

## 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

Jerry P	8/3
Joanne R	8/3
Mona H	8/6
Virginia B	8/8
Cornelia R	8/9
Doris R	8/10
Elaine G	8/19
Marilyn W	8/25
Pansy M	8/27
Betty J	8/30
Joan B	8/31

## Staff

Dana G	8/1
Sheila T	8/2
Jessica W	8/19
Alyssa W	8/19
Adam V	8/21
Taylor S	8/21
Cheryl W	8/21
Brooklyn S	8/21
Carolyn B	8/22
Georgia C	8/24
Sierra R	8/30
Anthony V	8/31
Augustine O	8/31



## 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,

*Tony Valentine*, LNHA  
Executive Director

## Sunday Brunch

Family Brunch 8-14-22 from 11:30-1:00p!



## Save the Date

8-10-22

Senior Executive Club

8-13-22

Assisted Living Open House

8-16-22

Alzheimer's Education

8-26-22

Dog Days of Summer





# HAPPY HOUR

Happy Hour fun happens weekly with a variety of drinks and snacks for all to enjoy!



## Did You Know...?

You can keep up to date with the happenings at Cypress Pointe by liking our Facebook page?

## Volunteers Needed

Share your talents with our residents! Our Life Enrichment team is looking for volunteers to help create experiences for the residents that call our campus home. Contact our campus today to learn more about how you can begin your volunteer journey. We are currently looking for help with:

- Campus in Color Gardening
- Lifelong Learning classes
- Calling Bingo
- Attending Outings
- Painting Nails
- And so much more!



# CYPRESS POINTE

HEALTH CAMPUS

*A Trilogy Senior Living Community*

600 W. National Road

Englewood, OH 45322

937-836-3149

cypresspointehs.com |

*Tony Valentine, LNHA*

*Executive Director*

*Annie Carico*

*Administrator*

*Summer Garrett*

*Director of Health Services*

*Dondi Henry*

*Assistant Director of Health Services*

*Jessica Ward*

*Customer Service Representative*

*Saundra Mendenhall*

*Director of Social Services*

*Heather Sedlak*

*Life Enrichment Director*

*Howie Stowe*

*Director of Food Services*

*TBD*

*Director of Environmental Services*

*Isaac Ward*

*Director of Plant Operations*

*Julie Shirk*

*Legacy Neighborhood Director*

*Alyssa Woods*

*Villa Lifestyle Director*

## 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](mailto: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:** *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
S	U	G	O	M	G	W	W	Y	I	Z	S	Y	R	N	G	K	J	E
W	K	W	F	G	J	V	I	E	H	S	E	E	T	G	M	M	C	N
Y	C	X	V	Z	R	K	S	G	R	P	P	C	X	R	N	V	V	R
E	S	I	C	R	E	X	E	F	D	X	V	Z	J	H	E	G	U	I
X	N	M	H	R	F	M	M	W	E	V	C	D	N	M	M	L	W	C
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