



**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

Darlene H. 7/10

Norma C. 7/20

Staff

Miulin D. 7/11

### Outings

For Memorial Day, Senior Living took residents to the New Castle Memorial Day Parade, where a few of our Veterans attended the Veteran's Ceremony, before enjoying the parade. 2022 proved to be the year of diversity for our Annual Memorial Day Parade. There were many more floats, businesses, and entertainers participating in this year's parade. The parade was exciting, we would like to thank our Veteran's for their service, and we would like to give our appreciation to all the volunteers who made the parade possible.



Residents are enjoying the Memorial Day Parade.

# 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,

John Craig

**Executive Director** 

# VOLUNTEER NEWS

Our volunteers attended our "Volunteers are Marvelous and Magnificent" Banquet this month. During the banquet, volunteers enjoyed a BBQ dinner, and received door prizes. Dinner included BBQ Chicken sandwiches, potato salad, baked beans and for dessert, a huge M & M Cake. After dinner, the volunteers were each recognized for their specific skills and many volunteers were awarded door prizes. We would love to thank all our volunteers for everything they do and for the time they spend with our residents.



Our Volunteers were honored during our Volunteer Banquet.



Dietary baked a cake for our "Volunteers are Magnificent and Marvelous," Banquet.

Residents and their daughters posed for hand photography.



Sue J. and her grandchildren attended our Mother's Day Tea Party.



Our Mother's Day Tea Party was a success!

# Family Night

Senior Living recognized many holidays this month, including Cinco De Mayo and Mother's Day.

We celebrated Mother's Day with our annual Mother's Day Tea Party and Mother's Hand Photography, for our residents and their families. They enjoyed pastries, party gifts, and free family photos during this event.



Iris B. is taking her chance at the Cinco de Mayo Pinata.

#### THEME DINNER - LUCILLE BALL

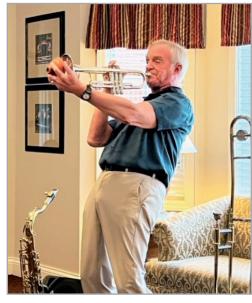
Our Dietary and Activity Staff hosted the Lucille Ball Theme Dinner. These departments did an excellent job in preparing the cuisine and decorating for the dinner. The themed dinner started with a Ropa Vieja Beef Short Rib with Mushrooms Demi Lobster, followed by Apple John with Vanilla Ice Cream for dessert. Residents were also given fedoras and pearls, to accessorize during the theme dinner. Throughout theme week, residents created Tropicana Flower Arrangements, watched the Lucy Show, learned Lucy's history, watched a Jim Vanslambrook "Big Band" performance, and participated in a Lucille Ball Trivia Contest. Everyone had a terrific time, and we are looking forward to our next themed dinner later in the season.



Our Lucille Ball Theme Dinner consisted of Ropa Vieja Beef Short Ribs with Mushroom Demi Lobster and Coconut Crème Pie for dessert.



Lois D. is posing for a photo, during our Lucille Ball Theme Dinner.



Jim Vanslambrook played Big Band Music during our Lucille Ball Theme Dinner.



A Trilogy Senior Living Community

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John Craig Executive Director

Vickie Taylor Business Office Manager

Lisa Miller Community Service Representative

> Norma Kriner Resident Activity Director

Stacey Bonwell Director of Food Services

Hannah McCubbins Director of Environmental Services

Chuck Riley Director of Plant Operations

#### Stay in the Loop **y** 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

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:

> pursnoq1 əuO zuniuuəjjiui Des: How many years are in a

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

"D'ob!"? Homer Simpson character famously exclaims Q3: Which animated uəwodiəsə una gicebowen gentunos 1981/2001/1, puided

Britain from Ireland? The Irish Sea QI: Which sea separates Great 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 **HOLISTIC ENCOURAGE INSIGHT EXPERIENCE INSPIRE** FIT INTERACT **INVOLVED LAUGHTER LEARN PASSION** 

SHARE **SOCIALIZE** SOUL

**WELLNESS**