

The Benefits of Socialization

When we look back on our lives, we often find that some of our most cherished memories are the ones that we share with the people we love. We live for the moments when we can have a heart to heart with a sibling or cry from laughter with a friend. These experiences remind us that we are loved, and make us feel connected to the world at large.

Simply put, the benefits of social interaction are as purifying to the mind as they are to the spirit:

- Interacting with others can offer a greater sense of belonging and purpose.
- There's no end to learning new things and gaining new insights from fresh faces.
- Feelings of compassion may become stronger as you share your stories and listen to the stories of others.

- You will be surrounded by people who understand how you feel.
- With the encouragement of others, you can be inspired to embrace your talents and pursue their passions.

There are plenty of ways to get involved - glean the benefits of socialization in our fabulous dining room, keep up with our

monthly activities calendar, and take part in our unique programming! Designed to tend to your holistic wellness, our *SoulFIT* program encourages socialization through Love, Joy, Healing, Peace, and Gratitude. Whether you're gleaning the benefits of socialization in our fabulous dining room Talk to any member of our team today to learn more!



Happy Birthday!

Residents

Yvonne K.	7/03
Donald L.	7/05
Elizabeth M.	7/19
Margaret L.	7/21
Sybil V.	7/26

Staff

Michelle H.	7/02
Pamela B.	7/04
Emily J.	7/07
Eileen P.	7/08
Crystal P.	7/16
Kristy B.	7/18
April Leandra E.	7/23
Adam B.	7/27

THEME WEEK

Lucille's Ball theme week was full of laughter just the way Lucy Ricardo would have done it. We took a tour of a real chocolate factory in Frankfort. We made our own chocolate bon bons and we went for a trip to Roh's Opera House to watch "I Love Lucy" episodes. The theme dinner was delicious and so much fun with staff dressing the part and decorations to delight.



Executive Director Corner

Happy July, everyone!

It's been an amazing summer so

far of cookouts, nights spent with friends, and of course, refreshing Happy Hours to help us cool down. In our childhoods, it was around this time of year that many of us started looking towards the dreaded return to the classroom – but here at our campus, July means that the party is just getting started.

The penultimate Theme Week of the year is already upon us, and this time, we're heading to the high seas! From August 21st – August 27th, we'll be embarking upon a campus-turned-cruise with our "Beyond The Sea" Theme Week, bringing all of the amazing sights and sounds of

being out on the ocean right here to our home. We'll have more information to share with you before we set sail, but in the meantime, don't hesitate to reach out to any member of our Life Enrichment team with any questions you might have!

Let's not forget that we will continue with our "Country Roads Take Me Home" tours throughout the summer! Hearing the stories from some of these recent visits have been truly heartwarming. A huge thank you to our entire Life Enrichment team for making these visits a reality!

Stay cool and have a great July!

Yours in Service,

Adam Bailey

Executive Director





Country Roads Take Us Home Live A Dream

We've started something a little new this month with dedicating road trips to residents from each town we visit. We've several planned for the summer. Our first trip was dedicated to residents who call Carlisle, KY home. Jullian H., Loretta F. and Wanda S. were happy to meet up with family and friends. They enjoyed a meal and took a ride through the neighborhood and memorial sites of loved ones. Our second trip was dedicated to Velda M., from Maysville, KY. The group had a delightful time seeing Velda's hometown, eating at Pasquale's and touring the museum. Velda came across a display of her high school alma mater.



Campus In Color

We have started the Campus in Color challenge with planting flowers, herbs and vegetables. Our friend Jessica from the county extension office is giving tips and tricks on how to be successful at gardening as well as teaching us houseplant care.



Oh Great One

Adrienne W. is a wonderful nurse who goes above and beyond. She helps make weekends run smoothly. She takes care of resident needs with top priority. Adrienne jumps in to assist other staff without hesitation. She's been working at Cedar Ridge since 2015. Thank you Adrienne for being so GREAT to work with!



Legacy Lane Highlights

Residents on Legacy Lane have been enjoying the beautiful weather. They're spending time in the courtyard. They've planted flowers and strawberries. They've eaten lunch outside and tell stories in the rocking chairs. A favorite activity for many is a scenic country drive.

CEDAR RIDGE

HEALTH CAMPUS

A Trilogy Senior Living Community

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Cynthiana, KY 41031
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cedarridgehs.com |  

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Wesley Northcutt
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Mary Martin
Director of Food Services

Michael Effner
Environmental Services Director

Francis Duncan, LPN
MDS Coordinator

Joanie Sosbe
Accounts Payable/Payroll Coordinator

Ashley Bennett
Director of Social Services

Becky Northcutt
Therapy Program Manager

Ethan White
Guest Relations

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: *Where was Independence Day first celebrated?*

Question 2: *What vitamin can you get from sunlight?*

Question 3: *Which planet has the most moons?*

Question 4: *What does the
wizard give the Tin Man at
the end of The Wizard of Oz?*

Question 5: *Which Elvis
Presley song was the first
to become a Number 1
hit in the U.S. in the 60's?*

*Flip the page for last
month's trivia answers:*

Q1: Which sea separates Great
Britain from Ireland? The Irish Sea
Q2: Who is the composer
behind "Moonlight Sonata"?
Ludwig van Beethoven
Q3: Which animated
character famously exclaims
"D'oh"? Homer Simpson
Q4: What is the most populated city
in the United States? New York City
Q5: How many years are in a
millennium? One thousand

*Grab some colorful markers, paints, crayons or pencils
and create your own fireworks display in the space below!*



Word Search

N	X	M	V	V	P	Y	F	K	U	W	D	J	D	U	X	N	Q	K
A	I	N	S	P	I	R	E	E	P	G	E	E	O	J	Z	N	U	H
E	D	L	E	A	R	N	T	C	N	Q	V	L	H	W	N	R	O	W
H	P	F	A	C	G	Z	U	Q	T	L	B	P	L	J	G	J	N	X
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H	W	N	X	T	E	N	G	V	X	T	O	O	J	N	E	L	I	M
F	Y	T	P	R	W	I	N	G	W	R	L	N	B	M	Q	S	N	J
I	C	E	E	R	S	I	V	E	X	G	T	A	K	I	Z	M	S	V
T	J	R	R	N	I	I	Q	W	C	J	Y	C	U	N	H	M	D	U
H	W	A	I	P	P	G	E	U	A	T	A	H	B	G	T	W	K	J
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H	I	D	K	W	A	X	E	Z	N	G	Z	Y	J	G	W	V	A	D
H	C	R	E	H	M	W	S	O	C	I	A	L	I	Z	E	Y	X	P
Z	L	I	S	L	U	C	B	B	X	X	R	R	B	M	J	W	Y	V

CONNECT
ENCOURAGE
EXPERIENCE
FIT

HOLISTIC
INSIGHT
INSPIRE
INTERACT

INVOLVED
LAUGHTER
LEARN
PASSION

SHARE
SOCIALIZE
SOUL
WELLNESS