



CYPRESS POINTE
HEALTH CAMPUS

A Trilogy Senior Living Community

News

February 2023

Recognizing American Heart Health Month

In February, we celebrate American Heart Health Month – a time that reminds us of the importance of taking care of our cardiovascular health and wellness. By doing so, we can decrease our risk of high blood pressure and take meaningful steps to keep hypertension at bay. One of the key ways we can do this? Exercise!

According to the Center for Disease Control, engaging in physical activity is one of the most important ways that seniors can take care of their health. In addition to heart disease, staying physically active can lead to better sleep, reduced anxiety, and improved brain health. Of course, everyone is different – and engaging in physical activity should be executed to the extent

in which your individual situation allows. Be sure to talk to your primary care physician about physical activities that work best for you, and we'll be happy to help you get into a routine. With our *Vitality* program, we help our residents get into the groove of taking charge of their wellness with opportunities for physical activity at least three times a week. These opportunities include strength training, balance training, Tai Chi, stretching, dancing, sport gaming systems activities, walking clubs, wellness seminars, and more! At Trilogy, our number one priority will always be your



health and wellbeing. For more information about all the ways we can help support an active lifestyle, talk to any member of our team today!

Happy Birthday!

Residents

Maxine H.	02/01
Jo A W.	02/01
Larry K.	02/02
Beulah A.	02/02
Harold K.	02/03
Rita F.	02/05
Sonya H.	02/08
Thomas C.	02/18
Maureen K.	02/22
Vivian H.	02/23
Linda J.	02/27

Staff

Chauntina L.	02/02
Ashlee J.	02/05
Timothy K.	02/06
Isaac W.	02/06
Fallon L.	02/13
Nicole S.	02/14
Le'Amber P.	02/23
Lori B.	02/23

Smile of the Month Gloria R.

Employee of the Month Paige S.

BFF Program Spotlight

50's sock hop! Theme dinner
kicks off February 26, 2023

And the theme dinner will be
held on March 3, 2023 at 4:30.

5:00 PM for Legacy.

Senior Executive Club

2-8-23 1:30 Pm – 2:30 Pm

In the Villa Clubhouse.5:00
PM for Legacy.

Senior Executive Club

Frisch's Big Boy 2-9-23

Executive Director Corner

Welcome to February,
everyone!

I hope the beginning of 2023
has been incredible for you
as it has been for our campus
team. We've been hard at
work laying out some of the
amazing activities we have
planned over the course
of the year – including
our first Theme Week!

From February 26th – March
4th, we'll be celebrating our
biggest Theme Week yet with
Dancing Through the Decades.
During this week, our campus
will serve as a venue for a
classic 1950's Sock Hop. Get
ready for milkshakes, burgers,
and leather jackets in the days
leading up to our incredible
themed dinner! Stay tuned
for more information as we
get closer to the event.

This month, we also celebrate
American Heart Health Month
– a time which reminds us
the importance of taking
care of our cardiovascular
health. Be sure to talk to any
member of our team about
our Vitality program, which
provides opportunities for
physical activity up to three
times a week. Staying active is
one of the best ways we can
reduce our risk of high blood
pressure, and we're here to
help make that a reality for you
to the fullest extent possible.

As always, if you need anything
– or if you just want to catch
up - please don't hesitate
to reach out to me. I hope
you have a great month!

Yours in Service



Executive Director

BFF Program Spotlight

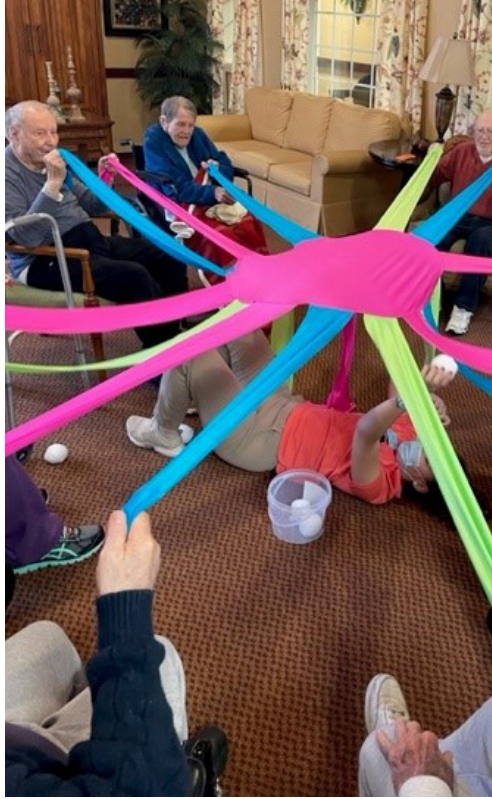
When your BFF'S favorite song
comes on, you get up and dance!
Crystal and Dail dancing to
"Stayin' Alive" by the Beegees.



