



HAMPTON OAKS

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

Rhoda H.	8/02
Judy U.	8/07
Anna C.	8/09
Norma B.	8/10
Noemi O.	8/10
Jackie P.	8/15
Theresa T.	8/20
Jack S.	8/31

## Staff

Autumn H.	8/06
Hayden C.	8/07
Brandy R.	8/10
Nina B.	8/11
Brian A.	8/13
Kristi G.	8/14
Michaela B.	8/16
Tina H.	8/17
Rebecca S.	8/18
Rachel S.	8/19
Terrie H.	8/21
Samantha H.	8/21
Chelsea B.	8/23
Kaylin M.	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,

*Brandy Royalty*  
Executive Director

## Senior Executive Club

Our last Senior Executive Club Brunch was a success! Thank you to Judy Deal for coming and speaking on meditation and the benefits of practicing it. Our bingo winners loved their prizes. We can't wait until next month! If you are interested in joining our SEC, please call us at (812) 752 - 2694

## OUT & ABOUT

Summer outings are our favorite! Our residents recently visited the French Lick Casino. Who knows where you will spot us next!





# PHOTO HIGHLIGHTS



## STAFF SPOTLIGHT



We love getting to spotlight our staff! This week's staff spotlight is one of our newer

team members, Angel. She works in our Environmental Department.

What is one thing that sets Hampton Oaks above expectations?

"The patient care. My Momma was here for almost 4 years and the care she received was second to none. I was here every night with her and I never worried that she wouldn't be taken care of. These families can't be here 24/7 so it is comforting to know that the residents are getting the best care they can. That was the reason I decided to come work here. The environment and culture that were established by the workers here made me want to be a part of the Hampton Oaks community. I am retired and couldn't imagine spending my free time anywhere else."

What do you do when you aren't at work?

"Fishing. My husband and I have a nice boat and I love to be out fishing with him. If I am not working, we are out doing something. We love to stay busy and enjoy life."

We are so thankful that Angel decided to join the Hampton Oaks Family. We appreciate her hard work and genuine love for our residents, and staff.





# HAMPTON OAKS

HEALTH CAMPUS

*A Trilogy Senior Living Community*

966 N. Wilson Road

Scottsburg, IN 47170

812-752-2694

hamptonoakshc.com |  

*Brandy Royalty*  
Executive Director

*Robin Chastain*  
Director of Health Services

*Erica Berry*  
Assistant Director of Health Services

*Cheryl Dunn*  
Customer Service Representative

*Caroline Hahn*  
Business Office Manager

*Regan Stewart*  
Life Enrichment Director

*Chelsea Bullard*  
Director of Social Services

*Bobby Griffen*  
Director of Plant Operations

*Penny Koerner*  
Director of Food Services

*Angie Morgan*  
Environmental Services Director

*TBD*  
Medical Records

## 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