



THE VILLAGE
AT ORCHARD GROVE

A Trilogy Senior Living Community

The Village Vibe

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

Betty W.

June 30

Meetings

Please join Caity and a few of our department leaders every third Wednesday of the month at 2pm for our Village Open Forum. We want to hear any questions, concerns, comments, or suggestions to help make the Village at Orchard Grove really feel like home.

Live a Dream

Do you or another resident you know of have a special bucket list item you want to accomplish?? Trilogy is here to help! There is a wonderful Live a Dream program in which we do our best to grant a dream to a few of our residents each year. We can take you to a special dinner, a baseball game, or even get you up in a hot air balloon! The sky is the limit. Please let a member of our team know of any dreams or wishes we can help to grant.

Reminders

Please remember to RSVP and purchase brunch tickets by the Monday before our Sunday Brunch. We need to know ahead of time to make sure we have enough food for everyone!

Our June Sunday Brunch will be held on Sunday, June 5th between 11am and 1pm. Hope to see you there!!



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,

Caity Marsh
Executive Director

Staff Spotlight

We are so pleased to welcome Megan Garcia as our Director of Environmental Services. Megan came to us after working almost two years at our sister campus, Stonegate Health Campus, located in Lapeer. Megan's favorite color is green and when she isn't working she enjoys fishing, camping, and spending time with her family. She's been doing a fantastic job keeping our campus clean and shiny!



Last Month's Highlights

May was quite a party with all of our special events! From Cinco de Mayo, to the Kentucky Derby, to our Theme Dinner and our Backyard BBQ Potluck we enjoyed every moment of it. Here's some highlights from Cinco de mayo and our Kentucky Derby happy hour.



Carol with her hat



Dot with her hat



Jo Helen



*Marie, Barb, Caity,
Ruby and Rose*



Rose on cinco de mayo



Shirley on Cinco de Mayo



Derby hat craft



*Ruby and Marie
with their hats*

SUGGESTION BOX

Please feel free to utilize our suggestion box in the bistro for any comments, concerns, and suggestions. We check the box every Monday morning for new suggestions.

Upcoming Events

Be sure to keep the end of July open for our Annual Pig Roast! We'll have food, outdoor games, and a petting zoo!

Entertainment

June 3rd – Soundz of Music at 3pm

June 17th – Paint Creek Boys at 3pm

June 24th – Steve Kirkwood at 3pm

Upcoming Outings

Please sign up no later than June 30th to join us at Jimmy Johns Field for an afternoon of fun, entertainment, and baseball. We will watch the Wooly Mammoths take on the Birmingham Bloomfield Beavers on Wednesday, July 20th. Lunch will also be provided at the game.

Senior Executive Club

Our June Senior Executive Club will be held on Thursday, June 23rd at 2pm in The Village Dining Room. Please call ahead to reserve your spot by Monday, June 13th!

Social Hours

Join us on most Wednesdays in the bar area for Wine Down Wednesdays starting at 4pm!

Happy Hour is in the bar area every Friday afternoon from 3pm-4pm. Family and friends are always welcome to join in on the fun!



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71149 Orchard Grove Lane
Romeo MI, 48065
586-540-8300

thevillageatorchardgrove.com |  

Caity Marsh
Executive Director

Mary Cupolo
Community Relations

Amera Batayeh
Business Office Manager

Amanda Schwark
Lifestyle Engagement Director

Jacob Owen
Director of Culinary Services

Dustin Schwark
Facilities Manager

Shelly Waites
Housekeeping Manager

Linda Schwark
Head Concierge

Sabrina Schocke
Senior Living Specialist

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