



Planning Your St. Paddy's Day

As the cold weather retreats in preparation for spring, the month of March makes itself known with the blooming of flowers and the budding of leaves. You might even come across a four-leaf clover - reminding you that Saint Patrick's Day is just around the corner. If you're already green with excitement and looking for ways to get involved in the Irish holiday, here are some Life Enrichment programs we offer that are sure to get you in the spirit.

Get Inspired with Inspirations!

When it first began in the 17th century, Saint Patrick's Day was a time for Irish-Christian families to celebrate the arrival of Christianity in Ireland. Today, the holiday has

branched out all across the globe; encouraging everyone to partake in a day of embracing Irish culture. If you're someone who is interested in the spiritual side of Saint Patrick's Day, you'll love our *Inspirations* programs. Offered on a weekly basis, we encourage our community to attend worship services, Bible studies, meditations, tranquility programs, sing hymns, share life stories, and more. Much like Saint Patrick's Day, regardless of your religious background, there's something here for everyone to enjoy.

Celebrate with a Happy Hour!

If you've ever been to a Saint Paddy's Day parade, you know that people come for the party as much as they do

the floats. At our campus, you can celebrate the holiday in style during our *Happy Hour!* Every Friday afternoon between 3:00 and 5:00 p.m., you can sip on your favorite beverage, enjoy snacks, and mingle with friends. It's the perfect way to celebrate Saint Patrick's Day, and an even better way to end a week.

Get crafting!

Create pieces of art to match the beauty of Ireland with our *Artisans* program! We'll provide all the supplies you'll need to craft anything from popsicle stick leprechaun magnets to crepe paper shamrocks. The only thing you'll need to bring is a creative mind!

...continued on back page

Happy Birthday!

Residents

March 01	Wilma P.
March 03	Gerald B.
March 03	Lawrence P.
March 04	David M.
March 08	Mark C B.
March 10	Jere S.
March 24	Michael W.
March 28	Rusty I.

Welcome Residents & Family Members

The Stonegate Health Campus Team would like to welcome all our new residents and their families to our campus and a place to call home. We are looking forward to serving your loved ones in their daily needs and making new memories each day. We take pride in our services and hope we can meet each residents needs. Please let us know how we are doing, so we can make a difference in our resident's lives!

Did You Know...?

We host a BrainFit course quarterly to help our residents and community members learn how to slow the progression of dementia. This class will be offered in March on Wednesday's 1:00pm-3:00pm. This is a 5-week course where we cover different topics from week to week. Topics we cover are Education, Nutrition, Sleep, Exercise, and Stress. Please RSVP with Brittani Price (810)245-9300



Executive Director Corner

Greetings from Stonegate! March promises to be

another month full of exciting opportunities for our residents, and we can't wait for them to see what we have in store. In honor of St. Patrick's Day, I'd like to personally invite you to any of our Friday Happy Hours, or to simply unwind by participating with your loved one in any of our other Life Enrichment programs. Here at Stonegate, we do our best to make sure that no two days are ever quite the same, and each one is more special than the last.

Of course, none of this would be possible without our dedicated team. Our staff is second to none, and we want to make sure that we give them the recognition they

deserve. Kicking off this month is Employee Appreciation Day, and we couldn't have more to be thankful for.

This past winter, our team went the extra mile to make our facility a home fit for the holidays. Whether it was one of our chefs preparing a warm, home-cooked meal, or a CNA helping a resident put the star on top of their Christmas tree, every member of our staff spent the giving season by giving their best effort. But this doesn't stop just because the weather gets warmer – their attention to detail and compassionate spirit is something you can count on year round.

I hope March is as wonderful to you as our team has been to us!

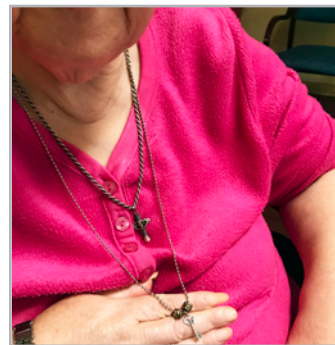
Yours in Service,

Shea Baker

Executive Director

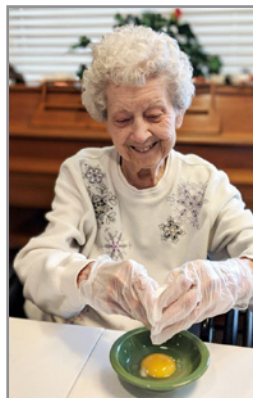
Arts and Crafts

We love to get crafty here at Stonegate. We do crafts twice a week at 10:30am on Monday's and on Thursday's in the activity room. We do a variety of different style crafts from jewelry making, to painting, to floral arrangement. We love to decorate our activity room with the different art projects made by our residents. We theme our art projects to the season or the holiday that's during that month. In January we made penguins, polar bears, snowman, and snowflakes. In February we made love bugs, "bee mine" bumble bees, and "I love you to pieces" puzzle piece paintings. Come and join us sometime and explore your creative side!



