



ARLINGTON PLACE

HEALTH CAMPUS

*A Trilogy Senior Living Community*

Press

February 2023

# Recognizing American Heart Health Month

In February, we celebrate American Heart Health Month – a time that reminds us of the importance of taking care of our cardiovascular health and wellness. By doing so, we can decrease our risk of high blood pressure and take meaningful steps to keep hypertension at bay. One of the key ways we can do this? Exercise!

According to the Center for Disease Control, engaging in physical activity is one of the most important ways that seniors can take care of their health. In addition to heart disease, staying physically active can lead to better sleep, reduced anxiety, and improved brain health. Of course, everyone is different – and engaging in physical activity should be executed to the extent

in which your individual situation allows. Be sure to talk to your primary care physician about physical activities that work best for you, and we'll be happy to help you get into a routine. With our *Vitality* program, we help our residents get into the groove of taking charge of their wellness with opportunities for physical activity at least three times a week. These opportunities include strength training, balance training, Tai Chi, stretching, dancing, sport gaming systems activities, walking clubs, wellness seminars, and more! At Trilogy, our number one priority will always be your



health and wellbeing. For more information about all the ways we can help support an active lifestyle, talk to any member of our team today!

# Happy Birthday!

## Residents

Jane T.	02/02
Norene M.	02/03
Don W.	02/05
Wilma G.	02/10
Rebecca C.	02/10
Joseph H.	02/15
Norma L.	02/16
Mary P.	02/19
Andrea W.	02/25
Bernice B.	02/26
Anna P.	02/28

## Staff

Margaret M.	02/02
Ladaija H.	02/03
Tarhonda D.	02/07
Paris A.	02/09
Derell M.	02/10
Laesha N.	02/12
Deja S.	02/15
Shanika F.	02/16
Marketta C.	02/21
Champaria L.	02/26
Tereasa J.	02/27



## Executive Director Corner

Welcome to February, everyone!

I hope the beginning of 2023 has been incredible for you as it has been for our campus team. We've been hard at work laying out some of the amazing activities we have planned over the course of the year – including our first Theme Week!

From February 26th – March 4th, we'll be celebrating our biggest Theme Week yet with Dancing Through the Decades. During this week, our campus will serve as a venue for a classic 1950's Sock Hop. Get ready for milkshakes, burgers, and leather jackets in the days leading up to our incredible themed dinner! Stay tuned for more information as we get closer to the event.

This month, we also celebrate American Heart Health Month – a time which reminds us the importance of taking care of our cardiovascular health. Be sure to talk to any member of our team about our Vitality program, which provides opportunities for physical activity up to three times a week. Staying active is one of the best ways we can reduce our risk of high blood pressure, and we're here to help make that a reality for you to the fullest extent possible.

As always, if you need anything – or if you just want to catch up - please don't hesitate to reach out to me. I hope you have a great month!

Yours in Service,

*Linda Vest*

Executive Director

## PHOTO HIGHLIGHTS



## Sunday Brunch

Sunday Brunch is every  
3rd Sunday

## Upcoming Events

Theme week 1950's sock hop

## Theme Dinner

Our next theme dinner  
Thursday 3/2/23

*More PHOTO HIGHLIGHTS*





# ARLINGTON PLACE

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*A Trilogy Senior Living Community*

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*Linda Vest*  
Executive Director

*Kulwinder Singh*  
Director of Food Services

*Amise McIntosh*  
Director of Environmental Services

*Sierra Morse*  
Customer Service Specialist

*Janet Worley*  
Director of Health Services

*Tanya Williams*  
Business Office Manager

*Kristen Gleim*  
Therapy Program Director

*Ashlei Galbreath*  
Director of Assisted Living

*Tracey Hassell*  
Social Service Director

*Regina Hopkins*  
Life Enrichment Director

## Stay in the Loop

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

*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 or email our Compliance Hotline: 800-908-8618, ext. 2800; or [comply@trilogyhs.com](mailto:comply@trilogyhs.com)*

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# Monthly Trivia & Activity Corner

*All trivia answers will be printed in our upcoming month's newsletter!*

**Question 1:** "Konnichiwa" means "hello" in what language?

**Question 2:** What was the first US state?

**Question 3:** Where is Stonehenge located?

**Question 4:** What is the fastest land animal?

**Question 5:** Which state is known as "The Golden State"?

*Flip the page for last month's trivia answers:*

- Q1: What is the tallest breed of dog? *The Great Dane*
- Q2: What number does "two little ducks" represent in Bingo? *22*
- Q3: What is the chemical symbol for Potassium? *K*
- Q4: How many legs do crabs have? *10*
- Q5: Where were disco balls first made? *Charlestown, Massachusetts*

## Exercise Word Scramble

ITA ICH

WANKIGL

NGGJOGI

WIMS

WTGSEHI

DANEC

GOAY

CIGCNLY

IBECSROA

SLAIPTE

## Word Search

E	V	B	T	I	S	U	V	D	H	A	W	M	V	Y	N	T	C	C
S	Q	J	W	E	L	L	N	E	S	S	S	U	J	W	C	R	P	T
Z	Q	Y	I	Q	B	N	A	B	N	S	T	D	J	O	Y	P	S	G
A	D	C	L	U	B	H	H	E	I	O	P	T	I	E	L	R	K	P
A	N	Y	U	E	T	C	I	E	H	E	A	R	T	F	A	E	E	G
M	R	W	N	L	D	U	H	B	H	Q	T	Q	L	N	V	E	H	B
A	H	W	A	W	J	C	X	C	Q	Y	A	Y	I	S	L	G	L	Y
H	N	E	A	C	T	I	V	E	L	V	C	M	N	S	M	S	A	G
O	H	E	X	E	R	C	I	S	E	I	E	J	E	Y	K	W	H	A
B	I	C	R	T	Y	D	R	R	P	S	F	W	R	P	L	G	P	M
F	J	T	T	P	S	M	E	S	O	R	U	E	N	D	G	V	H	E
B	S	U	W	P	H	Y	M	X	U	U	O	N	S	Z	B	I	T	P
G	A	N	X	H	H	P	D	M	Z	V	T	G	N	T	J	T	I	T
M	R	W	Z	Y	B	S	D	S	W	D	T	I	R	J	Y	A	Q	X
T	F	O	M	S	D	Z	M	B	C	W	A	S	N	A	N	L	Z	P
Y	P	Y	F	I	N	V	R	W	Q	R	A	K	X	E	M	I	E	Q
V	Q	R	H	C	R	J	L	G	B	J	A	N	M	F	D	T	W	Y
M	G	X	B	A	V	H	E	S	U	K	P	N	T	E	Y	Y	N	I
M	J	T	P	L	H	K	R	I	M	P	R	O	V	E	B	E	H	X

ACTIVE

BRAIN  
EXERCISE

GAME

HEALTH

HEART  
IMPROVE  
LIFESTYLE

PHYSICAL

PROGRAM  
ROUTINE  
SEMINAR

SLEEP

STRETCH  
VITALITY  
WELLNESS