



TAYLOR SPRINGS

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

Dennis R. 6/01

Randy H. 6/11

Mary S. 6/15

Staff

Winter T. 6/02

Daron P. 6/08

Ursula N. 6/08

Ondriel M. 6/09

Isatou M. 6/10

Devon B. 6/19

Jamilia H. 6/19

Rachel S. 6/28



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,

Robin Helzerman, NHA, CEAL
Executive Director

EMPLOYEE OF THE MONTH

Wubet Shibabaw OGO
Recipient April 2022

Wubet is a Registered Nurse at Taylor Springs. She has been employed with Trilogy for just over 3 years. She goes above and beyond and is seen as a leader. She helps out our team and the residents enjoy working with her. Wubet picks up several shifts each week at our campus and has a servants heart. She is very calm and thinks critically and methodically while making the best decisions for the residents she cares for. Wubet has assisted in coverage for the Director of Health Services during her brief physical absences from the campus and has handled situations that have come about with ease. People look up to Wubet and respect her.

We are excited that Wubet is this month's OGO winner!



Sunday Brunch

Mark your calendars for June 15th from 11:30am – 1:30pm for our Sunday Brunch. We are planning a tasty BBQ Cookout, outdoor fun & games, and entertainment by DJ Mike!

Did You Know...?

Taylor Springs has an Alzheimer's Support Group every fourth Monday of the month at 6:30pm. Please see our Legacy Lane Coordinator, Katy, for more details and to RSVP.

CAMPUS IN COLOR

If you're a gardener, we'd love your help! Our Campus In Color Program is in full swing. Residents have been planning and having fun with garden projects since mid-May. Come check out our beautiful campus courtyards and encourage your loved ones to get outside!



Smile of the Month

Karen's smile says it all...
Oh, Happy Day!



HAPPY HOUR

Join us every Friday (and on special occasions!) for Happy Hour between 3:00pm – 5:00pm. Cocktail Creations by Kellie, Appetizers from our kitchen, and always a good time!



LEGACY LANE SPOTLIGHT

Legacy Lane resident, Carol, showing off!"



Activities Corner

Please welcome our new Life Enrichment team members, Rochelle and Yollie! We can't wait to bring more activities, outings, and fun to everyone!





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Robin Helzerman
Executive Director

Andrea May
Director of Health Services

TBD

Assisted Living Director

Devon Bossart
Community Service Representative

Jenny Brown
Customer Services Specialist

Lora Ford
Resident Services Director

Kellie Waters
Life Enrichment Director

Kristen Little
Director of Food Services

Ashley Byron
Business Office Manager

TBD

Director of Plant Operations

Carl Perkins
Environmental Services Director

Nathaneal Radcliffe
MDS 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