

## 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

|                |         |
|----------------|---------|
| Mary H.        | June 04 |
| Marlene H.     | June 07 |
| Bonnie Q.      | June 18 |
| Marguerette Y. | June 19 |
| Barbara B.     | June 19 |

## Staff

|              |         |
|--------------|---------|
| Becky W.     | June 03 |
| Derek L.     | June 13 |
| Angela S.    | June 16 |
| Andrea W.    | June 17 |
| Christine W. | June 27 |

## PHOTO HIGHLIGHTS

## 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,

*Jessica West*  
Executive Director



*Outing!! Scales Lake!!*



# PHOTO HIGHLIGHTS CONTINUED...



*Going to church*



*Card Club*



*First trip to the library*





**WOODMONT**

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*Jessica West*

*Executive Director*

*Kassidy Byers*

*Health Services Director*

*Korbin Williams*

*Assistant of Health Services*

*Julie Robbins*

*Customer Service Representative*

*David Bolin*

*Legacy Lane Coordinator*

*Sarah Bogan*

*Business Office Manager*

*Holly Chittenden*

*Director of Environmental Services*

*DiAnna Ligon*

*Director of Food Services*

## 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