



SMITH'S MILL

HEALTH CAMPUS

*A Trilogy Senior Living Community*

# Lifestyles

June 2023

## Tending to Your Mental Wellness

As we continue to move through life, it can be easy to get overwhelmed. Family members move to new cities, friends can become harder to reach, and day-to-day activities can become more strenuous. And as our physical health begins to change, our mental health follows – often paving the way for stress to poke its head back into our lives.

Provided by Healthline, here are some steps that you can take towards relieving stress:

- Exercise.
- Reduce your caffeine intake.
- Have a laugh.
- Take a yoga class.
- Listen to relaxing music.
- Take a deep breath.

To support these steps, our community offers specialized programming to combat stressors and keep our residents engaged in fun, fulfilling ways. With our

*Lifelong Learning* program, rather than worrying about your health, you can take a course on it. If you're wanting to improve your palate, talk to one of our chefs about adjusting your diet.

Endorsed by Dr. John Arden and based on his teachings in *The Brain Bible*, our *BrainFIT*

program can also help you maintain everyday intellectual performance while lowering your chance of Alzheimer's and other forms of dementia.

Talk to a member of our team today to learn more about how *BrainFIT* and Lifelong Learning can help you!



# Photo Highlights



## Executive Director Corner

Welcome to June!

Summer is finally here, which means it's time to break out the sunscreen, grab an ice-cold lemonade, and get ready for a season of celebration. We'll have plenty of reasons to enjoy the outdoors in the weeks ahead – so be sure to stay hydrated and ask for help if you need it!

As the weather continues to get warmer, there has never been a better time to participate in our Out and About program. With Out and About, we're proud to offer our residents field trips, bus tours, sports outings, and more up to two times per week! Talk to any member of our team today to learn

more about our next outing.

Finally, I have to once again thank every one of you who participated in and/or helped organize our recent Groovin' Through the 60's Theme Week. Our friends and families have been loving what we've shared of the event across our Facebook and Twitter pages, and I highly encourage you to check out our social media pages to see all of the fun for yourself. We'll see you for the next Theme Week! Have a great month,

Yours in Service,  
*April Huffman*  
Executive Director



*April Huffman*  
Executive Director

*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)*

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