# **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	
June B.	6/05
Kelli H.	6/05
Nancy L.	6/06
Marvin T.	6/11
Thelma B.	6/24
Ruth A.	6/28
Staff	
Anna R.	6/10
Ashley H.	6/14
Kyla R.	6/17
Melissa T.	6/17
Alissa D.	6/18
Kimberley H.	6/22
Song M.	6/30
Rhonda S.	6/30

# Community Connections

Thanks to the Hospice Program, donating to activities.

### 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!

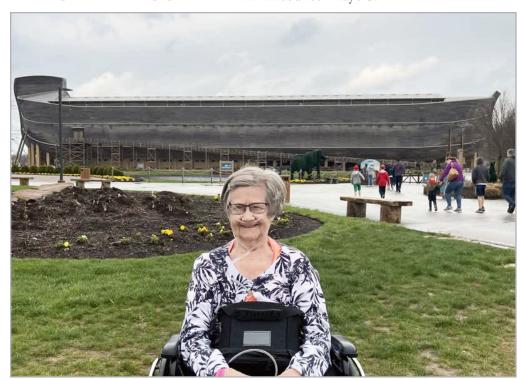
Yours in Service,
Whike Lacey

**Interim Executive Director** 





### Live A Dream Ark Encounter Kaye S.



# Campus In Color

Lagreta preparing for CIC



# Lifelong Learning

Chicks hatched from the Incubator



# Smile of the Month

Mary S. all smiles, going on a ride





HEALTH CENTER

A Trilogy Senior Living Community

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Mike Lacey Interim Executive Director Katherine Jones

Director of Health Services

Jennifer Hubbard Community Service Representative

Kristy Dearth Business Office Manager Judy Cain, ADPC Life Enrichment Director

Jenna Long Therapy Program Director

Johnna Denbow Director of Social Services

> Nickie Penrose MDS Coordinator

Jessica Howard
Director of Food Services

Timothy Leopold Director of Plant Operations

#### Stay in the Loop 💆 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:

21: In what sport is "love" a score? Tennis 20. Which candy has the slogan
"Taste the rainbow"? Skittles
(23: Who was the fourth president of the United States? James Madison
(24: Which state is tworun as the
"Granite State"? Wew Hampshire
"Granite States stoom on the most States? Smell

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ACTIVITIES
ADVENTURE
AGING
BREATHE

FUN HEALTH

**LAUGH** 

MENTAL MUSIC RELAX SLEEP STRENUOUS STRESS STRETCH

P TENSION