



SCENIC HILLS
AT THE MONASTERY

A Trilogy Senior Living Community

Happenings

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

Janet F.	6/05
Mary F.	6/14
Rosalee W.	6/16
Georgetta D.	6/18
Donald K.	6/23
Delbert V.	6/26
Janet L.	6/28
Pauline S.	6/29
Dorothy D.	6/30

Staff

Stephanie M.	6/06
Jennifer B.	6/08
Joan G.	6/13
Caitlynn S.	6/16
Ava H.	6/24
Shylah S.	6/24
Hannah F.	6/27
Natosha T.	6/29
Zekyra L.	6/29

Campus In Color

Campus in Color is starting up and we would LOVE to have your help! If planting flowers is your thing, please reach out to Terri in Life Enrichment for more details!

Volunteers Needed

If you or anyone you know is wanting or needing volunteer hours, please reach out to the Life Enrichment team! We would love to help assist you in any way and are always needing volunteers!

Theme Dinner

Get ready for our next Theme Dinner because we will be celebrating Somewhere Beyond the Sea Cruise August 21st through the 27th! A delicious meal will be served on August 25th!

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,

Tanya Hentrup

Executive Director



Live A Dream

We were able to grant Bonnie S. a Live a Dream to attend her grandson's wedding! Bonnie looked absolutely beautiful all glammed up. Bonnie and her family were so happy that this dream could come true! Her smile says it all! If you have a Live a Dream request for your loved one please let our Life Enrichment department know! We would love to fulfill the dream!

Happy Hour

Happy Hour is such a fun time for the residents and families! We would LOVE for families to help us in volunteering for Happy Hour whether that be by passing out drinks or snacks to the residents or helping to clear the tables at the end. Please reach out to the Life Enrichment Team for more information!

ACTIVITIES CORNER

Whether the resident are participating in vitality, artisans, creative cooking or more they are usually smiling from ear to ear!



Smile of the Month

This month's Smile of the Month goes to Judith! She is such a joy to have around and we love spending time with her!



Sunday Brunch

Sunday Brunch has started back up again and has been a huge hit! Sometimes if we're fortunate we have awesome bands come and play! If you know of anyone who can sing, play the guitar or has a band please let Terri know! We are always looking for a variety of entertainment.

Taste of Town

The last Friday of each month is Taste of Town so get your taste buds ready to enjoy a delicious meal!

Senior Exec. Club

The first Tuesday of each month is Senior Executive Club, so come out to listen to our guest speaker, enjoy a free meal and socializing!



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scenichillsmonastery.com |

*Tanya Hentrup
Executive Director*

*Michael Keller
Director of Health Services*

*Natosha Thomas
Asst. Director of Health Service*

*Lois Chapman
Social Services Director*

*Dane Campbell
Director of Food Services*

*Kim Howell
Director of Environmental Services*

*Eric Klem
Director of Plant Operations*

*Kimberly Oxley
Business Office Manager*

*Megan Wilson
Customer Services Rep.*

*Terri Fritchley
Life Enrichment Director*

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*

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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