

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

| | |
|-------------|---------|
| Gene D. | July 06 |
| Virginia S. | July 22 |
| Floyd A. | July 24 |
| Glenda P. | July 27 |

Staff

| | |
|--------------|---------|
| Destiny H. | July 07 |
| Yvonne M. | July 18 |
| Ethel K. | July 22 |
| Amanda T. | July 29 |
| Christina S. | July 31 |

Sunday Brunch

July 24th from 11:00am
to 1:00pm

Two vaccinated guests
per resident.

Smile of the Month

Jenny S. stomping on water
balloons during theme week.



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,
Stephanie Miller
Executive Director

Campus in Color

Our residents have been working hard on making our campus beautiful for the summer. We've been making bird houses and planting many flowers and plants in our courtyard. Campus in color invites our residents to participate in the growth of our gardens while they enjoy the sunniest days of the year. It also provides therapeutic health benefits that tend to the physical and mental wellbeing of those who participate.



THEME WEEK: LUCILLE'S BALL (I LOVE LUCY)

We had an absolute “ball” celebrating Lucille Ball all week. Our culinary team made some incredible meals for the residents. Some of the favorites were the mango mojito pancakes for breakfast and the ropa vieja beef short ribs with jalapeno lobster polenta for dinner. We enjoyed an outing to an old diner called the Morning Café for brunch. In our very own ice cream parlor, we enjoyed some 50's music along with some famous Hinkle burgers and milkshakes. The weather cooperated so we did our own version of the famous “I Love Lucy” grape stomping but used water balloons instead. We had so many smiles and laughs over this one. We finished the week with live music, theme dinner, and dancing. I think everyone was wore out after this week!





THORNTON
TERRACE

HEALTH CAMPUS

A Trilogy Senior Living Community

188 Thornton Road

Hanover, IN 47243

812-866-8396

thorntonterracehc.com |  

Stephanie Miller
Executive Director

Kris Fultz
Director of Health Services

Yvonne McKeever
Assistant Director of Health Services

Kristine Johnson
Business Office Manager

Jill Neuman
Community Service Representative

Megan Carlton
Life Enrichment Director

Kelsey Kendall
Director of Dining Services

Jennifer Ross
Legacy Lane Coordinator

Kyle Spire
Social Services Director

Tayra Crawford
Environmental Services Director

Michael Maloney
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