



## 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

Richard D.	6/02
Patricia S.	6/03
Nellie S.	6/05
Geraldine B.	6/11
Jessie G.	6/12
Janet W.	6/17
Barbara K.	6/17
Marjorie K.	6/18
Joseph A.	6/27

## Staff

Angela S.	6/04
Pamela L.	6/04
Bonnie C.	6/27

## OUT & ABOUT

Our residents got to enjoy themselves at the Newfield's Art Museum in Indianapolis! They were able to make it to the Van Gogh to see the art show inside!



## 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,

*Terra Hollers*

Executive Director



# Community Connections

We want to give a shout out to the Girls Scout Team for our Donation of Cookies!  
Each of our resident's got to enjoy a box with their loved ones while visiting!



## Cinco de Mayo Highlights



## Did You Know...?

Our entertainment's will be David Wilcox on June 3rd, 2022 @ 3:00PM and Sunshine Course on June 10th at 2:30 PM! Please come and enjoy our entertainment these days! We look forward to singing and Dancing with you all!

## Sunday Brunch

Thank You to everyone who came and joined us for our Sunday Mother's Day Brunch! We enjoyed Celebrating Mother's Day with you! Our next Sunday Brunch will be held on June 12th, 2022 from 11:00AM-1:00PM!

Please remember to RSVP with the Life Enrichment Team!

## Taste of Town

Our Taste of Town this month will be brought to you by, Dari Licious. We will be having their Ice Cream for Dessert! This will be held on June 8th, 2022!





# WELLBROOKE OF CRAWFORDSVILLE

*A Trilogy Senior Living Community*

517 Concord Road  
Crawfordsville, IN 47933  
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wellbrookeofcrawfordsville.com



*Terra Holler*  
Executive Director

*TBD*  
Life Enrichment Director

*Christine Klein*  
Director of Health Services

*LeAnn Brubeck*  
Community Service Representative

*Herold Barnes*  
Director of Plant Operations

*Tayra Lopez*  
Environmental Services Director

*Karen Ahlbrand*  
Rehabilitation Program Director

*Ian Cafaro-Scherer*  
Director of Food Services

*Abby Key*  
Assistant Director of Food Services

*Jeannie Ramsay*  
HR

*Debbie Polston*  
Assisted Living Unit Manager

*Meredith Jent*  
CSS

*Melissa Hester*  
CSS

*Rachel Wilke-Thornburg*  
MDS

*Karen Ahlbrand*  
Rehab Director

*Tiffany Underwood*  
AP/Payroll

*Candy Pattengale*  
BOM

*Lora Reeves*  
DSS

*Lisa Bailey*  
Staff Development

## 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](mailto: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:*

Q5: Which sense do dogs use the most? Smell

Q4: Which state is known as the

"Granite State"? New Hampshire

Q3: Who was the fourth president of

the United States? James Madison

Q2: Which candy has the slogan

"Taste the rainbow"? Skittles

Q1: In what sport is "love" a score? Tennis

## 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