



COVERED BRIDGE

HEALTH CAMPUS

A Trilogy Senior Living Community

On Campus

August 2022

The Benefits of Lifelong Learning

Being mentally active is a sure-fire way to help your brain stay healthy and alert. Whether it's learning a new language, dusting off your math skills, or immersing yourself in a new culture, the benefits of keeping our minds engaged is just as beneficial to the brain as it is to opening our hearts.

According to the National Institute on Aging, research around these subjects has shown that they each have a positive link to our cognitive health:

- Keeping our physical health in check
- Helps manage high blood pressure
- Eating healthy foods
- Being physically active
- Keeping our minds active
- Staying connected with social activities

- Managing stress
- Reducing risks to cognitive health

Our campus offers opportunities to stay on top of each of these subjects – but our *Lifelong Learning* program directly tends to your mental wellbeing by providing a cooperative educational experience. Enrich your mind with courses and

activities including, but not limited to: Art, Computers, History, Humanities, International Studies, Languages, Music and Performing Arts, Psychology, Social Studies, Recreation, Science, Health, and Math at least one time per week.

Talk to a member of our team today to learn about how you can get started!



Happy Birthday!

Residents

William S.	8/03
Verda R.	8/13
Bernice H.	8/23
Myrtle L.	8/29

Staff

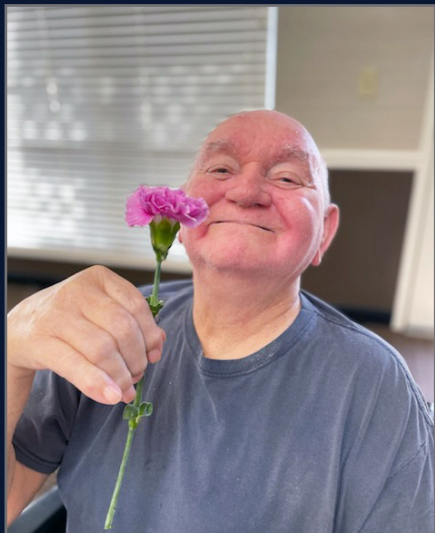
Alexandria B.	8/01
John B.	8/10
Michael C.	8/11
Shebaray H.	8/11
Erin R.	8/11
Alex S.	8/16

Sunday Brunch

Sunday Brunch will be held on Sunday, August 14th from 11AM – 1PM. Residents are permitted to invite up to 2 guests. Please RSVP by Friday, August 5th.

Smile of the Month

August smile of the month is Wayne W. He was all smiles after Jubilee Flowers & Gifts gave carnations to residents and staff to brighten their day!



Executive Director Corner

Welcome back to the ED Corner!

There's no doubt we're

in August now – with some of the hottest days of the year reminding us to stay cool, stay hydrated, and stay healthy. Talk to any member of our team about how you can cool off with our indoor activities, and we'll be happy to direct you towards our many upcoming events! Speaking of which...

Our latest Theme Week kicks off this month, with "Beyond The Sea" lasting from August 21st through August 27th. Get ready to climb aboard as we embark upon a campus-turned-cruise adventure, filled with 6 straight days of themed activities, decorations, and of

course, themed meal options. As always, please don't hesitate to contact any member of our Life Enrichment team with any questions you might have. We'll make sure you're ready by the time we call "All Aboard"!

Finally, please join me in welcoming the many new faces to our community. You may have already introduced yourself to some of our new residents, but if not, be sure to greet them with a smile, and encourage them to participate in all that we have to offer. Just by being yourself, you can go a long way in making someone feel at home.

Let's have a great month!

Yours in Service

Angie Short
Executive Director

OUT & ABOUT

This summer has been fun filled with field trips, bus tours, restaurants, and park visits. We encourage family and/or friends to join us as well! Please check your activity calendar to see where we are headed this month.



Robert D. and his wife having a fun time at San Marco's!



Patty H. enjoying lunch with her family after they surprised her during our recent Culver's lunch outing!

HAPPY HOUR

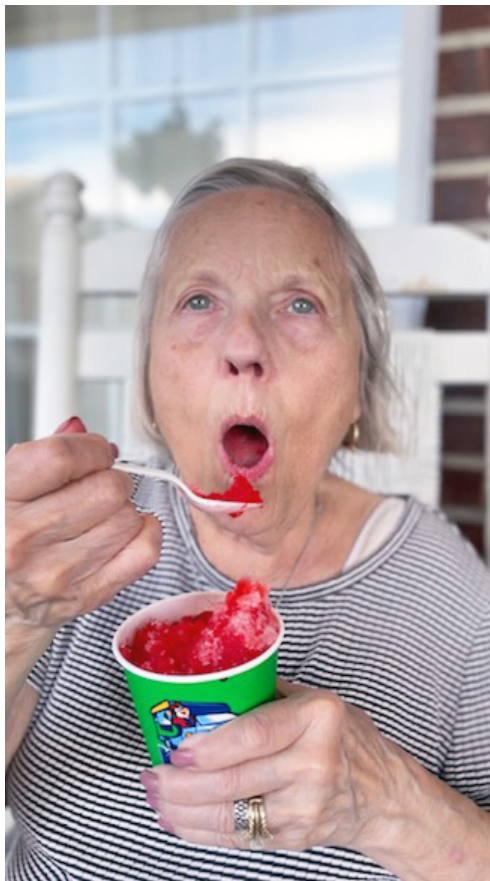
Happy Hour is held every Friday at 3PM. Recently, Kona Ice of Brown County came to serve us a cool treat!



