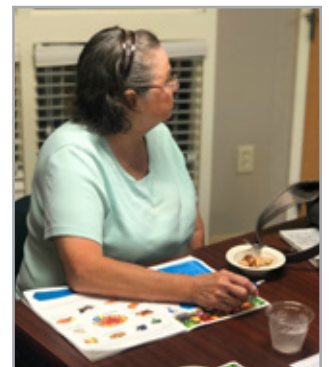
I hope you have a wonderful October!

Yours in Service,
Carol Ward
Executive Director

BrainFIT

We are excited to announce that BrainFit, will be resuming in November!! BrainFit will be Monday afternoons at 1:00pm in the Villa Club House. It is a 5-week class program designed to improve cognition through novelty learning, brain exercise, sleep, hygiene and socialization!

Each class will be once per week for 5 weeks and will last about 1-1.5 hours, depending on size of our group. The goal for each class is to have both resident and community member participation.



*We had a great live cooking demonstration at our first BrainFIT Class.
We can't wait for you to join our second class!*