



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

Betty C.	7/01
Geraldine E.	7/06
Stephanie R.	7/07
Barbara T.	7/23
Floyd L.	7/28
Sandra A.	7/29

Staff

Vero Y.	7/01
Latrice B.	7/07
Shubhekshya K.	7/10
Adrianna H.	7/15
Kali A.	7/17
Venora H.	7/26
Tammy M.	7/28

Revenge, sweet, sweet revenge at our ER3!

Every month Legacy at English Station celebrates our employees. Otherwise known as Employee relationships, recognition, and retention. The managing staff provides a catered meal, gives out awards, plays games and wins prizes. This past months ER3 was very, shall we say, entertaining. Muawahahaa! Matthew Jones are Executive Director was willing to step up for the team.

Morning meeting

Matt - "What game should we do for ER3?"

Staff- "Water-Balloons"

Matt- "How Bout' I let the employees throw water balloons at me for prizes?"

Staff- "Ummm- how bout' check"

Nothing brings everybody together like Schadenfreude!

Thank you, fearless leader.

Executive Director Corner

Happy July, everyone!

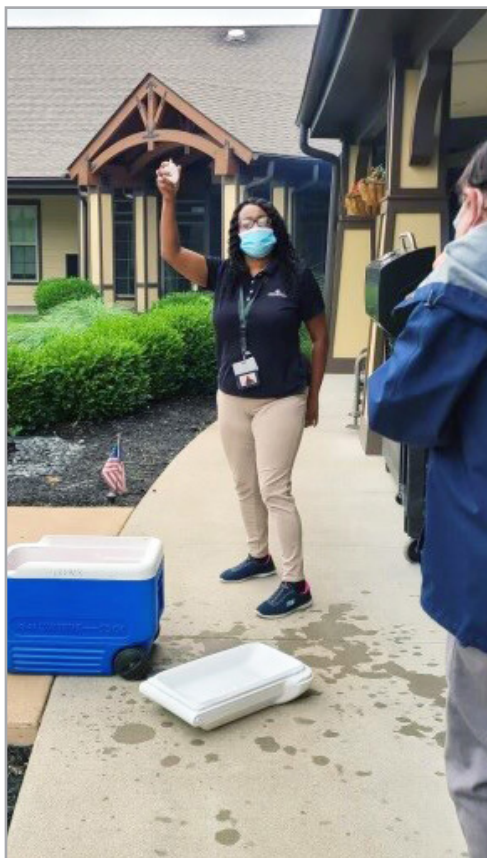
It's been an amazing summer so far of cookouts, nights spent with friends, and of course, refreshing Happy Hours to help us cool down. In our childhoods, it was around this time of year that many of us started looking towards the dreaded return to the classroom – but here at our campus, July means that 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,
Matthew R. Jones
Executive Director



Venora vs Matt at ER3



Matt the Martyr



I Love Lucy Dinner



I LOVED THEME WEEK

“I Love Lucy” was our theme week in June, and we have some “splaining to do”.

What a great theme for music, crafts, dancing and dinner. We began our week with a musical performer. Kat Edmonson captures the early 50’s like no other. She can sing anything from the American songbook and has performed all over the world. Lucy would be her BFF. Sorry Ethel.

We always like to make our own decorations making the theme dinner our own. We made red rose topiaries for table décor, and painted I love Lucy hearts, signed by Lucille Ball’s cousin. Ok, maybe not the signed part.

As for the dinner we didn’t just enjoy the amazing short ribs. We danced to celebrate it. Thanks, J.R, Ree, and Darius. It was a night for our LES history books. Oh, and thanks Lucy!

Discoveries at the Parklands

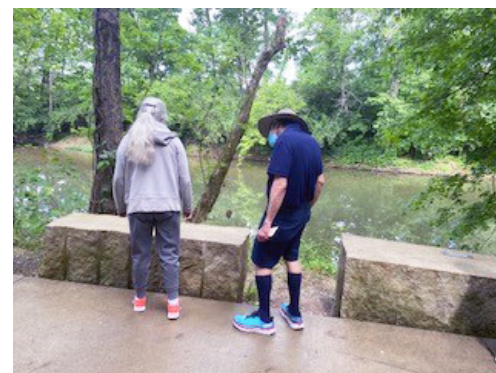
The Parklands are practically in the Legacy at English Station’s back yard. We have found that every time the Legacy at English Station Hikers visit, there are always new discoveries. This time we headed farther down the path. Tom and Pam noticed inscriptions on stone benches. A husband dedicated its seat to a wife who loved nature. It was a beautiful spot near the creek. Noriko and Tom found some red flowers, Noriko’s favorite color. As we headed up hill, we found a nook with benches to catch our breaths. A shady spot surrounded by a canopy of trees. We sat feeling a cool breeze, hearing the birds call and enjoying each other’s presence



Group 2 Parklands



Noriko and Tom Red Flower



Pam and Tom discover stone benches



THE LEGACY AT ENGLISH STATION

A Trilogy Senior Living Community

13700 English Villa Drive

Louisville, KY 40245

502-254-2361

legacyatenglishstation.com |

Matthew R. Jones
Executive Director

Dawn Edwards
Director of Health Services

Kelly Newcom
Community Services Representative

Brianna LaPierre
Business Office Manager

Shannon Convery
Life Enrichment Director

Nate Scarbrough
Director of Plant Operations

Jonathan Ross
Director of Food Services

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
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CONNECT
ENCOURAGE
EXPERIENCE
FIT

HOLISTIC
INSIGHT
INSPIRE
INTERACT

INVOLVED
LAUGHTER
LEARN
PASSION

SHARE
SOCIALIZE
SOUL
WELLNESS