

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

Mary L.	8/05
Donald L.	8/05
James & Lois C.	8/05
Sally H.	8/06
Rebecca M.	8/07
Joan L.	8/10
William S.	8/17
Louise H.	8/23
Carolyn D.	8/25

Staff

Zavier S.	8/01
Angela C.	8/04
Cassie B.	8/10
Tiffany R.	8/16
Eugenia B.	8/18
Roseann B.	8/18
Chelsea W.	8/26
Sandy S.	8/27
Madison G.	8/29



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,

Holli Remy
Executive Director

CRUISE IN

This year's Cruise In couldn't have been more perfect. The weather was beautiful, the food delicious and DJ Hot Dog Ryman filled the air with feel good music!



Dick B.



Dick B.



Betty D. & Laura E.



Susan W. & Ann A.



Imogene S.



Betty G. & Paula R.

Campus in Color

Forest Glen is looking beautiful thanks to our Campus in Color program. This program allows residents to beautify their home with flowers and vegetables that they picked out.

Men's Group

Forest Glen's Grumpy Old Men's Club went on an outing to The Heritage Center in Downtown Springfield. This museum highlights the glory days of Springfield. The stories and memories shared was priceless.

ER3

Our employees work hard taking care of our residents. So, for our monthly appreciation party, Team Leaders washed employee cars and everyone enjoyed Kona Ice Slushies. Thank you for all you do!



Don, Heather, John, Brooke, Lloyd, Kelsey & Buddy



Food

T.O.T.

Every month here at Forest Glen we host a Taste of the Town. This is where we order take out from our favorite local eateries and bring it to our dining rooms. Residents enjoyed Raising Cane's chicken tenders with their delicious dipping sauce!



Edward C..



Norma W.



Don G.



Don, Buddy & Heather

FOREST GLEN

HEALTH CAMPUS

A Trilogy Senior Living Community

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Springfield, OH 45503
937-390-9913
forestglenhc.com | [t](#) [f](#)

Holli Remy
Executive Director

Monique Sutherland
Administrator

Betsy Hertlein-Land
Director of Health Services

Teresa McWhorter
Customer Service Representative

Betty Davis
Business Office Manager

Terri Bowermaster
Director of Food Services

Brooke Loy
Life Enrichment Director

Jessica Deel
Director of Resident Services

Tracy Lokai
Director of Environmental Service

Gene Coates
Director of Plant Operations

Tonya Martin
Therapy Program Manager

Jeffery Kvidera
Legacy Neighborhood Director

Shawnie Peters
Staff Development

Stay in the Loop [t](#) [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

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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
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