

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

Ora T.	June 03
Richard H.	June 03
Patricia E.	June 08
Ramona P.	June 14
Virginia M.	June 15
Esther D.	June 18
Sue K.	June 19
Martha M.	June 23
Delores H.	June 26
G. June W.	June 26
Marilyn P.	June 27

Staff

Megan C.	June 07
Traci S.	June 09
Brenda S.	June 09
Clarissa B.	June 11
Tonya E.	June 22
Caroline B.	June 25
Sheridan G.	June 26
Ashley 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,

Cassie Dunlap
Executive Director

Smile of the Month

The Smile of the Month winner is Nancy F!



VOLUNTEER NEWS

We enjoyed celebrating National Volunteer month in April. We want to thank all of our volunteers, including Alice, the best Bingo caller in the world! We are currently recruiting volunteers and would like to continue to grow.



LIVING ARTS

The “Jingle Belles” Bell Choir gave a stellar spring performance!



Baseball Friday

We have enjoyed having a different theme for Happy Hour each week. Among our favorites was “Baseball Friday.” Heather from Culinary Services put together a baseball diamond vegetable, meat, and cheese tray!



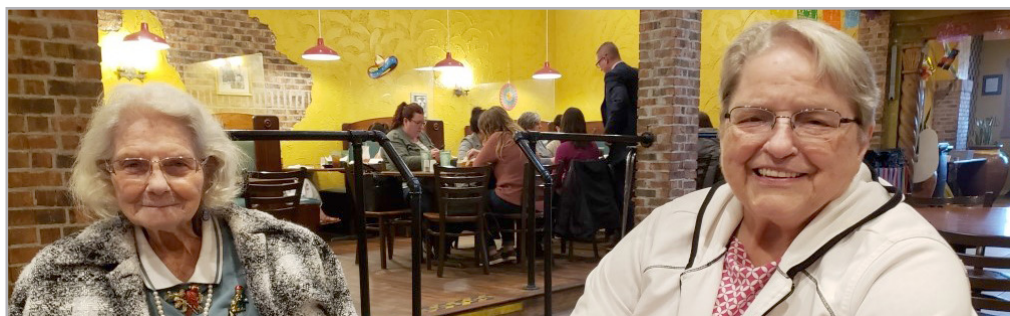
Silly Happy Hours

Happy hours at Health Center have included an Easter and Super hero theme! The residents had fun being silly!

OUTINGS

Cinco De Mayo Lunch outing to Hacienda!

The residents enjoyed going out to lunch and celebrating Cinco De Mayo with Chips, salsa, and margaritas.





WATERFORD CROSSING

A Trilogy Senior Living Community

1332 Waterford Circle

Goshen, IN 46526

574-534-3920

waterfordcrossingsl.com |  

Cassie Dunlap
Executive Director

Cassandra Seedorff
Director of Health Services

Amy Moore
Assistant Director of Health Services

Alex Ratkovich
Community Service Representative

Lisa Zollinger
Community Service Representative

Brittney Hodges
Business Office Manager

Brenda Whitehead
Assistant Business Office Manager

Jenna Barghahn
Life Enrichment Director

Jennifer Bradley
Life Enrichment Director
Legacy Lane Coordinator (AL)

Chef Michael Schreck
Director of Food Services

TBD
Director of Social Services

Connie Melton
Director of Environmental Services

Mike Laskowski
Director of Plant Operations

Billie Hartman
Director of Assisted Living

Mark Howard
Assisted Living Administrator

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