

## 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

Sally C.	June 06
Frances D.	June 09
Joan H.	June 10
Sharon P.	June 12
Paul	H. June 14
Birda H.	June 16
Dolores T.	June 19
Elsie N.	June 30

## Staff

Latosha J.	June 02
Brody E.	June 05
Amber G.	June 05
Taryn B.	June 06
Debra P.	June 07
Justin H.	June 07
Isaiah B.	June 10
Jacob C.	June 10
Chris P.	June 13
Angela C.	June 15
Tamara K.	June 20
Annie C.	June 23
Jennifer S.	June 27



## 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,

*Tony Valentine, LNHA*  
Executive Director

## Date Night

Special date night for Ken/Sonya Howe included Marion's Pizza, cold drinks, and delicious dessert...thanks to Life Enrichment for making this happen!!!



## Did You Know...?

You can keep up to date with the happenings at Cypress Pointe by liking our Facebook page?

That Happy Hour is served weekly on Fridays from 2:30 to 3:30 pm and families are always invited to attend. Beverages and appetizers are provided for all! Come join us for the fun!

## Sunday Brunch

Family Brunch June 12  
from 11:30-1:00p



## HAPPY HOUR

Happy Hour fun happens weekly with a variety of drinks and snacks for all to enjoy!!!



## Activities Corner

LEA Isaiah and resident's soaking up the sun on the putt putt green.



## Chef's Corner

Creative Cooking Chef Jake gave a demonstration on Stir Fry that turned out wonderful!!!

## ARTISANS

Our residents have enjoyed making the start of Spring crafts...if you would like to join in on the fun, please see a member of Life Enrichment!!!



## Open House

Open house for Assisted Living was a success thanks to all who came out for a tour.



## Community Connections

Our kickoff to Alzheimer's Awareness as we are excited again this year to help bring awareness and raise funds for research.



## Save the Date

Community Hot Dog Drive  
Thru 6-3-22 and 6-17-22 @ 12pm (both days)

Senior Executive Club 6-8-22

Father's Day 6-19-22

Virtual Dementia Tour 6-23-22 Please call Admissions team to schedule your time.

## Volunteers Needed

Share your talents with our residents! Our Life Enrichment team is looking for volunteers to help create memorable experiences for the residents that call our campus home. Contact our campus today to learn more about how you can begin your volunteer journey. We are currently looking for help with:

- Campus in Color Gardening
- Lifelong Learning classes
- Calling Bingo
- Attending Outings
- Painting Nails
- and so much more!



# CYPRESS POINTE

HEALTH CAMPUS

*A Trilogy Senior Living Community*

600 W. National Road

Englewood, OH 45322

937-836-3149

cypresspointehs.com |  

*Tony Valentine, LNHA*

*Executive Director*

*Annie Carico*

*Administrator*

*Summer Garrett*

*Director of Health Services*

*Dondi Henry*

*Assistant Director of Health Services*

*Jessica Ward*

*Customer Service Representative*

*Saundra Mendenhall*

*Director of Social Services*

*TBD*

*Life Enrichment Director*

*Jacob Carico*

*Director of Food Services*

*Nicole Shively*

*Director of Environmental Services*

*Isaac Ward*

*Director of Plant Operations*

*Julie Shirk*

*Legacy Neighborhood Director*

*Alyssa Woods*

*Villa Lifestyle 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:*

Q5: Which sense do dogs use the most? Smell

"Granite State" 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