



Celebrating our Seniors

On August 21st, we celebrate National Senior Citizen's Day – a time for us to acknowledge all of the incredible seniors who have impacted our own lives, as well as the lives of others. At our campus, we know them as husbands and wives, grandfathers and grandmothers, and visionaries with a thirst for adventure. If you're looking for a way to celebrate yourself this Senior Citizen's Day, here are a few activities to get you started – brought to you by the National Council for Aging Care!

Get Competitive

Are you a chess champion? A Pictionary prodigy? Maybe checkers is where you're yet to meet your match. Invite some friends over to put your skills to the test! Not only are board games a fun pastime, but they also get the creative juices flowing and help maintain a happy and healthy mind. Just by participating in a friendly game of Scrabble, you could be doing great things for your memory. Start a Game Night tradition today by reaching out to your Life Enrichment Director!

Embrace the Power of Music

Have you ever thought about being a part of a choir? Maybe trying your hand at a new instrument? Music is another effective way in which we can keep our minds active, so why not make some of our own? With our *Music To My Ears* program, we invite entertainers, resident performers, student musical groups and more to come express themselves through the power of song. Talk to a member of our Life Enrichment team to learn more!

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Happy Birthday!

Residents

Joanne R.	August 11
Virginia W.	August 13
Rebecca G.	August 17
Patricia G.	August 23

Staff

Alexis L.	August 01
Issac R.	August 01
Effie B.	August 04
Sherry R.	August 20



Executive Director Corner

Happy August!
I hope that
everyone
has been

enjoying themselves these past few weeks. We've been busy in the best ways possible – celebrating the Fourth of July with friends, enjoying Sunday Brunches with family, and making memories together that are sure to stay with us for the rest of our lives. But we're not done celebrating yet!

August 21st is Senior Citizen's Day, so I wanted to take some time to acknowledge all of the incredible senior citizens who call our campus home. Whether you've been with us for two weeks or two years, your approachability, warmth, and wisdom has been evident ever since you first came through our doors, and has made serving you each and every day an absolute joy. Life is an adventure that was meant to be shared, and we're so lucky that we have you to share it with.

Speaking of adventure, I also want to take this opportunity to remind all of our residents about our Live a Dream program. With Live a Dream, we're proud to take our seniors on all kinds of adventures – whether it's something they haven't done since they were a teenager, or it's something that they've never done before in their life. We've had residents who have gone sky-diving, met their favorite bands backstage, and even sat in a replica of the Batmobile! Whether you're looking for a new experience or want to relive an old one, we're happy to make your dream a reality. Contact a member of our Life Enrichment team to find out how.

I hope everyone has a great month, and I hope to see you soon!

Yours in Service,

Tiffany Goins
Executive Director

Volunteer News

We are always looking for volunteers that would like the opportunity to enhance the lives of others as well as their own. It can be something as simple as talking with a resident, playing cards, putting a puzzle together, calling bingo, painting fingernails or going on an outing. Please contact Misty Bookless or any of the other Life Enrichment staff members at 740-452-3800 for information.

Taste of Town

Taste of Town will be on Monday, August 19 at noon. We will be enjoying KFC this month.

Sunday Brunch

Sunday Brunch is Sunday, August 25 at noon. The first two guest are complimentary and each additional guest is \$7.00 a person. Please R.S.V.P. to the front office with the number of guest that you will have joining you. Hope to see you there!

Out and About

We went to Roosters for an amazing lunch where we shared in great conversations and had a wonderful time!



April with Loraine



Kelly

More from Out and About



Gloria with her daughter



Autumn and Helen



Connie and Eleanor



Mary and Misty



April with her daughter Mason



Santee and Christy

Family Night

We will be having our First Annual Car Show here on Saturday, August 10th from 11:00am-2:00pm. Everyone is invited! There will be hot dogs, hamburgers, chips and bottled water for a donation. D.J. Pat Mathes will be here playing our favorite tunes and if you have request be sure to let him know. There will be 6 trophies given out that day, so be sure to vote on your favorite car. If you know anyone that would like to enter a car into the show, please have them see Tiffany or someone on the Life Enrichment team.



Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link:
www.oaksatbethesda.com

The Private Dining Room, Recreation Room and Activity Room can be reserved for family parties and community groups. Please contact a member of Life Enrichment for details.



Happy Hour is weekly at 3:00pm on Fridays in the Assisted Living Dining Room!

The Trilogy Foundation grants Live a Dreams to residents wishing to relive an experience or engage in something they have always wanted to try. See a member of Life Enrichment for details.



THE OAKS AT BETHESDA

A Trilogy Senior Living Community

**2971 Maple Avenue
Zanesville, OH 43701
740-452-3800
oaksatbethesda.com |  **

*Tiffany Goins
Executive Director*

*April Huffman
Director of Health Services*

*Darby Guthrie
Assistant Director of Health Services*

*Penny Butcher
Resident Services Director*

*Misty Bookless
Life Enrichment Director*

*Cassie Lloyd
Community Service Representative*

*Ashley Richards
Director of Food Services*

*Stacey Holland
Business Office Manager*

*Aaron George
Director of Plant Operations*

*Judy Spaulding
Environmental Services Director*

*Layne Paladino
Therapy 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*

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'Seniors'

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See the World

Who doesn't feel better after a vacation? Not only is traveling great for our mental health, but it's a very real possibility for the residents of our campus! With the Trilogy Travel Club, we're proud to offer our residents the chance to go on cruises, visit museums, and explore uncharted territory. While you're having fun, you'll still be receiving the same level of quality care that you're accustomed to. Contact a member of our campus team for more information!

Whatever it is that keeps you entertained and active, we have an experience tailored just for you. Simply talk to anyone on our staff today and ask them how you can begin living your best life!



Word Search

B	W	W	A	D	U	J	B	X	F	V	A	A	Y	P	L	E	D	I
O	M	Z	W	O	J	P	A	B	P	R	M	E	R	Z	C	P	Z	Z
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AGING
CHECKERS
CHOIR
CITIZEN

CRUISE
EMBRACE
EXPERIENCE
EXPLORE

FUN
GAMES
MUSIC
PASTIME

SENIOR
TRAVEL
VISIONARY
WORLD