



THE MEADOWS
OF LEIPSIC

A Trilogy Senior Living Community

Messenger

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

Virginia M.	6/08
Leah E.	6/09
Scott M.	6/11
Rebecca S.	6/12
Mary Ann R.	6/15
Duane D.	6/22
Nancy D.	6/25
Patrick C.	6/26

Staff

Theresa K.	6/02
Julie D.	6/07
Mary N.	6/08
Kristi W.	6/08
Jennifer H.	6/09
Jessica N.	6/11
Rebecca S.	6/12
Maria R.	6/16
Gloria P.	6/23

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,

Madison Siefker

Executive Director

Did You Know...?

That you can read the monthly newsletter on-line in addition to the printed copy. Please follow the campus link <http://www.trilogyhs.com/campuses/meadows-leipsic>

Happy Hour is weekly at 3:00pm in the Main Dining Room unless noted otherwise on the calendars.

The Trilogy Foundation Grants Live a Dream Wishes for residents that have a desire to experience something big or small that they have always wanted to try or do again. Please contact Life Enrichment Director, at 419-943-2103 for more information.

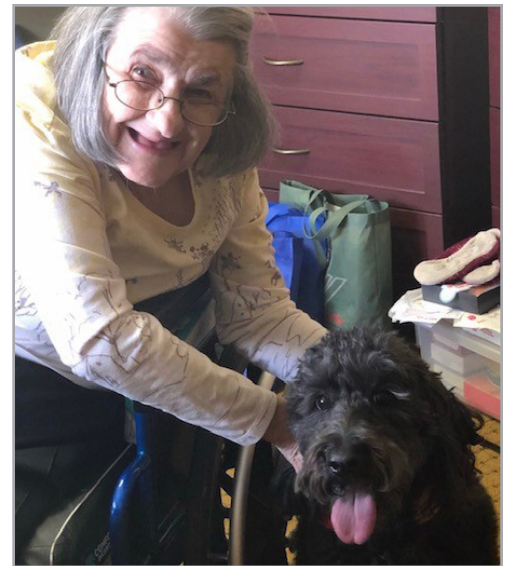
ARTISAN PROGRAM

During Craft Corner, we made beautiful décor for our doors.



Smiles of the Month

We love when we get special visitors – Meet Marlee!



TASTE OF TOWN: Taste of the Town will be held on Wednesday, June 8, 2022. We will be having a campus Grill out! If you have any suggestions for upcoming, please contact Director of Dining Food Services.

SUNDAY BRUNCH: On Sunday, June 19, 2022 11:00-12:30pm. We will be having Sunday Brunch! We are accepting RSVP's for this event. We are asking for 2 people per resident at this time. Please RSVP by Tuesday, June 14, 2022.

CAMPUS IN COLOR: Warmer weather is here, and the outdoor activities are starting up again! So put those shovels away! We are already looking forward to maintaining all our flower and vegetable gardens that have already started to look beautiful! This past month we started Campus in Color, our Annual Gardening competition, which celebrates the grounds and gardens. It promotes the creative planting of the campus' flowerbeds, courtyards, and grounds for the benefit and enjoyment of our residents, families, staff, and visitors. This program requires a team effort. If you would like to join us in the creativity of our planting categories, please contact the facility for more information.

VILLA IN COLOR CONTEST:

Who would like to win \$250.00 off your rent? We want to encourage beautiful villa porches and landscaped areas as well as containers. Hanging baskets, containers or planted flowers within the existing landscaping beds are acceptable. One resident per villa community will be selected as the Villa in Color winner at the end of August and awarded \$250.00 off one month's rent (Redeemed by credit on October billing). Good luck and have fun planting!

From Our Kitchen to Yours

EASY PEACH COBBLER

INGREDIENTS

- 1 can peaches
- 1 C. milk
- 1 C. sugar
- 1 C. self-rising flour
- 1 stick butter
- Vanilla ice cream

DIRECTIONS

Preheat oven to 375 degrees. While oven is preheating, place stick of butter in an 8x8- or 9x9-inch pan. Place it in oven to melt. While butter is melting, mix together milk, sugar and flour. Take melted butter out of oven. Pour flour mixture over top. Place peaches around pan. Pour a little peach juice from the can over the top (maybe 1/4 C. or so). Bake 1 hour or until top is deep brown. Serve with vanilla ice cream. This recipe can be doubled.

If you would like to submit a family recipe to be printed in our monthly Newsletter, please notify, Director of Food Services.



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Madison Siefker
Executive Director

Colleen Rader
Director of Health Services

Tyler Bishop, RN
Assisted Director of Health Services

Samson Holbrook, LPN
Director of Assisted Living

TBD
Life Enrichment Director

Tony Krogman
Director of Plant Operations

Jennifer Hernandez
Environmental Services Director

Evan Iles
Director of Food Services

TBD
Social Services Director

Derrick Pease
Therapy Director

Janelle Herrera
Community Service Representative

Olivia Hermiller
Business Office Manager

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