



RIVER TERRACE

HEALTH CAMPUS

*A Trilogy Senior Living Community*

News

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

Laura C.	6/01
Lee G.	6/03
Josephine F.	6/04
Dorothy G.	6/07
Carolyn J.	6/10
Joan G.	6/10
Irma R.	6/16
Paula H.	6/21
Constance B.	6/26
Patricia G.	6/30

## Staff

Melissa E.	6/10
Dylan D.	6/13
Olivia O.	6/15
Tru S.	6/21
Kendra L.	6/28
Jackson B.	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 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,

*Brittan Mefford*

Executive Director

## MOTHER'S DAY BRUNCH

Mother's Day was such a beautiful day inside and outside of the campus. Families, friends, resident's and staff enjoyed a delicious Mother's Day Brunch. Not only was the food delicious, but they received a beautiful white rose, a satchel of lavender and a photo shoot with their loved ones (not to mention tons of hugs from staff). We are so thankful that so many were able to join us and for all the resident's at RTHC who mother like figures to us have been. The wisdom, knowledge, laughter and love you share with the staff each day means more to us than you could ever imagine. We love you!



*The best feeling is that I'm a little piece of my mother.*





# Cinco de Mayo

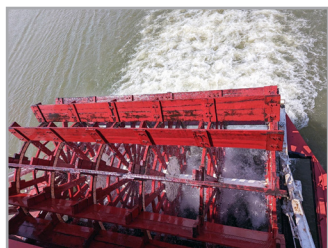
If you haven't seen it on our Social Media page yet, you're missing out! The residents had the most incredible time celebrating Cinco de Mayo. Our entire afternoon was a huge Fiesta! We had Mi Viejo's cater in chips, salsa and queso for our Taste of Town as well as our Chef's providing us with fresh tacos and all the extras to load them with. Don't worry- we didn't miss the best part- homemade margaritas, including strawberry! We laughed, we conversed, and it's still being talked about a week later! It was definitely "nacho" everyday party, we elevate when we celebrate!



*"Taco" 'bout a party- there was no time to siesta during this fiesta!*

## Live A Dream

Did you know Trilogy not only wants to make each individual residents' dreams come true, but we also make sure to plan group Live A Dreams so those who enjoy the same dream can enjoy it together? We had a wonderful group of ladies and gentlemen join the Life Enrichment staff members as they boarded the Belle of Louisville in honor of the upcoming Kentucky Derby. The memories we made together were unforgettable. Keep watch for our next Live A Dream and let us know yours!



*Our Independent Living Residents were able to enjoy a beautiful day on the Belle of Louisville as they prepared for the upcoming Kentucky Derby. The weather was perfect, the company and conversations were full of laughter and learning and the band was top notch. One of our very own took first place for best hat & most dapper! We love making dreams come true! If you or your loved one has a dream, please make sure to let staff know so we can do our best to make it come true!*

## Did You Know?

River Terrace Health Campus shares several upcoming events, special dates and pictures of our resident's and staff members active around our campus on social media? We invite and encourage you to find us on Facebook by searching for River Terrace Health Campus or @RiverTerraceHC and follow us by liking our page. We know how difficult it is to navigate life through a pandemic as well as not being able to see your loved ones daily- by following our Facebook you'll be up to date on the latest events and activities- we promise you won't want to miss this! Want to see more or have suggestions- you can simply send us a private message on the page. The residents truly enjoy seeing family and friends interact with what we share- please take the time to interact on the posts by liking and commenting on them. I can assure you each resident is aware, and it brings a huge smile to their face, as we hope it does yours as well.



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*A Trilogy Senior Living Community*

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Assistant Director of Health Service

*Marcia Pyles*  
Assisted Living Coordinator

*Dana Riddle*  
Customer Service Representative

*Matt Dean*  
Business Office Manager

*Kayla Stokes*  
Director of Social Service

*Jeff Vester*  
Director of Plant Operations

*Kelli Snapp*  
Director of Life Enrichment

*Jessica Jackson*  
Director of Food Services

*Evelyn Reynolds-*  
Director of Environmental Services

## 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