



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 dayto-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

Dwen R.	6/15
Staff	
Douglas M.	6/16
Karen F.	6/18
Tara F.	6/25
Bobbie B.	6/29
Erica C.	6/30

Legacy

Our Legacy friends have been having a great time being creative and making some fun pictures for the summer season!





Executive Director Corner

Welcome to June!

Summer is finally here, which means it's time to break out the sunscreen, grab an icecold 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



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!

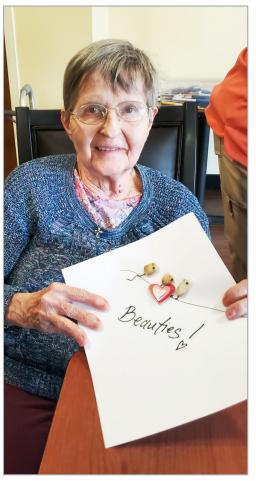
Let's have a great month!

Yours in Service,

Holly Gnyder

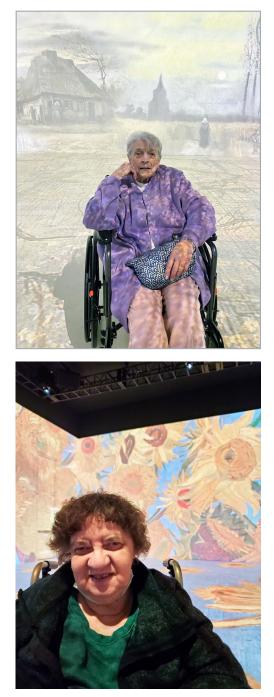
Executive Director





Out & About

We were able to visit the art museum in Indianapolis, Newfields, who hosted an exhibit on Vincent VanGogh and his work. Our residents enjoyed the immersive experience. They were able to spend the day with our Executive Director, Holly and our Life Enrichment Director, Kate.



Kate's Corner

Hello everyone! Kate here, and oh boy do we have some fun things planned for this month! With it being summer, we are going to have the bus ready to go for some fun! Picnics, shopping, and some special trips are in the works! We also are going to be working in our courtyards to keep our flowers looking beautiful! Make sure to check out the putt-putt course and outdoor chess set!







Volunteers Needed

We are still looking for volunteers to help out! Share your talent, get credits for school, or just come make some new friends. If you or someone you know is interested, please contact our Life Enrichment Director, Kate, for more information.

Entertainment

We are so happy to have entertainment back in the building! We have been so lucky to welcome some new and old friends into the building. If you know of anyone who wants to join our lineup, please let us know!

Our own resident, Irma, played piano for Happy Hour, showing off her talents to her fellow neighbors.





A Trilogy Senior Living Community

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> Holly Snyder Executive Director

Jessica Taylor Director of Health Services

Stephanie Newland Assistant Director of Health Services

Susan McCollum Customer Service Representative

> Joel Jacquette Business Office Manager

Kaitlyn Williams Life Enrichment Director

> Maranda Charles Human Resources

Christina Chatman Social Service Director

Doug McClure Director of Food Services

Uriah Cook Environmental Services Director

Mike Leak 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

Newsletter Production by PorterOneDesign.com

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:

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LAUGH

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