



Tending to Your Mental Health

As we continue to move through life, it can be easy to get overwhelmed. Family members move to new cities, friends can become harder to reach, and day-to-day activities can become more strenuous. And as our physical health begins to change, our mental health follows – often paving the way for stress to poke its head back into our lives.

Dr. Michelle Dosset, an internal and integrative medicine specialist at the Benson-Henry Institute for Mind Body Medicine, had studied the effects of stress on seniors. In her research, she attributes aging cells to increased levels of stress. Here's what she had to share with Harvard Health Publishing:

“Normally when we're stressed, our brains get flooded with stress hormones, the midbrain takes over, and the front of the brain—which controls concentration, attention and decision-making—works

less well. Restorative sleep helps to flush stress hormones from the brain. However, many older adults have sleep problems. Stress may make it more difficult to fall back asleep, and the inability to clear these stress hormones from the brain during sleep means that the cognitive effects of stress can worsen over time.” Provided by Healthline, here are some steps that you can take towards relieving stress:

- Exercise.
- Reduce your caffeine intake.
- Have a laugh.
- Take a yoga class.
- Listen to relaxing music.
- Take a deep breath.

To support these steps, our community offers specialized programming to combat stressors and keep our residents engaged in fun, fulfilling ways. With our *Lifelong Learning* program, rather than worrying about your health,



you can take a course on it. If you're wanting to improve your palate, talk to one of our chefs about adjusting your diet. Finally, our *BrainFIT* program can help you maintain everyday intellectual performance while lowering your chance of Alzheimer's and other forms of dementia. Talk to a member of our team today to learn more about how *BrainFIT* coursework can help you!

Happy Birthday!

Residents

George H.	June 11
Glanda J.	June 16
Mildred S.	June 17
Richard K.	June 23
Robert P.	June 29

Staff

Shelly M.	June 19
Donna M.	June 21
Fred M.	June 25
Sta'Chelle D.	June 28



Executive Director Corner

Welcome to June!

Summer is finally here, which

means it's time to break out the sunscreen, grab an ice-cold lemonade, and get ready for a season of celebration. I'm always a fan of our summertime cookouts, so I'm especially excited to see what we cook up on the grill this year.

As the weather continues to get warmer, there has never been a better time to participate in our *Out and About* program. With *Out and About*, we're proud to offer our residents field trips, bus tours, sports outings, and more up to two times per

week! Talk to any member of our team today to learn more about our next outing.

Finally, I have to once again thank every one of you who participated in and/or helped organize our recent Lucille's Ball Theme Week. Our friends and families have been loving what we've shared of the event across our Facebook and Twitter pages, and I highly encourage you to check out our social media pages to see all of the fun for yourself. We'll see you for the next Theme Week!

Let's have a great month!

Yours in Service,

Tori Harper

Executive Director

Servant Leader Spotlight

Servant Leader Spotlight goes to our one and only Desere Bryant! Desere is one of our talented cooks that always comes to work with a great attitude and puts a lot of love into the food she cooks! Give a big thank you to Desere for all she does!



SMILE OF THE MONTH

Smile of the month goes to Barbara!! We love when Barbara joins us for activities and shows off her creativity!! Great job Barbara!



LIVE A DREAM

Some of our residents enjoy a leisurely cruise down the Ohio River on the Belle of Louisville steamboat race trial. Our very own Kay won the best hat contest!



Family Night

For our last Family Night we welcomed spring with open arms!! There was plenty of delicious food and great company! We even got a visit from the Easter Bunny!!



Campus in Color

Eileen and Debbie are getting ready for campus in color by starting their very own green house! We will we plant the plants outside during Campus in Color.





THE VILLAGES
AT HISTORIC SILVERCREST
A Trilogy Senior Living Community

1 Silvercrest Drive
(formerly 1809 Old Vincennes Rd)
New Albany, IN 47150
812-542-6720
villagesatsilvercrest.com |

Tori Harper
Executive Director

Rebecca Bowling
Director of Health Services

Andy Griffin
Asst. Director of Health Services

Camille Wilkerson
MDS Coordinator

Therese Casper
Social Services Director

Amy Pittman
Community Services Representative

Sierra Headrick
Life Enrichment Director

Elisabeth Petty
Villa Lifestyle Director

Kyle Nunley
Environmental Service Director

Jamie Babcock
Director of Food Services

Eddie Woodruff
Director of Plant Operations

Betty Galligan
Director of Assisted Living

April Alday
Therapy Program Director

Heidi Henry
Customer Service Specialist

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

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Monthly Trivia & Activity Corner

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

Question 1: Which sea separates Great Britain from Ireland?

Question 2: Who is the composer behind "Moonlight Sonata"?

Question 3: Which animated character famously exclaims "D'oh!"?

Question 4: What is the most populated city in the United States?

Question 5: How many years are in a millennium?

Flip the page for last month's trivia answers:

- Q1: In what sport is "love" a score? Tennis
Q2: Which candy has the slogan "Taste the rainbow"? Skittles
Q3: Who was the fourth president of the United States? James Madison
Q4: Which state is known as the "Granite State"? New Hampshire
Q5: Which sense do dogs use the most? Smell

Sport & Activity Word Scramble

TQCOUER

ANCED

LOFG

PGIOPNGN

CEROSC

IWMS

TIHACI

STINEN

AWLK

OYGA

Word Search

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

ACTIVITIES

ADVENTURE

AGING

BREATHE

EXERCISE

FUN

HEALTH

LAUGH

MENTAL

MUSIC

RELAX

SLEEP

STRENUOUS

STRESS

STRETCH

TENSION