Staff enjoying a cool treat thanks to Kona Ice!



Jack K. cools off during Happy Hour!



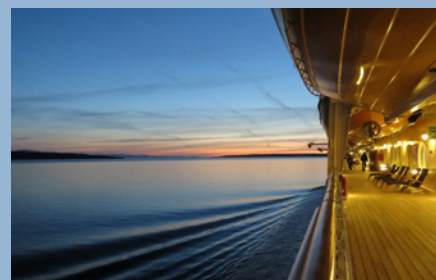
Brenda K. said, "my favorite flavor of shaved ice is Cherry!"



Kim C. and Angie W. was all smiles during Happy Hour!

Theme Dinner

We are setting sail August 22nd- 26th for "Somewhere Beyond the Sea, Captain's Ball" Theme Week! Please join us for all events we have planned to make this "cruise" is a true vacation. Hula-Dancing, Seafood eating, Excursion, shell jewelry making, and more. We will end the week out with our Theme Dinner on Thursday. So, bring your Captains hat and sunglasses and join the fun!



Vitality Program

Physical movement is vital to wellness! At least 5 times per week, we offer wellness options such as chair yoga, sit & be fit, and light & lively program. Check your Activity Calendar for times and locations to join us!





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Angie Short
Executive Director

Abigail Clark
Director of Health Services

Hayley Couch
Assistant Director of Health Services

Hannah McCord
Community Services Representative

Mike Craig
Business Office Manager

Erin Robinson
Life Enrichment Director

Erika Muhlbach
Director of Social Services

Cody Schwade
Director of Plant Operations

Sheila Joy-Haws
Director of Food Services

Debbie Redmond
Environmental Services Supervisor

Dr. Neil Strait Hill
Medical Director

Tamantha Lotton
Legacy Lane Coordinator

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: *At what age does your brain fully form?*

Question 2: *The ocean covers more than ____ percent of the Earth's surface.*

Question 3: *What is a group of lions called?*

Question 4: *True or false:
Paul Revere shouted "The
British Are Coming!"*

Question 5: *What is the
only sport to be played on
the moon?*

*Flip the page for last
month's trivia answers:*

Q1: Where was Independence Day
first celebrated? Philadelphia
Q2: What vitamin can you get
from sunlight? Vitamin D
Q3: Which planet has the
most moons? Jupiter
Q4: What does the wizard
give the Tin Man at the end of
The Wizard of Oz? A clock
Q5: Which Elvis Presley song
was the first to become a Number
1 hit in the U.S. in the 60s? I
Forgot To Remember to Forget



*Grab some markers, crayons or pencils to show your support
for World Honey Bee Day on Saturday, August 20!*

Word Search

S	F	W	K	Z	J	Y	H	T	L	A	E	H	G	S	S	W	H	W
G	S	M	R	U	Q	X	U	P	S	W	X	M	C	G	B	W	B	U
C	Q	Y	C	A	L	E	A	R	N	I	N	G	O	U	B	W	Y	X
U	J	S	M	I	V	C	K	X	W	O	S	Y	G	F	D	R	E	R
L	J	S	Z	G	Q	I	K	R	C	P	C	L	N	Y	J	A	N	V
T	C	E	F	L	E	Z	I	Y	C	N	I	L	I	X	C	G	J	D
U	M	R	L	Y	Q	S	P	W	Q	F	D	U	T	T	J	Z	T	E
R	F	T	G	A	B	M	K	G	E	K	D	J	I	Z	I	K	C	R
E	J	S	L	D	C	T	V	L	M	W	E	V	V	A	D	N	I	M
K	L	G	D	G	R	I	O	I	Q	Y	I	S	E	G	E	X	R	L
A	U	M	O	T	T	N	S	Y	Q	T	Y	V	T	I	A	M	I	W
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C	A	P	O	V	U	U	I	I	U	D	C	L	W	X	Z	N	A	H
H	Z	E	A	K	E	L	A	N	O	I	T	A	C	U	D	E	W	H
T	K	G	K	P	N	D	S	Q	T	Y	S	T	T	Z	S	T	M	P

ACTIVITIES

AGING

ALERT

COGNITIVE

CULTURE

EDUCATIONAL

ENRICH

EXERCISE

EXPERIENCE

FOOD

HEALTHY

LEARNING

LIFELONG

MIND

PHYSICAL

STRESS