



ORCHARD GROVE

HEALTH CAMPUS

A Trilogy Senior Living Community

Outlook

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

Lorene Z.	08/02
Faye P.	08/02
Lillian H.	08/03
Rita D.	08/06
Dolores G.	08/20
Kathleen T.	08/22
Barbara E.	08/23
Alec Y.	08/25
Suzanne M.	08/27
Elizabeth C.	08/28

Staff

Patricia D.	08/10
Lynette S.	08/11
Donna M.	08/12
Brian M.	08/17
Molly K.	08/18
Enrique L.	08/18
Nirmal Kumar K.	08/18
Santonia B.	08/18
Andrew A.	08/25
Kittielee F.	08/27
Major S.	08/27
Douglas H.	08/28



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,

Nirmal Kesavan

Executive Director

Resident of the Month

Orchard Grove Health Campus would like to thank Richard D. Richard is a resident in Assisted Living and has taken on a photo-journalism volunteer job and is President of Resident Council. His articles and pictures include activities, events and resident life at Orchard Grove Health Campus. Many of his photos are in this newsletter, enjoy!!

SUNDAY BRUNCH: Orchard Grove Health Campus has our monthly brunch the second Sunday of the month.

DID YOUKNOW: August is known for many things, including the dogs day of summer, National Watermelon Day (Aug.3), and National Smile Week (Aug.5-11th).

THEME DINNER: Our theme for August 21st-27th is "Somewhere Beyond The Sea," and we have a fun week planned. Cooking, crafts, signature drinks and an awesome theme dinner on Thursday, August 25th. So, let's set sail and go somewhere beyond the sea!!!

OUT & ABOUT: "Just the Guys" went to the famous Blake's Cider Mill for lunch and some guy time!! What happens at Blake's, stays at Blakes.

CAMPUS IN COLOR

Our campus looks great!!



BFF Program Spotlight

Our BFF Jerry helped Steve Smith (Legacy Director), with a solar cooking project. What a great day!!





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Nirmal Kesavan
Executive Director

Becky Conry
Director of Health Services

Christie Lassen
Asst. Director of Health Services

Sara Patano
MDS Coordinator

Lisa Carrow
Business Office Manager

Lisa Kosten
Life Enrichment Director

Caity Marsh
Community Service Representative

Kevin Knecht
Director of Plant Operations

Lauren Hopaluk
Director of Social Work

Enrique Lopez
Director of Food Service

Steve Smith
Legacy Neighborhood Director

Michelle Lamar
Director of Environmental Services

Lisa Castile
Director of Therapy

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
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