



Treating Yourself This Father's Day

On Sunday, June 16th, we celebrate Father's Day – a day when fathers everywhere will inevitably make the dad joke: “Isn't it funny that Father's Day is on a ‘Son-day?’”

Horrible puns aside, we want to take this opportunity to acknowledge all of the wonderful fathers who call our campus home. So many of us have warm memories of attending ball games, changing flat tires, and learning about life with these important men in our lives.

At our campus, we have plenty of Life Enrichment programs that our fathers and everyday residents are sure to enjoy. If you're looking

for a new activity to explore or a fun way to spend your father's day, consider the following:

Lifelong Learning

We've learned so much from you, so why not let us return the favor? With our Lifelong Learning program, you'll join community members in taking part in any and all courses that you might be interested in. Do you want to know more about technology? History? Maybe you have a newfound passion for music that you want to explore. With Lifelong Learning, local instructors and volunteers will be happy to educate you about all of

these topics and more. Of course, this program is also offered to all members of our community. You don't have to be a father to want to expand your knowledge!

Vitality

Did you know that we also celebrate Men's Health Week this month? From the 10th through the 16th, we encourage early detection and treatment of preventable health problems and promote wellness amongst the men of our campus. And what better way to be well than with Vitality? With this program, we promote physical movement at least

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Happy Birthday!

Residents

Jane M.	June 02
Patsy C.	June 09
Mayme W.	June 14
Betty B.	June 15
Mary Frances N.	June 18
Wanda J.	June 22
Jeannie F.	June 23
Connie K.	June 24
Charles M.	June 27

Staff

Jessica W.	June 07
Morgan S.	June 08
Kayla M.	June 25
Rebecca L.	June 27
Ashlee H.	June 30

In June

Gospel Music Fest Sunday
June 09 12:00-4:00pm will be a free community event in our campus front yard. We will take nonperishable food donations for the local food pantry. Bring blankets and lawn chairs and be ready to sing along with several different bands playing throughout the day.

Monthly brunch will be on Father's Day – Sunday, June 16.

Campus in Color will be in full bloom.

Living Arts

It doesn't matter if we are cooking, sewing or playing games. We always have a good time getting together with friends.

The Spring season has brightened our rooms with colorful wreaths and flower crafts.



Executive Director Corner

Greetings from Cedar Ridge!

I hope that you've been enjoying the onset of summer. At our campus, we've been making some wonderful memories in our courtyards, around our grills, and out and about on adventures all over town.

We are working hard to get our gardens and planters ready for you! Residents and their guests are invited and encouraged to sit under the umbrellas or awnings and enjoy the outdoors! Please let a team member know if you would like your meals served outside in the courtyard area and we'll be happy to assist. It's picnic season, and lunch and dinner just taste better outdoors surrounded by good friends!

Warmer weather also means summer field trips and outings! Did you know you can help plan where we go and what we do by attending our calendar/event "Lifestyle" resident meetings. Check out the Monthly

Activity Calendar to see the date and time of our next one and make plans to attend.

We're constantly posting pictures of our latest events on social media, so if you would like assistance or learn how to use social media such as Facebook, please let us know. A member of our Life Enrichment team would be happy to help!

This month, our campus will also be accepting donations to benefit Hope's Helping Hands and the Harrison County Food Bank as part of our Independence from Hunger Food Drive. On June the 9th we are planning a Community GospelFest, 12pm-4pm. Our campus will be accepting donations of non-perishable food items at this event. Invite your friends and family to this event, it is truly going to be a great time!

Have a wonderful June!

Yours in Service,

Somer Hurston
Executive Director

Derby Time Fun

Derby season is fun with these folks. They all enjoyed Mock Mint Juleps, Mini Hotbrowns and don't forget the Derby pie.



Mayme



Connie K.



