



**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!

6/10
6/15
6/17
6/20
6/27
6/29
6/12
6/14
6/19

#### **Happy Hour**

Residents enjoy coming to our weekly Happy Hour! It is every Friday at 3PM. We like to go by themes and love to have fun. This month we have a few themes planned for national holidays like Doughnut Day, Iced Tea Day, Kick off to Summer and Many More! Happy hour includes cocktails, mocktails, and snacks. Residents socialize, play games and listen to music. We love having families join in for the fun.

#### CAMPUS IN COLOR

Summer is finally starting, and residents are ready to get their garden club outside in the warm weather. We have a group of committed residents that have a passion for gardening and love to make our campus look the best. Our residents have a blast gathering with their peers and bouncing ideas off each other.



## 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

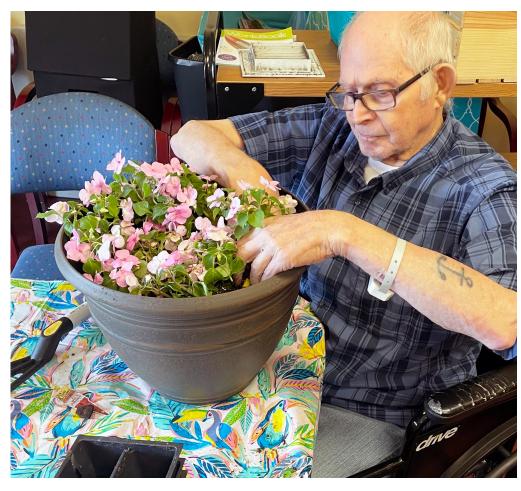
today to learn more about our next outing.

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, Brenda Bannon

**Executive Director** 



Russell is always involved in creating our beautiful planters!

#### **COCKTAIL HOUR**

Our residents gather in our Dining Room before lunch weekly to listen to some great music entertainment and residents have a cocktail before lunch. It is a good time for us to gather and learn more about the residents.



Jack enjoying a Tequila Sunrise with a side of entertainment



Our resident volunteer, Earl always must try out our cocktails.



It's such a nice day to socialize and enjoy a mocktail before lunch.



Becky is enjoying her Shirley Temple with a huge smile as always!

#### Activities Corner

We always have a new activity in our corner! We are starting our scrapbook journey. We are asking families to bring pictures they would like to include to help us start the process. As always families are always welcome to help make it perfect for their loved one.

#### Family Fun Night

We have a Family Fun Night Planned for June 23rd! We will be doing a County Fair theme. We will have a Petting Zoo, games, and great food. Our staff will be in their best 4-H attire. Families are welcome to dress up as well. We hope to see you there!



**HEALTH CAMPUS** 

A Trilogy Senior Living Community

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Tina Adams Social Services Director

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Mellissa Shook Director of Food Services

Thomas Caplinger Assistant Director of Food Services

> Becky Knecht AL Coordinators

Christy Robin Director of Environmental Services

#### Stay in the Loop **y f**

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:

21: In what sport is "love" a score? Tennis 2Q2. Which candy has the sologan "? Skittles "Taste the vainbow"? Skittles EQ3: Who was the fourth president of the United States? James Madison Q4: Which state is thonward as the "Granite States? Wew Hampshire "Granite States stonew Hampshire".

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ADVENTURE FUN
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BREATHE LAUGH

MENTAL MUSIC RELAX SLEEP STRENUOUS STRESS

STRETCH TENSION