



GENOA  
RETIREMENT VILLAGE  
*A Trilogy Senior Living Community*

# Gazette

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

Roy S.	6/01
Thomas R.	6/07
James H.	6/12
Harrison C.	6/16
Bonnie T.	6/17

## Staff

Jenny W.	6/01
Kaitlyn J.	6/13
Angelica P.	6/15
Rachel B.	6/16
Erin G.	6/17
Tonya C.	6/19
Laura V.	6/20
Joanna W.	6/21
Mindy S.	6/24
Susan M.	6/26
Kelly A.	6/30

## 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're cooking 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! Feel free to 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,

*Michelle Vernon*, LNHA  
Executive Director

## OUT & ABOUT

Our AL residents and our HC residents have been taking advantage of the outings that the bring up during the Inspired Living meetings. We have been going shopping at stores of your choosing, as well as going out to eat to restaurants of your choosing. I am hoping to get a group of residents to go to a Toledo Mudhens game or even the Zoo! Please let Life Enrichment staff members know what your choices are! In HC, you have a choice of going out on two outings per month d/t high levels of interest. If there is somewhere that you would like to check out, let us know!!





# PHOTO HIGHLIGHTS



## Volunteers Needed

We continue to be on the lookout for volunteers!! Are you good at reading, doing residents' fingernails, calling Bingo or even just spending time outside "playing in the dirt" once our gardens are planted! Anything you can assist with would be a blessing! Please consider volunteering in this rewarding field!



## Theme Dinner

Theme dining in May was Lucille's Ball! We had a lot of fun with this, reminiscing about the Lucille Ball show from the 1950's! We even tried to act out a few of the more famous scenes! We love to have so much fun with everyone and get all dressed up for these special occasions! Pictures will follow in next month's newsletter! A great time was had by all!





## Campus in Color

Campus in color is in full swing! We are working to make Genoa Retirement Village a beautiful place to drive by! We need all the assistance we can get by planting and watering our gardens! Sometimes a fresh set of eyes is what we need! Let's make this beautiful so when we sit outside this summer, we see a lot of color and maybe even a few vegetables!



# GENOA RETIREMENT VILLAGE

*A Trilogy Senior Living Community*

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*Michelle Vernon, LNHA  
Executive Director*

*Sarah Riegel  
Director of Health Services*

*Lori Wagner, RN  
Asst. Director of Health Services*

*Heather Swander  
Community Service Representative*

*Rachel Barnhart  
Business Office Manager*

*Sandy Gaietto  
Life Enrichment Director*

*Brenda Brown  
Director of Plant Operations*

*April Lewis  
Director of Food Services*

*Dan Lenz  
Environmental Services Director*

*Dallas Brammer  
Social Services*

*Wade Nofitz, PTA  
Therapy Program Director*

*Debby Frigmanski  
AL Coordinator*

*Michelle Dixon, LPN  
Staff Development*

## 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:*

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