

AUGUST 2018

The Villager

Trenton Village *980 E. Broadway * 618-224-9465 * Fax 618-224-7169 *



Celebrating August

1st Community Bingo

3rd Duane Grapperhaus

8th Dollar Tree Trip

10th Mass with Father Joe

14th Church with Westgate

15th Bags with Maggie

16th Music with Mark Raborn

17th Lunch at Farmer's

21st Walmart Trip

**22nd Bible Study with Ruth
and Marilyn**

**31st Music with Sharon
McCormick**

Dementia and Exercise



EMPOWERME
WELLNESS

Physical activity is important for maintaining good health. Exercise increases blood flow to our brain and other bodily organs, enabling muscles to function at maximum potential. Regular aerobic exercise, such as walking, biking, or swimming, has been found to be optimal for cognitive health as well.

Researchers are currently studying the link between physical exercise and the onset of dementia. Several studies have shown that exercising at least 30 minutes for 3-4 days per week is associated with a lower risk for developing cognitive decline and dementia. This may be related to increased blood flow to the brain, resulting in a growth of brain cells.

For more information, you can contact one of the EmpowerMe therapists onsite in your community or visit the website at www.empowermewellness.com. You should always consult a physician before starting any exercise program.

August Birthdays

In astrology, those born between August 1–22 are Lions of Leo. Leos are natural-born leaders: confident, charismatic, creative, and warmhearted. Leos also use their humor and loyalty to bring people together to work for a common cause. Those born between August 23–31 are Virgo Virgins. Virgos are one of the most careful signs of the zodiac. They pay attention to detail, analyze problems, and plan to leave nothing to chance. These amazing listeners give excellent advice.

August 12th- Evelyn Mallrich
August 22nd- Don Smith
August 25th- Clara Ballard

Don't Forget Your Girlfriends

I sat under an oak tree in Ohio on a summer day, drinking iced tea and visiting with my mother. "Don't forget your girlfriends", mother advised, clinking the ice cubes in her glass. No matter how much you love your husband, you are still going to need your girlfriends. Remember to go places with them now and then and do things with them even when you don't necessarily want to. And remember that girlfriends are not only friends, but sisters, daughters, mothers, grandmothers, and other relatives too.

Women supporting and relating to other women is our responsibility and our gift. "What a funny piece of advice," I thought. "Hadn't I just gotten married? Hadn't I just joined the couple world? I was now a married woman, for goodness sake, not some young girl who needed friends!" But I listened to my mom. I kept in contact with my girlfriends and even found some new ones along the way. As the years tumbled by, one after another, I gradually came to understand that mom really knew what she was talking about!

Here is what I know:

Girlfriends bring casseroles and scrub your bathroom when you need help.

Girlfriends keep your children and your secrets.

Girlfriends give advice when you ask, sometimes you take it and sometimes you don't.

Girlfriends don't always tell you you're right, but they usually tell you the truth.

Girlfriends still love you, even when they disagree with their choices.

Girlfriends laugh with you and don't need canned jokes to start the laughter.

Girlfriends pull you out of jams.

Girlfriends don't keep a calendar of who hosted the other's last big party.

Girlfriends will celebrate for your son or daughter when they get married or have a baby, in whichever order that happens.

Girlfriends are there for you in an instant and when the hard times come.

Girlfriends listen when you lose a job or a friend.

Girlfriends listen when your children break your heart.

Girlfriends listen when your parents' minds and bodies fall apart.

My daughters, sisters, family and friends bless my life. When we began this adventure, we had no idea of the incredible joys or sorrows that lay ahead. Nor did we know how much we would need each other...

Dear Trenton Village residents, families, and friends,

I am honored and thrilled with the opportunity to serve you as the new Executive Director. Many of you I have already had the privilege to meet, however, I wanted to take the opportunity to introduce myself to all of you.

Although my age may be deceiving, I can assure you of my extensive background and knowledge working with the elderly population through the years. Most of my background does remain in the skilled nursing atmosphere, however, I am fully confident in my capabilities and skillset that will allow me to manage everything properly.

At the age of sixteen, I began my career in the healthcare industry as a dietary aide. From there, I have transitioned through the roles of cook, activity assistant, certified nurse assistant, activity director, social services director, marketing manager, assistant executive director, and everything that lies in between. I am not afraid to lend a helping hand when it is needed to provide proper care to the people that reside with us. That is the sole reason we are all here and that is exactly where my passion lies.

We are certainly at a point of change in our community here at Trenton Village. I am so grateful for all of the support and encouragement provided to me during this transition. As seamless as we intend transitions to be, I fully appreciate that this will be an adjustment for all involved. I am confident in our community's ability to come together and continue to make positive steps forward.

I understand there are some concerns that have been voiced and I plan to do everything in my power to resolve any issues that may come my way. In order for me to be able to resolve issues timely and effectively, I ask that I please be made aware of any concerns as they happen. I also request once concerns have been voiced, to please give me the respective time needed to correct the situation. My goal is to work closely with King Management, the current staff, all residents and their loved ones to carry on the mission and philosophy of Trenton Village. I consider it a privilege and an honor to be a part of the amazing team we have here.

I'd like to take a moment to share my first impressions and the reasons I accepted this position. Trenton Village has several qualities that truly make the facility an exceptional place.

- Each resident is known and valued. Once a person enters our doors, they truly become an added member to our family. Each resident is understood as an individual with unique strengths, talents and interests. I have personally watched the staff strive to embrace everyone's unique traits.
- Highly dedicated and nurturing staff. The staff truly take the required time to get to know the person they are caring for.
- A joyful atmosphere. Stimulating activities geared towards each person's interests are provided on a daily basis. Families are provided the opportunity to become partners in their loved ones care.

I am looking forward to meeting every family member personally. Please join us on Saturday, September 8, 2018, for family pictures and a luncheon. Invites with more details will be provided as they come available. If you are unable to attend, I invite and encourage you to set up an appointment with me personally so that we can become acquainted. Feel free to email me at alyssa.madden@kingmgt.com

I am looking forward to a long and successful relationship with Trenton Village. This is an extraordinary group of seniors and I am blessed to get to know each and every one.

Warmly,

Alyssa Madden