



ST. ELIZABETH
HEALTHCARE CAMPUS

A Trilogy Senior Living Community

Elizabethian

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

Geraldine T.	6/06
Rowena H.	6/06
Joan M.	6/09
James R.	6/10
Wayne Z.	6/17

Staff

Katie G.	6/01
Angela B.	6/01
Peggy F.	6/04
Jake H.	6/15
Gina G.	6/15
Brayton A.	6/17

Taste of Town

We will be having Pretty Prairie Farmers Market for our next Taste of the Town on Thursday, June 09th..

Live a Dream

If you have a live a dream idea, please see Amber Lantz or any Life Enrichment Team Member! We would love to grant a live a dream for you or your loved one.

Senior Exec. Club

Senior Executive Club is held the third Wednesday of every month from 1:30pm to 2:30pm. If you are interested, please contact Amber Beatty, our Customer Services Representative.

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,

Brandon Czalbowski

Executive Director

PHOTO HIGHLIGHTS



More PHOTO HIGHLIGHTS



Happy Hour

June 03-Joe Staples

June 10-Ellen Wilson

June 17-Keith Austin

June 24-Dave Wilcox-Lone Wolf

Sunday Brunch

Our next Sunday Brunch will be held on Sunday, June 19, 2022.

It will be held from 11:30am to 1:00pm. Two Resident guests can eat for free; more guests are welcome to eat by purchasing a meal ticket for \$10.00. Please RSVP by Sunday, June 05th, if you would like to join us and help celebrate Father's Day!

Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link stelizabethhc.com

Theme Dinner

Our next theme week will be held from Sunday, August 21st to Saturday, August 27th with theme night being hosted on Thursday, August 25th. Get ready for our third themed week in our one-of-a-kind Somewhere Beyond the Sea Cruise. We will serve delicious food, drinks and have a lot of theme related activities. Theme night we will have entertainment for Healthcare with Mike Almon and entertainment with Aleisha Williamson for Assisted Living.

VOLUNTEERS NEEDED: We would love to have more volunteers! We are especially needing volunteers to help on our fun runs, calling bingo, and our artisans' program. If you are interested in becoming a volunteer, please reach out to Amber Lantz our Life Enrichment Director at 765-564-6380 or amber.lantz@stelizabethhc.com. We would love to have you on our team!

FAMILY NIGHT: We will be having a Hog Roast at St. Elizabeth Friday, June 10th from 6:00pm to 9:00pm. There will be food, fun, games and a movie. Two guests per resident eat free, each ticket after is \$10.00 per person. Dinner will be served 6:00pm-7:00pm and a family friendly movie will be outside beginning at 7:30pm. Please RSVP by June 2nd.



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stelizabethhc.com | [Twitter](#) [Facebook](#)

Brandon Czalbowski
Executive Director

Christopher Gregory
Director of Health Services

Jennifer Hughes
Assistant Director of Health Services

Susan Parmely
Assisted Living Director

Tammy Krpan
Business Office Manager

Amber Lantz
Life Enrichment Director

Jeremy Julian
Director of Plant Operations

Franklin Brewer
Director of Food Services

Dan Shaver
Director of Environmental Services

Amber Beatty
Community Services Representative

Kelly Best
Social Services Director

Manish Jain
Therapy Program Director

Stay in the Loop [Twitter](#) [Facebook](#)

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