

# 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

Gladys F.	6/01
Ruth Ann S.	6/03
Virginia M.	6/04
Christenia W.	6/08
Leroy T.	6/09
Arleen M.	6/22
Anne K.	6/30

## Staff

Andrew B.	6/04
Jolene B.	6/08
Kristi N.	6/14
Emily D.	6/14
Sharon S.	6/22



## 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 the fun for yourself. We'll see you for the next Theme Week!

Let's have a great month!

Yours in Service,

*Kristi Noah*

Executive Director

## Derby Fashion

The only thing more famous at the Kentucky Derby than the horses, are the hats! Most women in attendance wear big, elaborate, fancy hats! Our residents got the opportunity to make their own hat called a fascinator. A big thanks goes out to our CSS, Caitlyn, our CSR, Amy and our LEA Janeil in assisting the residents making these! The hats were as beautiful as the ladies!







## More from... Derby Fashion

### Campus In Color

In the coming, our campus will be competing with other campuses (companywide) to see who has the most beautiful campus! Be on the lookout for blooming flowers and updated flower beds around our growing community.

### Volunteers Needed

Families: If you or someone you know would like to volunteer, please see Andrew Kern, Life Enrichment Director to fill out a volunteer packet. We have various options for volunteering such as manicures, calling BINGO, leading a men's group, helping with our gardening efforts, leading an activity or using one of your special talents! There's something for everyone to help with!

Volunteers must be 16 or older.

### SAVE THE DATE

- June 4- National Cheese Day
- June 7- Chocolate Ice Cream Day
- June 11- Belmont Stakes
- June 14- Flag Day
- June 19- Father's Day
- June 19- Juneteenth
- June 21- The Longest Day
- June 21- Beginning of Summer





# FOREST SPRINGS

HEALTH CAMPUS

*A Trilogy Senior Living Community*

4120 Wooded Acre Lane

Louisville, KY 40245

502-243-1643

forestspringshc.com |

*Kristi Noah*  
Executive Director

*Brandon Campbell*  
Director of Health Services

*Lakeisha James*  
Asst. Director of Health Services

*Julie Hardin*  
Business Office Manager

*Shannon Coots*  
AP/ Payroll

*Keith Dobson*  
Director of Plant Operations

*Jennifer Alvarez*  
Social Services Director

*Denise Bevins*  
Director of Personal Care

*Greg Johnson*  
Director of Food Services

*Andrew Kern*  
Life Enrichment Director

*Geneall Edwards*  
Environmental Services Director

*Amy Vanover*  
Community Services Rep

*Caitlyn Courtney*  
Customer Service Specialist

*Kristen Black*  
MDS Coordinator

## 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

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