



SMITH'S MILL

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

James G.	6/06
Jacqueline C.	6/09
Herbert H.	6/18
Janet M.	6/22
Michael D.	6/25
Jane B.	6/28
Fay B.	6/30

## Staff

Sandria K.	6/05
Charlene W.	6/24

## Volunteers Needed

If you are passionate about enriching the lives of others, we would love to have you volunteer with us. Whether it's making crafts, playing games, or simply having a wonderful conversation, our priority is to have a good time and enjoy spending time with our residents. Please let our Life Enrichment Director, Ashley, or anyone from our Life Enrichment team. Call us for more information at (614)245-1060.



## 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,

*Doug Rowe*

Executive Director

## Customer Service Moment

No matter if our customers are with us or not, we still think of them as family. We heard our residents calling for a memorial service for a dear friend of theirs, Ed. The family and friends of Ed gathered for a beautiful memorial service. We will all miss you, Ed.



# PHOTO HIGHLIGHTS



*Fay created a beautiful painting of an Easter egg!*



*Exercise with Jessie*



*Phyllis with her daughter*



*Shirley with a Bloody Mary*



*Pat, Glen, and the Easter Bunny*



*We've teamed up with ProMedica to host future pet therapy sessions. We are in love with our furry friends!*



*Our residents and their families once again outdid themselves and planned another tea party. The event was such a hit, that we decided to do this more often!*

## Employee of the Month

And our OGO is Esther G. for providing excellent customer service to our residents. Thank you for everything you do, Esther!



## Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link: [www.smithsmillhc.com](http://www.smithsmillhc.com)

The Private Dining Room, Recreation Room and Activity Rooms can be reserved for family parties and community groups. Please contact a member of Life Enrichment for details.

Happy Hour is weekly at 3:00pm on Fridays in the Main Dining Room!

The Trilogy Foundation grants Live a Dreams to residents wishing to relive an experience or engage in something they have always wanted to try. See a member of Life Enrichment for details.



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7320 Smith's Mill Rd  
New Albany, OH 43054  
614-245-1060  
smithsmillhc.com |

*Doug Rowe*  
Executive Director

*Danielle Nutter*  
Assistant Director of Health Services

*Charlene Wallen*  
Customer Service Specialist

TBD  
Customer Service Representative

*Ashley Zeigler*  
Life Enrichment Director

*Reid Bailey*  
Director of Plant Operations

*Jennifer Climer*  
Environmental Services Director

TBD  
AP/Payroll Coordinator

*Abby Holland, DPT*  
Therapy Program Director

*Kimberly Meissner*  
Director of Social Services

*Ashley Everson*  
Legacy Lane Coordinator

*Kimlin Poulton*  
Assisted Living Coordinator

## 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)*

*Newsletter Production by [PorterOneDesign.com](http://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:*

- 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