COOKING UP SOME FUN

We have our cooking group once a week on Saturday's at 10:30am in the activities room. We all pitch in measuring ingredients, chopping, and stirring. We don't only cook, we bake too! Like the crafts, we like to theme our cooking along with holidays and the seasons. In January we made snow stacks, snowballs, scotcheroos, and chocolate fondue. In February we made conversation heart pretzel bites, mug brownies, gummy bear cookies, and mini cherry pies. We would love to hear your suggestions of recipes you would like to make. Please share your ideas with the Life Enrichment team.

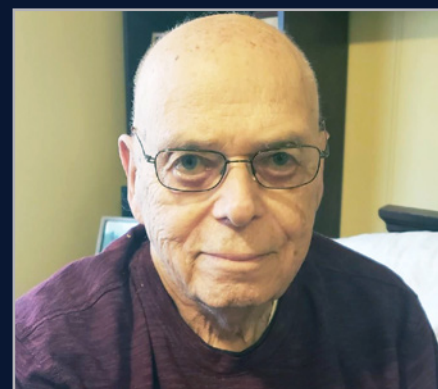


Sunday Brunch

January's Brunch will take place on March 10th from 11:00am-1:00pm. This is a special time to invite family and friends to dine on the culinary creations of our expert chefs. Please make reservations. We hope to see you there!

Health Campus Spotlight: Paul F.

Paul was born in Flint and grew up in North Branch. His favorite childhood memory is bicycling with his cousin Don. He loves dogs and has had them his whole life. He worked on A/C spark plugs and farmed beef cattle for a living. He has three children Linda, Keven, and Sherry. His favorite holiday to celebrate is Christmas because he enjoys visiting with his family. The people that he's closest to include Louise Anderson, Tom Schieshel, his son-in-law's Matt and Dave and his children. His favorite activities include playing cards, bingo, and going fishing. His favorite place to travel to is Hawaii. His favorite foods are chicken and salad. He loves the color red because it reminds him of fall. His words of wisdom are "Be happy and stay happy."



ASSISTED LIVING SPOTLIGHT: DILLY T.



Dilly was born in Puerto Rico. She then moved with her family to Minnesota where she grew up. Her favorite childhood memory is playing in the ocean. Growing up she had a pet dog named Blackie. She and her husband Gilbert had two children Deonna and Jeff. She worked as a housewife and a dedicated mother. Her favorite holiday has always been Christmas because she could spend time with her family. She loves to sew, dance, and socialize with others. She was always very close to her mother, and

now is very close to her daughter. Her favorite foods are rice and beans and pork chops. She loves the color red and vibrant colors. Her favorite place to travel is Puerto Rico. Her words of wisdom are "Be kind to each other."

Taste of the Town

Stonegate Health Campus looks forward to bringing in the taste and spirit of many local restaurants in Lapeer to our residents. Taste of the Town is a monthly event where the campus chooses a local restaurant and arranges for a favorite meal to be brought to the campus for the residents to enjoy. Our next Taste of the Town will be sponsored by Achatz Pie Company on March 26th. If you are a local restaurant or know of a local restaurant owner, please reach out to our director of dining services.



WOODED GLEN

A Trilogy Senior Living Community

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Lapeer, MI 48446

810-245-9300

stonegatehc.com |

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Ruthann Hicks
Director of Environmental Services

Casey Hinman
Director of Health Services

Sheila Amoss
Scheduling

Breanna Patton
Guest Relations

Mistry Martin
AP/Payroll

Luis Guevara, Christine English,
Robin Debeau
MDS

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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'St. Paddy's Day'

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These are just a few ways you can
get ready for Saint Patrick's Day,
but the options are limitless.

Dress up as a leprechaun and

join your friends for a party.

Play a themed version of bingo

or have your grandkids search

for gold with a scavenger hunt.

If you have a special way you

would like to celebrate the

holiday, let us know, and we'll

do our best to make it happen.

When you chose to live with us,

you chose a lifestyle of fun and

fulfillment - and we couldn't

be luckier to have you!



Word Search

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ARTISANS
CLOVER
CRAFTS
GOLD

GREEN
HAPPY HOUR
INSPIRATIONS
IRELAND

IRISH
LEPRECHAUN
LUCKY
MARCH

SAINT
SEVENTEEN
SHAMROCK
STORIES