



WOODED GLEN  
*A Trilogy Senior Living Community*

Gazette

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 I.	June 19
Patrick L.	June 20
Nancy R.	June 25
Karen O.	June 26

## Staff

Pam W.	June 11
Te'A C.	June 16
Kellie W.	June 17
Leah U.	June 23
Nathen T.	June 26

## Did You Know...?

You can keep up to date with the happenings at Wooded Glen by liking our Facebook page.

That Happy Hour is served weekly on Friday night from 4p-5p in Assisted Living Dining Room completed with music entertainment and appetizers for all.

## Family Night

Our next family night is set for Aug 17, 2022 from 5-7pm please plan on joining us for some fun times with some of our favorite people...stay tuned for details coming!!!

## Lifelong Learning

Join us weekly for our newest program called "Armchair Travels" as we talk about places traveled around the world and foods associated with such travels.

## Theme Dinner

August 25 at 5:00pm  
"Under The Sea"



## 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,

*Stacie Ward*

Executive Director

## Smile of the Month

Peggy is excited to start our Campus in Color with the 1st flower planted on Earth Day!!!



## FAMILY FORUM

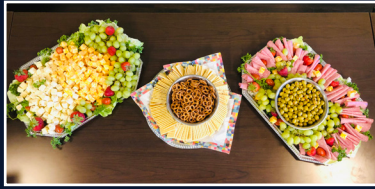
Mary R and family enjoyed some warm delicious pretzels band cheese on National Pretzel Day!!!





# CAMPUS IN COLOR

We kicked off our Campus in Color this year on Earth Day with planting of some beautiful flowers while enjoying “dirt cups” with our Life Enrichment team.

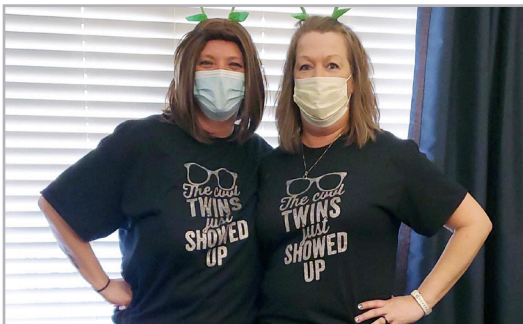


## Creative Cooking

Life Enrichment making a nice charcuterie display for happy hour for all to enjoy while listening to music by David Moligan.

## ER3 Highlights

Staff enjoyed National Twin Day with their favorite work twin during the day and at night our residents were entertained by their favorite twins Spitting Image over a delicious dinner.



## Entertainment

June 3- David Moligan at 4pm

June 8- Mark Snow at 3:30pm

June 10- Stacy Todd at 4pm

June 17- Debray at 4pm

June 22- Spitting Image at 5:30pm

## Outings

Please see calendar or a member of Life Enrichment for weekly outings (weather permitting) details.

## Save the Date

June 19- Happy Father's Day!!!

June 21- First Day of Summer!!!

June 22- Music by Spitting Image and Ice Cream Trolley

## Sunday Family Brunch

June 12- 12:00pm Please join us with your loved one!!!

## Taste of Town

Join us on June 22 to help welcome summer when the Ice Cream Trolley stop by @ 5pm!!!

## Volunteers Needed

Share your talents with our residents! Our Life Enrichment team is looking for volunteers to help create memorable experiences for the residents that call our campus home. Contact our campus today to learn more about how you can begin your volunteer journey, where you'll be able to assist residents with:

- Campus in Color Gardening
- Lifelong Learning classes
- Bingo
- Book Club Readings
- And so much more fun to have with us!!!



# WOODED GLEN

*A Trilogy Senior Living Community*

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*TBD*

*Executive Director*

*Tina Motter, RN*

*Director of Health Services*

*Tana Conley*

*Business Office Manager*

*Libby Johnson*

*Area Life Enrichment Director*

*Vince Moncrief*

*Social Service Director*

*TBD*

*Director of Food Services*

*Paula Cain*

*Environmental Services Director*

*Misty Fowler*

*MDS Coordinator*

*Ben Franzen*

*Director of Plant Operations*

## 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