



CYPRESS POINTE

HEALTH CAMPUS

A Trilogy Senior Living Community

News

July 2022

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!



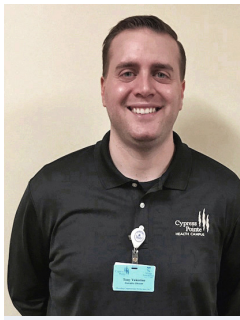
Happy Birthday!

Residents

Ollie Louise T.	7/07
Lois T.	7/09
Kenneth H.	7/11
Francoise M.	7/13
Michael W.	7/16
Anne F.	7/20
Patricia L.	7/21
Evelyn T.	7/28
Lela S.	7/30
Naomi P.	7/31
Jane R.	7/31

Staff

Debrah W.	7/01
Evon W.	7/02
Alexandria T.	7/04
Saundra M.	7/05
Crystal W.	7/15
Dondi H.	7/20
Jermaine W.	7/22
Dayna B.	7/24
Jessica C.	7/26
Stacy B.	7/27



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!

Looking forward to
seeing you aboard!

Yours in Service,

Tony Valentine, LNHA
Executive Director

Campus in Color

Jim and Kayla enjoy a beautiful day picking out flowers for the campus at the local greenhouse Covered Wagon



Activities Corner

Manicures and Lemonade every
Tuesday @ 10:30am in the Life
Enrichment activity room...please
feel free to join us for the fun!!!

Did You Know...

You can keep up to date with the
happenings at Cypress Pointe
by liking our Facebook page?

That Happy Hour is served
weekly on Fridays from 2:30 to
3:30 pm and families are always
invited to attend. Beverages
and appetizers are provided for
all! Come join us for the fun!

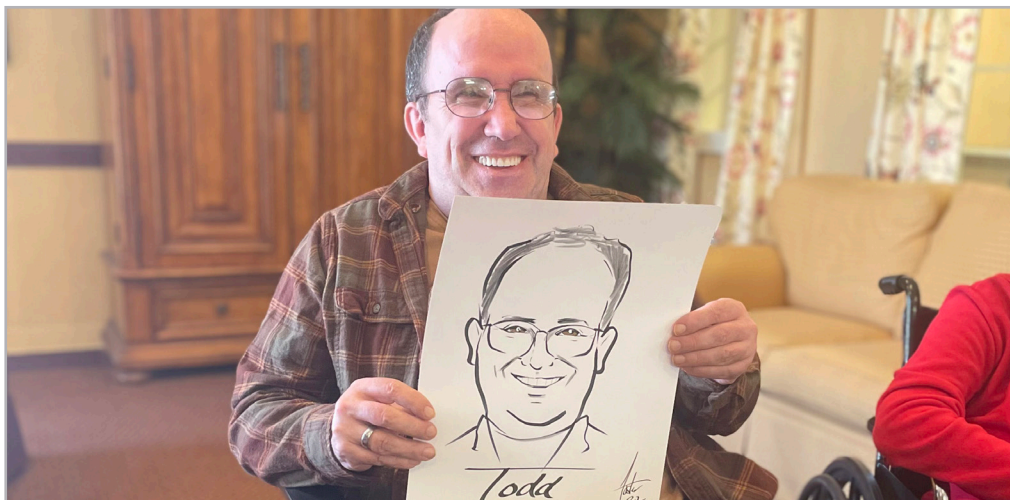
LIVE A DREAM

Don K. and wife Judy have always wanted to attend a Reds game together and Live A Dream made it happen. A huge thanks to all who helped make this dream possible!!!



SMILE OF THE MONTH

Todd enjoyed a cartoon version of himself drawn by Dan's Portraits and Caricatures during our happy hour event!!!



Save the Date

Please join us at Centennial Park on July 9th from 11:30a-2:30p for a day of fun for our softball game (12:00 gametime) Cypress Pointe vs. Brookhaven to benefit the Pink Ribbon Girls!!!

Senior Executive Club
7-13-22 @ 1:30

Taste of Town
July 7th @ 12p – Café 19

Hot Dog Drive Thru
7-1-22 @ 11:30a
7-15-22 @ 11:30a
7-29-22 @ 11:30a

Volunteers Needed

Share your talents with our residents! Our Life Enrichment team is looking for volunteers to help create experiences for the residents that call our campus home. Contact our campus today to learn more about how you can begin your volunteer journey. We are currently looking for help with:

- Campus in Color Gardening
- Lifelong Learning classes
- Calling Bingo
- and so much more!

Sunday Brunch

July 10th 11:30am

Theme Dinner

Please stay tuned for upcoming details for our next Themed Week in August "Somewhere Under the Sea".

Happy Hour

Please join us weekly for music, fun and good food!

Family Forum

July 15th Movie Night and S'mores outside...the fun starts at 7pm!



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A Trilogy Senior Living Community

600 W. National Road

Englewood, OH 45322

937-836-3149

cypresspointehs.com |  

Tony Valentine, LNHA

Executive Director

Annie Carico

Administrator

Summer Garrett

Director of Health Services

Dondi Henry

Assistant Director of Health Services

Jessica Ward

Customer Service Representative

Saundra Mendenhall

Director of Social Services

Heather Sedlak

Life Enrichment Director

Jacob Carico

Director of Food Services

Nicole Shively

Director of Environmental Services

Isaac Ward

Director of Plant Operations

Julie Shirk

Legacy Neighborhood Director

Alyssa Woods

Villa Lifestyle Director

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*

Newsletter Production by PorterOneDesign.com

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