Creative Cooking



ACTIVITY HIGHLIGHTS



ER3



Upcoming Events

Taste Of The Town February 9th featuring Frisch's Big Boy

Sunday Brunch will be on February 12th. 11:30Am – 1:00 Pm

Valentine's Day Party for the residents will be February 14th.

Rehab to Home Reunion is February 17th 3pm – 4pm

Entertainment

February's Entertainment will be the following

2-10-23 Matt the Magician 3 PM

2-14-23 Music By Noteworthy 3PM

2-17-23 James and Moore 3PM AL Dining Room

2-21-23 Mark Snow

Sunday Brunch

Did you know there is a brunch here on campus. The second Sunday of every month? February 12th 2023 from 11:30am- 1:00pm

Volunteers Needed

Volunteers are needed to assist in everyday activities Such as calling bingo, finger nail painting and one on one Resident time. Please see a Life Enrichment associate for more Details.

Happy Hour

Happy Hour is offered every Friday at 3 Pm. Family is encouraged to come in and enjoy the food, fun, and music!

Creative Cooking

We offer a creative cooking class making a variety of special treats for the residents. A cooking Demo is done on Wednesday's afternoons with our Very own Director of Food Services Jammie.

Live A Dream

Have a resident that has a live a dream? Please see A Life Enrichment Associate!

Out & About

Outings are offered twice a week. We go out for scenic drives, restaurants, and store outings.



CYPRESS POINTE

HEALTH CAMPUS

A Trilogy Senior Living Community

600 W. National Road
Englewood, OH 45322

937-836-3149

cypresspointehs.com |

TBD

Executive Director

Dana Bennett
Administrator

Latonia Gudger
Director of Health Services

Diane Haggerty
Assistant Director of Health Services

Jessica Ward
Customer Service Representative

Saundra Mendenhall
Director of Social Services

Heather Sedlak
Life Enrichment Director

Jammie Fields
Director of Food Services

Nicole Shively
Director of Environmental Services

TBD

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: "Konnichiwa" means "hello" in what language?

Question 2: What was the first US state?

Question 3: Where is Stonehenge located?

Question 4: What is the fastest land animal?

Question 5: Which state is known as "The Golden State"?

Flip the page for last month's trivia answers:

Q1: What is the tallest breed of dog? *The Great Dane*
Q2: What number does "two little ducks" represent in Bingo? *22*
Q3: What is the chemical symbol for potassium? *K*
Q4: How many legs do crabs have? *10*
Q5: Where were disco balls first made? *Charlestown, Massachusetts*

Exercise Word Scramble

ITA ICH

WANKIGL

NGGJOGI

WIMS

WTGSEHI

DANEC

GOAY

CIGCNLY

IBECSROA

SLAIPT E

Word Search

E	V	B	T	I	S	U	V	D	H	A	W	M	V	Y	N	T	C	C
S	Q	J	W	E	L	L	N	E	S	S	S	U	J	W	C	R	P	T
Z	Q	Y	I	Q	B	N	A	B	N	S	T	D	J	O	Y	P	S	G
A	D	C	L	U	B	H	H	E	I	O	P	T	I	E	L	R	K	P
A	N	Y	U	E	T	C	I	E	H	E	A	R	T	F	A	E	E	G
M	R	W	N	L	D	U	H	B	H	Q	T	Q	L	N	V	E	H	B
A	H	W	A	W	J	C	X	C	Q	Y	A	Y	I	S	L	G	L	Y
H	N	E	A	C	T	I	V	E	L	V	C	M	N	S	M	S	A	G
O	H	E	X	E	R	C	I	S	E	I	E	J	E	Y	K	W	H	A
B	I	C	R	T	Y	D	R	R	P	S	F	W	R	P	L	G	P	M
F	J	T	T	P	S	M	E	S	O	R	U	E	N	D	G	V	H	E
B	S	U	W	P	H	Y	M	X	U	U	O	N	S	Z	B	I	T	P
G	A	N	X	H	H	P	D	M	Z	V	T	G	N	T	J	T	I	T
M	R	W	Z	Y	B	S	D	S	W	D	T	I	R	J	Y	A	Q	X
T	F	O	M	S	D	Z	M	B	C	W	A	S	N	A	N	L	Z	P
Y	P	Y	F	I	N	V	R	W	Q	R	A	K	X	E	M	I	E	Q
V	Q	R	H	C	R	J	L	G	B	J	A	N	M	F	D	T	W	Y
M	G	X	B	A	V	H	E	S	U	K	P	N	T	E	Y	Y	N	I
M	J	T	P	L	H	K	R	I	M	P	R	O	V	E	B	E	H	X

ACTIVE

HEALTH

PHYSICAL

SLEEP

BRAIN

HEART

PROGRAM

STRETCH

EXERCISE

IMPROVE

ROUTINE

VITALITY

GAME

LIFESTYLE

SEMINAR

WELLNESS