

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

Susan H.	6/06
Faye R.	6/08
Patsy C.	6/09
Loretta G.	6/09
Ellen C.	6/10
Joyce L.	6/17
Wanda J.	6/22
Charles M.	6/27

Staff

Deborah B.	6/24
Kayla M.	6/25
Samantha E.	6/27

OGO

Crystal B. is a wonderful asset to Cedar Ridge. She is a nurse aide that truly cares for our residents. She chips in when a hand is needed even when it's not a need in the nursing department. She is praised by her peers and department leader with these words "She is great", "She is fabulous", "She's been so helpful". Thank you Crystal for working so hard with such care for others.



OUT & ABOUT

We have really started enjoying the beautiful weather lately and have taken advantage of it. We have taken country drives, went to Keeneland, and went out shopping. We don't plan on stopping any time soon.



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,
Adam Bailey
Executive Director





Live A Dream

The Ark Encounter Group Live A Dream was a super fun trip for Patsy, Peggy, Wilma and Violet. Trilogy did a great job planning this event and the residents had a wonderful time as well as our sweet volunteers.



Artisan Program

We have been busy with art, cooking, and creating. Our most recent favorite is crafting neat and elegant flower arrangements. Aren't these bouquets just so beautiful?



Volunteer Appreciation

We wouldn't be able to do all the fun things we do without our special volunteers. So we celebrated them to show our appreciation for conducting church services and Bible studies, leading Bingo, entertaining us with singing and going on road trips with us. Volunteers are essential!



Save the Dates

Classic Car Cruise Ins will be the 3rd Thursday of each month. Community is invited to come show off their cars, trucks and motorcycle. This will be from 5-7PM. There will be food and music available to the public!

Smile of the Month

Colleen is oh so happy to be able to get outside and enjoy the nice weather. Colleen is always busy making sure everyone else is doing ok. She took a walk in the courtyard and really admired the blooms on this tree. It put a big smile on her face.





HEALTH CAMPUS

A Trilogy Senior Living Community

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Cynthiana, KY 41031

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cedarridgehs.com | [t](#) [f](#)

Adam Bailey
Executive Director

Lisa Dotson
Director of Health Services

Sonya Antrobus
Assistant Director of Health Services

Kacey Tucker
Customer Service Representative

Marilyn Carstens
Business Office Manager

Crystal Prather
Life Enrichment Director

Wesley Northcutt
Director of Plant Operations

Mary Martin
Director of Food Services

Michael Effner
Environmental Services Director

Francis Duncan, LPN
MDS Coordinator

Joanie Sosbe
Accounts Payable/Payroll Coordinator

Ashley Bennett
Director of Social Services

Becky Northcutt
Therapy Program Manager

TBD
Guest Relations

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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:*

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