



HARRISON TRAIL

HEALTH CAMPUS

A Trilogy Senior Living Community

Lifestyles

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!

Staff

Maholli O.	2/01
Linda I.	2/03
Marjee L.	2/15
Veronica B.	2/20
Lisa H.	2/21
April K.	2/24
Samantha M.	2/26
Pamela W.	2/28
Deanna F.	2/28

Events & Meetings

Every Thursday at 1:45pm is our weekly Chef's Circle meeting where we discuss our wants for mealtimes.

The first Monday of each month, we hold Our Inspired Living Committee meeting at 2:30 PM to discuss our plans and wants for our weekly trips!

Reminders

Please join us Sunday February 26th, 2023, for our monthly Sunday Brunch. Please RSVP by January 24th, 2023, to Brittany with your time slot. As a reminder, you may have two guests per resident.

Melissa Greco
Interim Executive Director

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

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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,

Melissa Greco

Interim Executive Director

Looking Ahead

As the months start to get warmer, we have plans to make overnight or weekend trips out of the county. Keep this in mind and think of places you may want to see or visit!

Out and About

In the past few months, we have had different outings. One outing being a warm, sun shining drive to the beautiful lights in the cavern at Lights under Louisville.

