



ASHFORD PLACE

HEALTH CAMPUS

*A Trilogy Senior Living Community*

# Chronicle

June 2022

## 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

Walter W.	6/03
Janet S.	6/03
Connie L.	6/12
Oran S.	6/14
Ruth N.	6/16
Norma R.	6/18
John K.	6/19
Dorette K.	6/22
Ruth A.	6/23
Jane S.	6/24
William R	6/27
Goldie M.	6/30

## Staff

Dianne S.	6/07
Darrin F.	6/08
Matthew N.	6/08
Marina B.	6/10
Anson G.	6/10
Toni B.	6/15
Madelyn L.	6/17
Rhonda L.	6/18
Theresa M.	6/20



## 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 must 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 the fun for yourself. We'll see you for the next Theme Week!

Let's have a great month!

Yours in service,

*Zach Simpson*

Executive Director

## Out & About

Did you know that we go out and about every Tuesday and Thursday? Tuesday's, we venture off the bus and Thursdays we take wonderful country cruises! Get your singing voices warmed up...Senior Karaoke will also be the third Wednesday of the month at Capone's Speakeasy!



*Phyllis sipping on her delicious coffee at Starbucks!*



*Lula enjoying pie at the Blue Bird.*





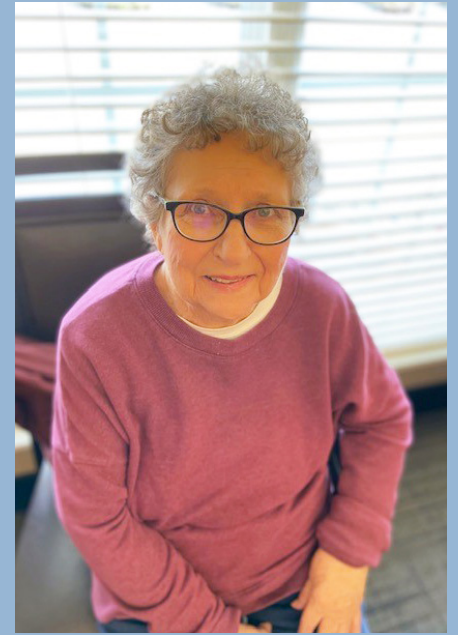
# Family Brunch

We had a fabulous time celebrating all the wonderful Mothers at our Mother's Day Brunch. Now, it is time to celebrate the amazing Father's in our lives! Please join us for our Father's Day brunch on Sunday, June 5th from 11am to 1pm. We are serving Surf & Turf and Ribeye's! Grab a refreshing Bloody Mary as you explore our Art Walk in the garden! Please be sure to call the campus and RSVP at 317-398-8422.



## Smile of the Month

This month's "Smile of the Month" goes to Janet A. Janet loves to join activities, specifically singing and dancing at Happy Hour! Her favorite things are her husband, Lowell, and her dog, Wilson!



## We Ride Bikes

We Ride Bikes is a non-profit that help get our elderly and less-abled Shelby County residents out on a bike ride through their Cycling Without Age Program! If interested in taking a ride, please see Lynsey Casey! Feel free to check out their website at [www.weridebikes.org](http://www.weridebikes.org)!





# ASHFORD PLACE

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317-398-8422

ashfordplacehc.com |

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Executive Director

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Director of Health Services

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Customer Service Representative

*Kristen Jessie*  
Customer Service Specialist

*Lynsey Casey*  
Life Enrichment Director

*Joseph Fuentes*  
Director of Plant Operations

*Darrin Finkbine*  
Director of Food Services

*Troy Allen*  
Director of Environmental Services

*Julie Tennell, BSW*  
Social Services Director

*Ashley Hankins*  
Legacy Lane Coordinator

*Tawni Short*  
Business Office Manager

*Derek Casey*  
AP/Payroll

*Angie Sims*  
Therapy Program 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](mailto: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