

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

| | |
|------------|------|
| Sharyn H | 7/05 |
| Douglas B | 7/10 |
| Jack M | 7/10 |
| Paula C | 7/12 |
| Madge C | 7/15 |
| Gregory W | 7/20 |
| Glenna B | 7/21 |
| Gary H | 7/21 |
| Harriett S | 7/27 |
| William H | 7/30 |

Staff

| | |
|------------|------|
| Tamara K | 7/01 |
| Kimberly J | 7/04 |
| Emma W | 7/06 |
| Madison C | 7/10 |
| Sarah W | 7/13 |
| Heather H | 7/13 |
| Angela M | 7/13 |
| Hunter D | 7/16 |
| Haley N | 7/17 |
| Jessica H | 7/18 |
| Michelle H | 7/19 |
| Crystal C | 7/22 |
| Misty D | 7/24 |
| Charlene C | 7/30 |

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,

Mike Lacey

Interim Executive Director

Campus In Color

Lloyd painting flower pot, and Mary planting





Artisan Program

Tonya and Kay fork painting



BFF Program

Friendship Bracelet



Theme Dinner



Employee of the Month

OGO Penny H.





HIGHLAND OAKS

HEALTH CENTER

A Trilogy Senior Living Community

4114 N. State Route 376 NW

McConnelsville, OH 43756

740-962-3761

highlandoakshc.com |  

Mike Lacey

Interim Executive Director

Katherine Jones

Director of Health Services

Jennifer Hubbard

Community Service Representative

Kristy Dearth

Business Office Manager

Judy Cain, ADPC

Life Enrichment Director

Jenna Long

Therapy Program Director

Johnna Denbow

Director of Social Services

Nickie Penrose

MDS Coordinator

Jessica Howard

Director of Food Services

Timothy Leopold

Director of Plant Operations

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

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CONNECT
ENCOURAGE
EXPERIENCE
FIT

HOLISTIC
INSIGHT
INSPIRE
INTERACT

INVOLVED
LAUGHTER
LEARN
PASSION

SHARE
SOCIALIZE
SOUL
WELLNESS