



SCENIC HILLS
AT THE MONASTERY

A Trilogy Senior Living Community

Happenings

February 2022

Celebrating Your Wellness in Heart Health Month

February is American Heart Health Month – a time that reminds us of the importance 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 also prevent some of the most common health problems that are often attributed to age. 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 caregiver



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!

Residents

Rebecca P.	2/06
Irene M.	2/08
Wilma B.	2/08
Sondra H.	2/09
Janice W.	2/12
Lillian S.	2/17
Marian L.	2/18
Alphonse L.	2/27
Helen W.	2/28

Staff

Amy W.	2/06
Monica S.	2/08
Lauren L.	2/16
Holly K.	2/24

Senior Exec. Club

February 1st at 1:30pm will be the next Senior Executive Club, so come out to listen to our guest speaker, enjoy a free meal and socializing!

Taste of Town

Get your taste buds ready for the next Taste of Town! We will be enjoying a delicious meal from China Garden on February 25th!

Volunteers Needed

If you or anyone you know is wanting or needing volunteer hours, please reach out to the Life Enrichment team! We would love to help assist you in any way and are always needing volunteers!

Executive Director Corner

Welcome to February, everyone!

I hope the beginning of 2022 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 20th – 26th, we'll be hosting our most elegant Theme Week yet with our first ever **Snowflake Ball**. During this week, our campus will act as a venue for a one-of-a-kind gala featuring a week of theme-related activities, events, and an incredible theme 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,
Tanya Hentrup
Executive Director

Out & About



PHOTO HIGHLIGHTS



Employee of the Month Congratulations to Lec for winning January's Oh Great One Award! Keep up the great work, Lec!

Smile of the Month

This month's Smile of the Month goes to Phyllis C! She is such a joy to have around and we love spending time with her!



ARTISAN PROGRAM

We have some truly great artists here at Scenic Hills at the Monastery! Just look at some of the talent in these photos!



Theme Dinner

Get ready for our next Theme Dinner because we will be celebrating February 20th through 26th with a Winter Wonderland theme! A delicious meal will be served on February 24th!



Happy Hour

Happy Hour is such a fun time for the residents and families! We would LOVE for families to help us in volunteering for Happy Hour whether that be by passing out drinks or snacks to the residents or helping to clear the tables at the end. Please reach out to the Life Enrichment Team for more information!



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scenichillsmonastery.com |  **

Tanya Hentrup
Executive Director

Dawn Foster
Director of Health Services

Natosha Thomas
Asst. Director of Health Service

Lois Chapman
Social Services Director

Stephanie James
Director of Food Services

Kim Howell
Director of Environmental Services

Eric Klem
Director of Plant Operations

Kimberly Oxley
Business Office Manager

Amber Brockriede
Customer Services Rep.

Terri Fritchley
Life Enrichment 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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Monthly Trivia & Activity Corner

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

Question 1: What baseball player married Marilyn Monroe in 1953?

Question 2: What 1968 movie featured a computer named H.A.L.?

Question 3: What are the three primary colors?

I SPY: MY VALENTINE

Question 4: What is the
third sign of the zodiac?

Question 5: Which
country provided
the US with the
Statue of Liberty?

*Flip the page for last
month's trivia answers:*

of dots on a pair of dice? 42 dots

Q5: What is the total number

of dots on a pair of dice? 42 dots

Q4: What was the first

toy to be advertised on

TV? Mr. Potato Head

Q3: What was Walt Disney's

middle name? Elias

Q2: What was the state called

when animals sleep during

the winter? Hibernation

Q1: What was the first year

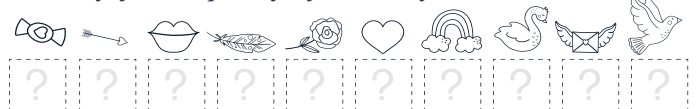
there were fireworks for the

New Year's Eve celebration

in New York? 1904



How many of each shape can you find? Fill in your answers below:



Word Search

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

ACTIVE

AGING

BALANCE

DANCE

DISEASE

EXERCISE

HEALTH

PHYSICAL

PRIORITY

STEPS

STRENGTH

STRETCH

TRAINING

VITALITY

WALKING

WELLNESS