Mary Jane

OUT AND ABOUT

With the beautiful weather we've had our residents have been able to enjoy some adventurous road trips. Besides eating at the very popular Blue Licks state park lodge and the local Chinese buffet our bus took us to the Flemingsburg countryside. We ate a wonderful lunch and took a tour of the Echo Valley Winery.



Jean R. at stockyards

We traveled to the new Lexington Stockyards for lunch and a tour of the auction and event barns. What fun is watching the Kentucky Derby if you've never been to a horse race? Several residents went to Keeneland for a day of racing and fun.



Residents at stockyards

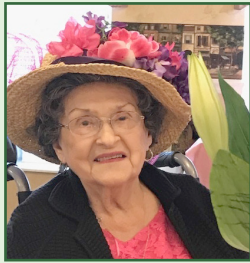


Jolly at Keeneland

Take Note

Anyone wanting to volunteer to help with resident activities and road trips should contact Crystal Prather in the activities department. Families are encouraged to volunteer for any daily activity such as crafts, painting fingernails, calling bingo and going on road trips.

Smile of the Month



Ester L. Loves singing and listening to bands play. She tells stories of when she and her family members played and sung on the radio. Ester enjoys visits with her family and the occasional outing. Doesn't she look lovely in her Derby hat.

Eagle Award Winner



Joyce Harney is a dedicated CRCA who is exceptional with our Legacy Lane residents. She is dedicated to giving residents the best care possible and truly treats them like family. She spends so much of her life, both at Cedar Ridge and outside of it, in the service of others. She upholds the Trilogy Standards and is an example of a true leader on our night shift. The residents and her fellow team members think so highly of her. We are blessed to have someone so talented, caring, reliable and attentive to detail on our team. Thank you, Joyce!



Kathy and Daisy

Theme Dinner

The roaring 1920's in the Chicago speak easy era was an all-around fun evening. Residents and staff donned feathered headbands and beads, fedoras and sequins. With a special dancing treat from the dancers of United Talent dance team we danced the Charleston, the Lindy Hop and Turkey Hop.



Chicago dancers



Chicago dancers with Jeannie



CEDAR RIDGE HEALTH CAMPUS

A Trilogy Senior Living Community

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Cynthiana, KY 41031
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cedarridgehs.com |

Somer Hurston
Executive Director

Andrea Harkins, RN
Director of Health Services

Kacey Tucker
Customer Service Representative

Marilyn Carstens
Business Office Manager

Crystal Prather
Life Enrichment Director

Mary Martin
Director of Food Services

Becky Northcutt
Therapy Program Manager

Kris Cunningham
Director of Social Services

Crystal Race, RN
Assistant Director of Health Services

Melissa Wiggins
LPN Director of Assisted Living

Leighann Mogenhan
RN Legacy Lane Coordinator

Francis Duncan
LPN MDS Coordinator

Wesley Northcutt
Director of Plant Operations

Kathy Brown
Customer Service Specialist

Jessie Florence
Environmental Services Director

Joanie Sosbe
Accounts Payable/Payroll Coordinator

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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'Father's Day'

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three times a week with activities such as strength training, balance training yoga, Tai Chi, stretching, dancing, sport gaming systems activities, and walking clubs.

Again, this is a program that is available for everyone to enjoy.

Just The Guys

Our male residents and staff have the opportunity to maintain a healthy,



active lifestyle and engage in fun activities when they participate in our Just the Guys program. Through this program, we offer 'the guys' opportunities to connect with each other through interesting activities and outings! Whether they meet for an all-guys breakfast, bond over a friendly poker game, or take a fishing trip, it's an opportunity for the guys to just be guys and enjoy each other's company.

Thank you to all of the fathers of our campus who inspire us to selflessly serve every day. If you're a resident who is interested in participating in any of the mentioned programs, contact our Life Enrichment Director today!

Word Search

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

FISHING
GAMES
GRANDPA
GUYS

HEALTHY
HISTORY
JOKE
MEN

MISTER
POKER
SPORTS
VITALITY