



THE SPRINGS  
AT STONY BROOK

*A Trilogy Senior Living Community*

# News

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

Mary B	8/6
Vickie B	8/8
Sharron C	8/9
Robert W	8/11
Marianne M	8/12
Joy B	8/13
Michael G	8/13
Lucille W	8/14
Jessie H	8/14
Mitchell D	8/19
Delphine G	8/20
Martha P	8/20
Barbara T	8/22
Mary H	8/27
Patricia P	8/31

## Staff

Selina J	8/12
Kelli N	8/14
Jenny N	8/27
Madalyn R	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,

*Kara Meredith*

Executive Director

## Outings and Entertainment

On August 4 we will be going to Derby Dinner Playhouse for a Lunch Matinee, "The Wizard of Oz!" Seats are limited but we will be going to more plays, so sign up in activities. Tickets are discounted to \$35.00. This is for your meal and the play.

We will leave at 11:00 August 4.  
Doors open at 11:30 for the buffet.

Play starts at 1:00.  
Please turn in your money by July 16.  
If you have any questions let me know. See Debbie Thrasher in Life Enrichment!



## JULY 4, 2022 INDEPENDENCE DAY We honor our Veterans for their Sacrifice – The Missing Man Table

The Missing Man Table is steeped in symbolism. Each item at the table represents the emotions and feelings reserved for those who did not come home. All Americans should never forget the brave men and women who answered our nation's call to serve and fought for freedom and honor.

The table is round, showing our everlasting concern for our missing troops. The cloth is white, symbolizing the purity of their motives when answering the call to serve.

The single red rose, displayed in a vase, reminds us of the lives of these Americans, their loved ones, and friends, who keep our faith.

The red ribbon symbolizes our continued determination to keep our hope. A slice of lemon reminds us of their bitter fate, captured and missing in a foreign land.

A pinch of salt symbolizes the tears for our missing and their families. A lighted candle reflects our never-ending hope for their return. The Bible represents the strength gained through faith to sustain us and those lost from our country, founded as one nation, under God.

The chair is empty. The seat remains unclaimed at the table in our home for the missing soldier.



# The Missing Man Table - Photo Highlights



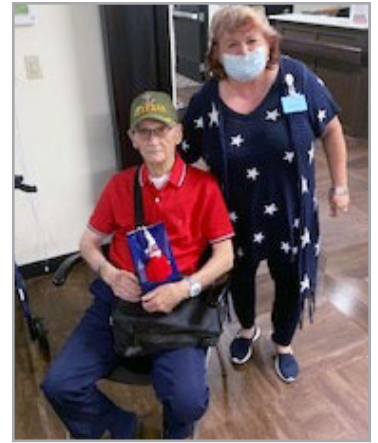
*Lynn Stuedle, Veteran and  
Debbie Thrasher, LED*



*Debbie Thrasher, LED and Demetra  
Watts, CSS at the missing man table*



*Debbie Thrasher,  
LED and Kenneth  
Gardner, Veteran*



*Debbie Thrasher, LED, and  
Gordon Vogle, Veteran*

## Some pictures of dreams answered for our residents!



*Our Harp player is  
Jessica Hyden!*



*Our 100th birthday girl,  
Jean Atkinson!*



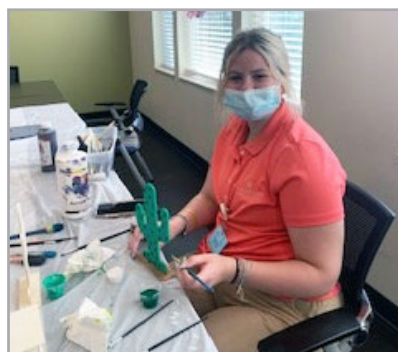
*Our Dietary Team,  
Chef Brad Houchins,  
and our Dessert/  
Pastry girl, Rachel!*



*Ms. Jean's birthday cake!*



*◀ Mr. Vogle  
and our Concier  
Natasha Sneed,  
who went  
to the Bats  
baseball game!*



*Staff and  
residents  
enjoyed an  
afternoon of  
fun crafts.*

## ◀ Live A Dream

We had "2 Live a Dreams" this month at the Springs at Stony Brook. Jean Atchinson celebrated her 100th Birthday! She loves chocolate, so we had a chocolate fondue fountain with fresh fruit and marshmallows to drizzle under the chocolate! Her favorite lunch was prepared for her and her son by our Chef, Brad Houchins. A harp was played by Jessica Hyden and everyone enjoyed this celebration!

The second "Live a Dream" was for Mr. Gordan Vogle. He received a surprise with tickets for him and his family to go to a Louisville Bats Baseball Game! He said he loved it!

## Did You Know...?

We are having spa days on August 17 and August 31, from 10am until lunch. Sign up in Life Enrichment.

We will be receiving Pearls Memory Babies and Puppies on our Legacy Units. These beautiful dolls are from Shannon and Sandy in memory their Mother and families. They will be bringing this donation in August – Date to be announced.



# THE SPRINGS AT STONY BROOK

*A Trilogy Senior Living Community*

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502-491-4692

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*Kara Meredith*  
Executive Director

*Parker Moore*  
Administrator

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Business Office Manager

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Director of Health Services

*Kim Little*  
Social Services Director

*Debbie Thrasher*  
Life Enrichment Director

*Julie Hamilton*  
Rehab/ Therapy Director

*Brad Houchins*  
Director of Food Services

*Chris Crimmins*  
Director of Plant Operations

*Keith Griggin*  
Director of Environmental Services

*Kim McCombs*  
Community Service Representative

*Demetra Watts*  
Customer Service Specialist

## 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