



July 2022

The Benefits of Socialization

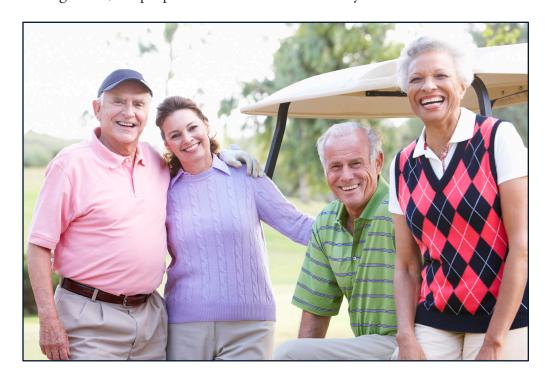
When we look back on our lives, we often find that some of our most cherished memories are the ones that we share with the people we love. We live for the moments when we can have a heart to heart with a sibling or cry from laughter with a friend. These experiences remind us that we are loved, and make 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	
Clarice W.	7/01
Olivia T.	7/05
Shirley L.	7/13
Brenda M.	7/15
David S.	7/16
Ruth H.	7/20
Madonna C.	7/22
Adell W.	7/22
Polly H.	7/23
Staff	
Dawn J.	7/02
Alieu C.	7/02
Chawnte B.	7/03
Lauren T.	7/04
Wendell N.	7/04
Courtney B.	7/04
Kiana W.	7/06
Hollie C.	7/08
Denise S.	7/08
Kelley G.	7/16
Russel C.	7/19
Whitney O.	7/22
Stacy F.	7/23
Samantha L.	7/26
Shawnte J.	7/26
Jennifer M.	7/27

Campus in Color

Residents have been working in the garden getting ready for our Campus in Color celebration. We have planted two vegetable gardens, perennials, butterfly/hummingbird garden and lots of beautiful flowers. Come by and see how pretty our campus is looking!





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 campusturned-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, (Abdoulie Cham

Executive Director





Theme Week

Theme week was a huge success! Our theme was "I Love Lucy". We had fun reminiscing the many antics of Lucy and her crew.





Memorial Day Fun!





Club Activities

We have resumed The Garden Club and The Walking Club. It is so nice to be outside and enjoying the fresh air! We are also cooking in our upstairs kitchen. Residents are sharing some of their favorite recipes and memories.





A Trilogy Senior Living Community

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> Abdoulie Cham Executive Director

Mona McCubbins Director of Assisted Living

Jerri Lewis Director of Health Services

Dawn Jackson Business Office Manager

> Samantha Lopez AP/Payroll

Tanya Florexile
Director of Food Services

Allie Olsen Community Service Representative

Mike Stephens
Director of Plant Operations

Alpha Jallow Director of Environmental Services

> Susie Steiden Life Enrichment Director TBD

Customer Service Specialist

Stay in the Loop 💆 f

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:

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Q4: What is the most populated city in the United States? New York City

Q2: Who is the composer behind "Moonlight Sonata"? Ludwig van Beethooven Q3: Which animated character famously exclaims

QI: Which sea separates Great Britain from Ireland? The Irish Sea Grab some colorful markers, paints, crayons or pencils and create your own fireworks display in the space below!



Word Gearch

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CONNECT ENCOURAGE EXPERIENCE FIT HOLISTIC INSIGHT INSPIRE INTERACT

INVOLVED LAUGHTER LEARN PASSION SHARE SOCIALIZE SOUL

WELLNESS