



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

Eva B.	June 06
Nancy C.	June 20
Patsy W.	June 21
Amy G.	June 21
Betty M.	June 22
Earl M.	June 23

Staff

Shash B.	June 04
Annitra H.	June 11
Amanda F.	June 14
Cheryl R.	June 18
Carrie W.	June 23
Lindsey J.	June 28
Michael C.	June 29



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!

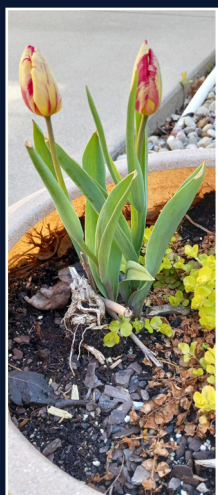
Let's have a great month!

Yours in Service,

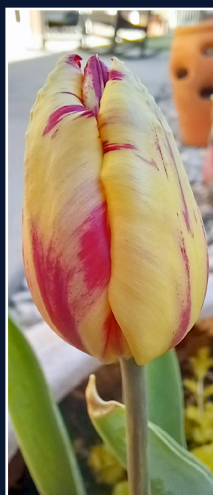
Tonia Davis, HFA
Executive Director

Campus in Color

Campus is Color is getting an early start from Mother Nature, as the tulips in the AL courtyard have bloomed. Even one of the trailing plants has grown back in the pot! Indoors, the Residents are beginning on painting pots and mini birdbaths to bring a bit of spring inside



The beginning of Campus in Color



Beautifully two-toned tulip

Activities Corner

Chicks raised by Terri Rainey, our Business Office Manager, and a white bunny raised by LEA Amanda Henthorn visited our Residents starting off our Easter Babies week. Terri brought 3 types of chickens and many of the Residents gave their stories about having raised chickens. Our Legacy Ladies did not want the bunny to leave, though he was here throughout the evening!

Baby goats, raised by Julie Rider, came to visit and were welcomed by all. Most people really wanted to hold them and some wanted them to stay! We appreciate Julie sharing her babies with us.



Amanda brings Rachel the black goat



Mr. J. is as comfortable as the baby goat in the recliner

LEGACY SPOTLIGHT

In honor of Queen Elizabeth's 96th birthday, the ladies on Legacy Way enjoyed a tea party with freshly baked brownies and spiced tea as they watched the festivities on "the telly."



Margie and Emma properly enjoying tea and brownies



Legacy Way celebrated Queen Elizabeth's actual birthday with a tea party



Kathy and Joyce are glad to resume helping with Bingo and Bunco after 2 years of absence



Patsy is a Resident volunteer who leads a Euchre Club and a Bingo on Sunday

Volunteer News

This week we honored our volunteers with a steak lunch and gifts to recognize their dedication to our Residents. They have had a rough time missing the ability to be here off and on over the past two years, but are back now and getting the Residents to remember just how much fun they bring! They give their time, talents and attention to them life here just isn't the same without people from the community visiting!

Artisans

The Night Painting Class put the finishing touches on their Easter Crosses in time for Holy Week. From clear and fresh to The Old Rugged Cross, these individual works continue to show more of their meanings the more we look at them! The beauty is in the eye of the beholder, and there has been a lot of beauty coming from this class since it began!



The finished group Stained Glass Canvas Crosses



Eva puts the black "leading" on her stained glass canvas cross

O Great One

This month's O Great One is Erica Craig!





THE VILLAGES AT OAK RIDGE

A Trilogy Senior Living Community

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Diana Turpin
Social Services Director

Krysie Benson
Director of Villa Lifestyle

Destiny Hernandez
Director of Assisted Living

Sherri Grass
Legacy Coordinator

Cindi Barnett
Life Enrichment Director

Annitra Hitt
Dining Services Manager

Tony Gobel
Director of Plant Operations

Tracy Bennington
Director of Environmental Services

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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