



AVALON SPRINGS

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

Carol H.	6/07
June Z.	6/07
Donald O.	6/09
Jon S.	6/10
Sandra B.	6/16
Jean C.	6/27
Christine V.	6/28

Staff

Lynn G.	6/02
Suzanne N.	6/04
Kevin F.	6/05
Justin C.	6/10
Jessica R.	6/10
Melissa S.	6/12
Ashley S.	6/19
Rebecca R.	6/25
Jennifer W.	6/25
Tammy G.	6/28



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,

Crystal Wray
Executive Director

LIVE A DREAM

In April, our campus celebrated 10 years of being open! While putting together our celebration, we also put together a live a dream for Diane, one of our longest Avalon residents! Diane got to spend the morning getting her hair and makeup done and got a brand-new outfit to show off at our celebratory lunch! She assisted in cutting the first slice of cake and enjoying a glass of champagne.



Diane at our 10-year anniversary lunch



Diane with her live a dream team!

ACTIVITIES CORNER

Our Residents have been working on a lot of spring and Easter Crafts! We used flowers, bright colors, and even made a fun Easter snack with a variety of colored peeps! We spent the month bringing fun colors to our campus no matter how gloomy it may have been outside.



Clara's spring painting



Daniela and the Easter bunny



Wanda, Daniella, and Enid making Easter Wreaths



Enid and her Daffodils



Lois' Daffodils



Wanda's Peep treat

Employee of the Month

Congratulations to Nancy on being selected for April's OGO award. Nancy has not been with Avalon for a long time but in the short time she has been here she has done an amazing job! She has caught on quick and goes above and beyond to make sure she's doing a great job. She has also taken the time to build meaningful relationships with her coworkers and our residents. Her hard work is not going unnoticed!



Our OGO of the month, Nancy

Did You Know...?

If you go to [Mytrilogysite.com](https://mytrilogysite.com) you can get your QR Code before you arrive at the campus. This will make your check in and temp in faster and easier. Save it on your phone and use it each time you enter the building

Entertainment

We are always looking for entertainment here at the campus. Do you know a local high school students that would like to practice playing in front of an audience? Do you or someone you know enjoy performing and would like to play or perform for our residents. It doesn't have to be a music performance residents would enjoy a dance routine, poetry reading or even a theater skit. If interested see the Life Enrichment Department.



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Crystal Wray
Executive Director

Kim Sheets
Director of Health Services

Amy Plumb
Life Enrichment Director

Jennifer Ruzbasan
Director of Dining Services

Heather Schlegelmilch
Community Service Representative

Monica Lacy
Business Office Manager

Todd Burnes
Director of Plant Operations

Maurice Ford
Director of Environmental Services

Ivana Krstevska
Legacy Neighborhood Director

Sarah Brown
Social Service Director

Chad Abair
Therapy Program Director

Brittany Hanson
Customer Service Specialist

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@vhs.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:

Q5: Which sense do dogs use the most? Smell

Q4: Which state is known as the

"Granite State"? New Hampshire

Q3: Who was the fourth president of

the United States? James Madison

Q2: Which candy has the slogan

"Taste the rainbow"? Skittles

Q1: In what sport is "love" a score? Tennis

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