

## 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 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,  
*Abdonlie 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.









# FRANCISCAN HEALTH CARE CENTER

*A Trilogy Senior Living Community*

3625 Fern Valley Road  
Louisville, KY 40219  
502-964-3381  
franciscanhc.com |  

*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

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