



THE WILLOWS  
AT FRITZ FARM

*A Trilogy Senior Living Community*

# Monthly

March 2019



## 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!

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# Happy Birthday!

## Residents

Dorothy A.	March 02
Relda A.	March 02
Frances W.	March 03
Irene H.	March 04
Eliza T.	March 10
Fredrick P.	March 30
Zoe P.	March 31

## Family Night

Thursday, March 7 from 5-7pm.  
The theme is "March Madness".

## Volunteer News

The Willows at Fritz farm strives to make all of our resident's days enjoyable and fun. Volunteers are the heart and soul of our campus and the key to making this happen. Therefore, we are calling all who want to volunteer and bring joy to our residents. You can give 1 hour a month to make a huge difference too many people. If you are interested in volunteering for the following programs, please contact Josh Gruneisen/ Life Enrichment Director.

Bingo caller, crafts, leading men's groups, nails, or hosting a movie night.

## Dietary Corner

Please join us for Chef's Circle each Wednesday at 3:30. Try new recipes; bring some of your favorite recipes to be offered on the Fritz Farm menu.

## Executive Director Corner

Greetings from Willows at Fritz Farm! 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 Willows at Fritz Farm, 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 deal 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,

*Matt Jones*

Executive Director





# LIFE ENRICHMENT SPOTLIGHT

Recently we brought in the ladies from Coco Chanel to pamper our residents. All residents had the opportunity to receive make-up makeovers, sample perfumes, and receive freebies. Keep an eye out in our future Activity Calendar as they will be returning soon!



## Out and About

We have lots of opportunities for Residents to go out into our local community. Below is a list of a few dates we have scheduled. Keep a close eye on the Activity Calendar as more dates are added all the time!

March 07 - Whole Foods

March 14 - Cracker Barrel

March 21 - Kroger

March 28 - Walmart

## Sunday Brunch

Sunday, March 10 at 12pm

We always look forward to mingling with our residents and their family and friends each month during our monthly Sunday brunches. Each resident can invite 2 guests free of charge; any additional guest can purchase meal tickets from the business office for \$10 a person. If you anticipate having a large group, please RSVP to a member of the culinary team as spaces fill up quickly!

## Taste of Town

Wednesday, March 27 at 12pm.

Featured Restaurant: Little Caesars

## Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link: [www.willowsatfritzfarm.com](http://www.willowsatfritzfarm.com)

The Private Dining Room can be reserved for Birthday Parties, Family Dinners, or any other special events you would like to celebrate with your loved ones.

Happy Hour is weekly at 3 - 4 pm accompanied by live entertainment.





# THE WILLOWS

AT FRITZ FARM

*A Trilogy Senior Living Community*

2710 Man O'War Blvd.

Lexington, KY 40515

859-273-0088

willowsatfritzfarm.com |

*Matt Jones*  
*Executive Director*

*Kay McCoy*  
*Director of Health Services*

*Susan Roark*  
*Assistant Director of Health Services*

*Bonnie Billock*  
*Business Office Manager*

*Josh Gruneisen*  
*Life Enrichment Director*

*James Adams*  
*Director of Plant Operations*

*James Underwood*  
*Director of Environmental Services*

*Sean Gillum*  
*Interim Director of Food Services*

*Jessica Wilmore*  
*Therapy Program Director*

*Jessica Kendall*  
*Social Services 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*

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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

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

ARTISANS  
CLOVER  
CRAFTS  
GOLD

GREEN  
HAPPY HOUR  
INSPIRATIONS  
IRELAND

IRISH  
LEPRECHAUN  
LUCKY  
MARCH

SAINT  
SEVENTEEN  
SHAMROCK  
STORIES