

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

Barbara P.	6/06
Janice K.	6/11
Robert W.	6/24
Marilyn C.	6/24
Tonia S.	6/25
Odean H.	6/25
June S.	6/29
Thomas B.	6/30
Peggy C.	6/30

Staff

Sharon B.	6/03
Shanna M.	6/06
Rhiannon S.	6/06
Brittany C.	6/23
Cynthia B.	6/24
Morgan K.	6/25
Virginia B.	6/26
James E.	6/27
Jennifer H.	6/28
Joshua S.	6/29
Ciara F.	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,

Pamela Cole

Executive Director

Cinco de Mayo

Cinco de Mayo is Spanish for "Fifth of May". It is a yearly celebration held on May 5, which commemorates the anniversary of Mexico's victory over the French Empire at the Battle of Puebla in 1862. Here at Silver Oaks we had an amazing day celebrating with Salsa making class, Mexican History, Spanish 101 Class, and creating Mexican art together! Olle!



LIFELONG LEARNING: THE BUTTERFLY PROJECT

The highlight of Spring here at Silver Oaks was raising our very own butterflies! The lifecycle of a butterfly is one of the most amazing processes in the animal kingdom. The Silver Oaks Caterpillars were hungry, grew quickly, and then turned into chrysalides. Residents and team members alike watched in awe as we moved the chrysalides into their new enclosure. We waited and watched for our butterflies to emerge. We successfully grew 8 Painted Ladies! What a joy it was to release them and watch them fly!



OGO Award

Congratulations to our most recent OGO Winner, Joshua Smith! Joshua as nominated by his peers and Silver Oaks Department Leaders for this acknowledgment for exemplary service! Joshua always goes above and beyond to support the Residents every need. He make sure all of our Residents travel where and when they need to on the Silver Oaks Bus, with so much care!!! Thank you, Joshua, for all you do!





SILVER OAKS

HEALTH CAMPUS

A Trilogy Senior Living Community

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Pamela Cole

Executive Director

Linda Benter

Director of Health Services

Tracy Bruce

Assistant Director of Health Services

Lindsay Eldridge

Social Services Director

Tommy Burns

Business Office Manager

Ross Lutz

Director of Plant Operations

Shelby Kruthaupt

Environmental Services Director

Shawn Burge

Director of Food Service

Alesa McQueary

Life Enrichment Director

Morgan Ketron

Customer Service Representative

Melissa Hacker

Therapy Program Director

Stay in the Loop [t](#) [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:

- 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