



**July 2022** 

## The Benefits of Socialization

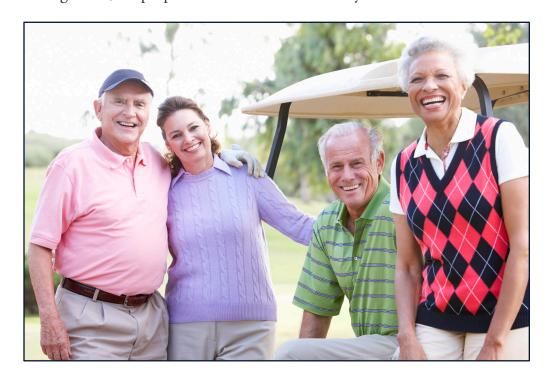
When we look back on our lives, we often find that some of our most cherished memories are the ones that we share with the people we love. We live for the moments when we can have a heart to heart with a sibling or cry from laughter with a friend. These experiences remind us that we are loved, and make 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	
Rebecca C.	7/02
Margaret P.	7/02
Joan K.	7/02
Billie H.	7/03
Evelyn M.	7/04
Chester G.	7/09
Downey T.	7/10
Brenda H.	7/17
Wallace S.	7/21
Shirley T.	7/26
Candace H.	7/27
Staff	
Jill F.	7/13
Kimberly W.	7/13
Serena C.	7/15
Mandy K.	7/16
Sherry S.	7/20
Amy H.	7/20
Diana M.	7/25



# 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,

Jordan Shots

**Executive Director** 

#### Theme Dinner

We are excited about the upcoming Theme Dinner with the theme of "Somewhere Beyond the Sea", but we wanted to take a look back at last quarter's theme dinner! Which was "I Love Lucy!" themed.













### Intergenerational Fun

Senior Health & Wellness Day happened at River Pointe and we put a fun spin on it by inviting children to come out and encourage the residents to get active. The residents got active by participating in a entertaining game of BalloonBall and then were able to have a sing along for them to enjoy.











### ER3 Highlights

The team that put together
May's ER3 made a mystery gift
for an employee to pick, Beth
Gentry was the lucky one to pick
it and the gift that she received
was to put a pie in our Executive
Director; Jordan Shots' face!





### Vitality Program

Paul is seen again getting into the rhythm of the exercise club music!





HEALTH CAMPUS

A Trilogy Senior Living Community

3001 Galaxy Drive
Evansville, IN 47715
812-475-2822
riverpointehs.com | ♥ f

Jordan Shots Executive Director Becky Martin Director of Health Services

Megan Hoppel Assistant Director of Health Services

> Stephanie Sellars Business Office Manager Jake Hicks

Customer Service Representative

Misty Owens Customer Service Specialist

Megan Kendrick Life Enrichment Director

Elizabeth Harrison Social Services Director

Camelia Seger Therapy Program Coordinator

Megan Kraft Director of Food Services

Ryan Woolsey Director of Plant Operations

Teresa Lovelace Environmental Service Director

#### 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 Beethoven Q3: Which animated character Jamously exclaims well!"? Homer Simpson

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