

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

| | |
|-------------|------|
| Phyllis R. | 6/07 |
| Herbert F. | 6/09 |
| Brenda S. | 6/12 |
| Doris C. | 6/13 |
| Stella C. | 6/17 |
| Jerald F. | 6/29 |
| Marjorie D. | 6/30 |

Staff

| | |
|---------------|------|
| Dominique S. | 6/01 |
| Cathy D. | 6/09 |
| Emma A. | 6/12 |
| Shinika B. | 6/15 |
| Joy M. | 6/17 |
| Jamion B. | 6/18 |
| Antoinette Y. | 6/23 |
| Erin H. | 6/25 |
| Santino W. | 6/26 |
| Janet B. | 6/28 |
| Melissa S. | 6/28 |

Campus in Color

Campus in Color, is our gardening competition, which celebrates the grounds and garden areas of our campuses by coloring them with flowers, plants and landscaping. We have already begun planning and preparing for how we would like to transform our outdoor living spaces. If you are interested in helping with our efforts, please reach out to Kaitlyn Mulvey, Life Enrichment Director.



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,

Brian Loos

Executive Director

O Great One

It is evident that Joy takes pride in her work! She always gives 100% in everything she does. She is extremely thorough and pays attention to the details. Not only does she excel in the role of our Business Office Manager, but she also goes above and beyond to make sure our new team members feel welcomed and supported. It is not surprising to find Joy at the campus bright and early.

She utilizes this time to connect and check-in with team members from various shifts. Joy is always willing to lend a helping hand, whether that is helping pass meal trays or taking the extra time to spend with a resident, family member, or team member. She truly embraces Team Approach Works Best. Joy, we appreciate your "can do" attitude and dedication to making The Oaks at Byron Center a welcoming place to live and work!





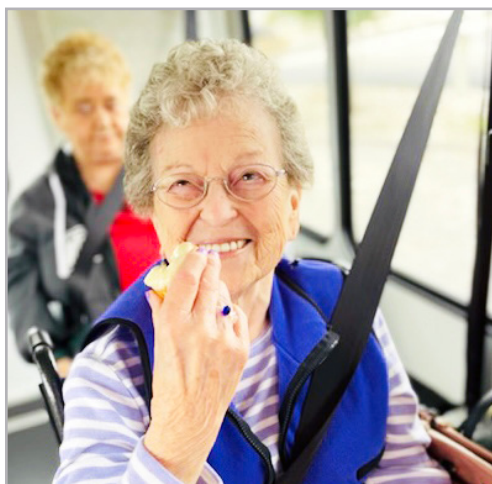
Furry Friends

We are so happy to have furry friends visiting us again!



OUT & ABOUT

We love getting out & about and can't wait to explore more during the Summer months. Where should we go to next?



Spectrio Share App

Did you know that you can download the Spectrio Share app on your iPhone or Android device to stay up to date on the latest announcements, menu, and activities? Please see the Life Enrichment team if you have any questions. Community Access Pins are as follows:

- Health Center: ByronHC
- Assisted Living: ByronAL
- Legacy: ByronLL
- Independent Living: ByronIL

Live a Dream

Looking to reconnect with old friends or family, celebrate a special birthday or anniversary, participate in a favorite pastime? Contact the Life Enrichment team today to see how these dreams can become a reality!

Staff Spotlight

Please join us in welcoming Lexie Bays to our team. We are so excited to have Lexie joining us as our Life Enrichment Intern for the Summer!





THE OAKS AT BYRON CENTER

A Trilogy Senior Living Community

2280 Byron View Drive SW

Byron Center, MI 49315

616-949-7310

oaksatbyroncenter.com | [t](#) [f](#)

Brian Loos
Executive Director

Kaitlyn Mulvey
Life Enrichment Director

Kelsey Sager
Director of Health Services

Marlene Bowen
Director of Assisted Living &
Memory Care

Justin Regan
Director of Plant Operations

Nichole Kelley
Director of Environmental Services

Joy McClimans
Business Office Manager

Jason Crim
Director of Food Services

Sarah Baldes
Therapy Program Director

Jimmy Wilkie
Community Service Representative

Andrea Millard
Director of Social Services

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