

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!

Resident

Gary T.	6/07
William R.	6/20
Richard G.	6/27
Karlyn A.	6/28

Staff

Alexis S.	6/02
Deneese W.	6/22
Nancy A.	6/23
Aubryana B.	6/24
Julie A.	6/29

Campus in Color

We have also started implementing our spring/summer program called Campus in Color. For those of you who do not know what that is, it is our gardening club and we've had an amazing time with our residents planning and executing it.

BFF PROGRAM SPOTLIGHT

Here at Trilogy our residents are our Best Friends! We spend majority of our time learning and getting to know them so they always have a safe space. That is what makes Trilogy so special, we're here solely for our residents and they deserve to know they always have a friend.

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,

Bryanne Lee

Executive Director



The friendships we make here are unlike anything else I've experienced



Outings have become a fan favorite around here

Activities Corner

Our Activities department has been trying to go above and beyond to ensure we are spending quality time with all of our residents, so we have added more outings, more activities, and more fun! We have had such successful trips with our residents. From getting ice cream, to going to different museums there is an outing for everyone! We'd love to encourage even more residents to come with us for an outing so if your family member is interested please let us know so we can coordinate that with them.





GATEWAY SPRINGS

HEALTH CAMPUS

A Trilogy Senior Living Community

7250 Gateway Avenue
Fairfield Township, OH 45011
513-912-6834
gatewayspringshc.com | [t](#) [f](#)

Bryanne Lee
Executive Director

Cathy Newton
Customer Service Specialist

Jodi Watson
Business Office Manager

Melissa Wilson
Life Enrichment Director

Steve McCloud
Director of Plant Operations

Anne Arnette
Community Services Representative

Adam Jennings
Director of Food Services

Trish Marvin
Director of Environmental Services

Christina Williams
Director of Social Services

Rachael Davidson
Director of Health Services

Latoya Burke
Assistant Director of Health Services

Amanda Henry
Director of Assisted Living

Stay in the Loop [t](#) [f](#)

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