



CYPRESS POINTE

HEALTH CAMPUS

A Trilogy Senior Living Community

News

September 2022

Living the Trilogy Lifestyle

At Trilogy, we believe that each day should be more special than the last. That's why our lifestyle offers a variety of different ways that you can connect, celebrate, and make the most out of life with the people in your life that matter most. Here's how.

Campus Retreats

Taking place at least once a year, Campus Retreats offer a week filled with arts and crafts, unique menu options, and one-of-a-kind programs designed to provide you with the creative outlets that Trilogy family members love and deserve. Whether we're setting up an indoor campsite or getting a Tailgate ready for the big game, Campus Retreats promise to be a unique experience that you'll never forget!

Summer Field Trips

Walk through history, get up close and personal with wildlife, or just go for a stroll

through the park. However it is you enjoy spending your time, our summer field trips will have your days filled with trips to museums, zoos, and other attractions that you'll enjoy with friends and family!

Campus in Color

A celebration of the culture behind our care, Campus in Color is an annual event which takes place

on the grounds and in the garden areas of our campuses. Tending to your inner horticulturist, Campus in Color invites you to participate in the growth of our gardens while you enjoy the sunniest days of the year so far.

Interested in learning more about how you can get involved? Talk to any member of our team today. We'd love to hear from you!



Happy Birthday!

Residents

Linda B. 9/07

Josephine S. 9/13

James H. 9/15

Janis J. 9/20

William C. 9/29

Staff

Courtney C. 9/01

Josephine B. 9/03

Antoneia W. 9/09

Hiwot K. 9/11

Pamela H. 9/14

Melissa H. 9/17

Lera N. 9/18

Gerard N. 9/22

Heather S. 9/24

Amy B. 9/27

Save the Date

Taste of Town 9-1-22 Rob's

Euchre – YMCA 9-2-22

Sunday Brunch 9-4-22

Physical Therapy Day 9-8-22

Resident Campus

Retreat Day 9-9-22

Car Show 9-15-22 6p-8p

Alzheimer's Seminar 9-23-22



Executive Director Corner

Welcome to September, everyone!

I hope everyone had a great time at our "Beyond The Sea" Theme Week! Our team put on an incredible show - from Culinary with the delicious She Crab Bisque to Life Enrichment with all the amazing cruise décor. Thank you to everyone who was involved, and thank you to everyone who came out!

This month is Healthy Aging Month – a time for us to celebrate keeping our hearts strong and keeping our minds free from worry. Through our Vitality program, we're proud to offer wellness activities such as yoga, Tai Chi, and strength

training up to three times a week. And if you're thinking about making a change to your diet, our chefs are always receptive to feedback, and will be more than happy to adjust a meal based on your unique needs. Talk to any member of our team to learn more!

As we begin transitioning away from summer, we'll be letting you know about events, community outings, and opportunities for socialization that you've come to expect from our campus lifestyle. Stay tuned for more information as we head towards the fall!

I hope you have a great month!

Yours in Service,

Tony Valentine, LNHA
Executive Director

Activities Corner



More from... Activities Corner



Did You Know...?

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

That Happy Hour is served weekly on Fridays from 2:30 to 3:30 pm and families are always invited to attend. Beverages and appetizers are provided for all! Come join us for the fun!

Activities Corner

Please join us in our weekly for all the fun we have around campus on a daily basis please see a member of Life Enrichment with any questions, calendar requests or to join the fun!!!

Sunday Brunch

Family Brunch 9-4-22
from 11:30-1:00p

Volunteers Needed

Share your talents with our residents! Our Life Enrichment team is looking for volunteers to help create memorable 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 & also so much more!



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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*

Newsletter Production by PorterOneDesign.com

Monthly Trivia & Activity Corner

All trivia answers will be printed in our upcoming month's newsletter!

Question 1: Which mammal has the most powerful bite?

Question 2: Who was the first emperor of Rome?

Question 3: What is the center of a hurricane called?

Question 4: What 1950's musical
was based in California?

Question 5: What soft drink
was invented in 1892?

*Flip the page for last
month's trivia answers:*

*Q1: At what age does your
brain fully form? 25
Q2: The ocean covers more than
percent of the Earth's surface. 70
Q3: What is a group of lions called? A pride
Q4: True or false: Paul Revere shouted
"The British Are Coming". False
Q5: What is the only sport to be
played on the moon? Golf*

SUDOKU

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9				3	1			7

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ATTRACTIONS
CAMP
CELEBRATE
COLOR

CONNECT
EXPERIENCE
FAMILY
FLOWERS

GARDEN
GROW
HORTICULTURE
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OUTINGS
RETREAT
TRIPS
VARIETY