



CREASY 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

Ruth S.	6/04
Sharon C.	6/05
Roberta F.	6/06
Phyllis L.	6/09
Mary M.	6/15
Ralph A.	6/17
Lynn/James P.	6/21
Vera T.	6/23
James L.	6/27

Staff

Morgan H.	6/01
Stacy D.	6/02
Michelle S.	6/06
Nicole G.	6/09

HAPPY FATHER'S DAY

Father's Day is quickly approaching, and it is our opportunity to show Dad just how much his unconditional love and sacrifices have meant to us. Please join us for a Father's Day themed brunch- invitations coming soon! Wanting to wish dad a Happy Father's Day but unable to come in for a visit? Call our Life Enrichment Department to schedule a zoom meeting for as close to a face-to-face greeting technology has to offer!



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,

Justin Rife

Executive Director



Bud G., one of our Creasy Dads, is a GIFT to our campus!

OUT AND ABOUT

Our bus outings are in full swing as we explore new sights and make new memories. Summer time will be filled with fishing, picnics in the parks, museums, shopping trips, and more. Please note that our bus outings may be postponed or cancelled pending the safety of the weather conditions. Safety first! But fun is a very close second!



Delores exploring the Lume at the Art Museum

SUMMER FUN

“Good times and sunshine,” that’s the motto for summertime at Creasy Springs. With warmer weather we are keeping busy to beat the heat and soak up the sun. Ice cube painting, ice cream days, and outdoor programming will make us smile as bright as the summer rays. Be on the lookout for some of our excitement on social media and be sure to join us in the campus to be a part of it yourself!



Nancy shares her Framed Floral Bouquet with her favorite staff member Nate.

Legacy Spotlight

Happy June to our Legacy family and friends!

We're enjoying the warmer weather and making use of our courtyard every chance we can get. Legacy is thrilled with the success of our Sunday Brunches. This month brunch will be on the 3rd Sunday from 11a-1p. As a reminder, the first 2 tickets to the brunch are free and then \$10 for every ticket. Call in the week prior to the brunch and give the number of people that plan on attending to ensure a reserved table. We are also looking for volunteers who can assist with a variety of activities. Reach out to Sarah Britzke or Debi Sanders for volunteer opportunities! As you're planning for your visits don't forget we have a private dining room that you can reserve for get togethers, birthday parties, or just bringing in an outside meal to share with your loved one. Give me a call to reserve this room. Enjoy these pictures from some of our activities this past month!

Kindest Regards,
Debi Sanders, LND



Good times with family and friends!



Happy 101st birthday, Berniece!



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creasyspringshc.com |  

Justin Rife

Executive Director

Joe Smart

Administrator

Summer Day

Director of Health Services

Angela Poole

Business Office Manager

Gregory Peterson

Director of Plant Operations

Shreen Arora

Director of Therapy

Jodi Hollingsworth

Director of Food Services

Beth George

Social Service Director

Amy Barnett

Environmental Services Director

TBD

MDS Coordinator

Debbi Sanders

Legacy Neighborhood Manager

Jami Trieda-

Villa Lifestyle Director

Greg Waltz

Transportation Association

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: 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

"Granite State" is New Hampshire

Q4: Which state is known as the

the United States? James Madison

Q3: Who was the fourth president of

"Taste the rainbow" Skittles

Q2: Which candy has the slogan

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