



ST. ANDREWS

HEALTH CAMPUS

A Trilogy Senior Living Community

Standard

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

Rita S.	6/02
Patti B.	6/18

Staff

Kylie G.	6/04
Sierra O.	6/05
Jennifer H.	6/05
Brianna M.	6/10
Jennifer H.	6/10
Justin M.	6/17
Savannah P.	6/27



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,

Kevin Craig

Executive Director

Live a Dream

Two of our Memory Care residents, Denise and Sherri, share a love of horses and have spent a great deal of their life around these beautiful creatures. So, they were recently granted a day to spend with their favorite animals at the Kentucky Horse Park in Lexington, Kentucky. Kentucky Horse Park is a working horse farm where guests can enjoy live equine presentations which include the Hall of Champions Show, Parade of Breeds, and the Big Barn Stall-Side Chat. Denise and Sherri were also able to visit the Breeds Barn throughout the day to see horses being bathed, groomed, and trained. The residents spent the day strolling around the park, visiting some of the greatest legends of the horse world.

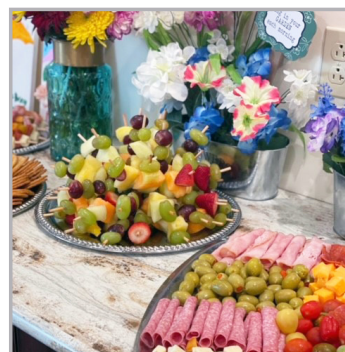
Campus in Color

Our Campus in Color program has officially kicked off! As part of this year's program we have invited individuals to adopt a bird feeder for a resident, which is simply providing feed and stocking the feeder each week. If birds aren't your thing, we also offer volunteer hours for watering and weeding campus flowers and plants. This helps our staff focus on the residents, while keeping the outside of our campus looking beautiful through the spring and summer! Contact Jeni Schnebelt or Morgan Lanham for more information or to sign up.



From Our Kitchen to Yours

St. Andrews has a wealth of talent in our dietary department. When a special snack, appetizer or meal is needed, all we must do is request this from our kitchen staff and they respond in a grand way. We appreciate the Team Approach from this team each time they are called on for assistance!





TASTE OF TOWN

Our campus recently celebrated Taste of Town with Whoppers from Burger King! The residents were commenting that it had been so long since they had eaten one of these and by the little that was left on their plates, it was surely a hit! The meal concluded with miniature banana splits and residents went away with full stomachs and mouth-watering memories of a simple, yet delicious meal.

OUT & ABOUT

Along with our Assisted Living and Health Center residents, our Memory Care residents also enjoy going on weekly bus rides throughout our county. These trips allow us to share memories of days gone by and to share stories of our past with one another. It might be their previous home, a place that they worked or their favorite ice cream shop that takes them back in time and allows them to remember a fond moment that they can relive with their Best Friends. Plus, the fresh air and sunshine always seems to bring a smile to their faces.

Community Connections

Recent months have brought two special events to the St. Andrews Campus – Wine & Paint and our Annual Garden Party. We enjoy seeing our community members visit our campus and participate in affairs that we host.

The Wine & Paint event was led by Tri-State Artisans, who assisted participants in creating a barn painting while drinking delicious wine donated by Ertel

Cellars Winery and nibbled on delicious snacks from our own kitchen.

The Annual Garden Party brought friends and family members in, along with some of our residents, to plant spring flowers in the beautiful pots that were provided. Patrons were able to take these pansies home with them to enjoy for the rest of the spring and summer.



Upcoming Events

Hometown Hero Breakfast:

June 9th | 7:00 – 9:00am

Ken Petro Music:

June 10th | 2:00pm

Taste of Town – Dairy Queen:

June 14th | 12:00pm

SEC Meeting: June 16th | 1:30pm

Father's Day Brunch:

June 17th | 11:30am – 1:00pm

Duke Dell Music:

June 17th | 2:30pm

Sunday Brunch:

June 26th | 11:00am – 1:00pm

Volunteers Needed

St. Andrews Health Campus welcomes volunteers! We have long-term opportunities, short-term, or even one-time only events at which to serve. Volunteers can serve in a variety of capacities: Decorating, exercise, manicures, reading, animal visits, and more. With so many options, it will not be difficult to find the right opportunity for you. Contact Jeni Schnebelt, Life Enrichment Director, to schedule your opportunity today.



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Alyssa Henson
Director of Resident Services

Jennifer Hartman
Director of Food Services

Rosa Kelly
Assistant Director of Food Services

Lisa Rosfeld
Environmental Services Supervisor

Billy Meyer
Director of Plant Operations

Kayla Dixon
Therapy Program Director

Shannon Wooten
AP/Payroll & Human Resources

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
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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