



## 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 B.	3/01
Viola D.	3/02
Victoria K.	3/03
John D.	3/05
Cecilia D.	3/07
Mary Y.	3/07
Margaret M.	3/11
Ken J.	3/11
Barbara	3/15
Clarence C.	3/16
Jacqueline C.	3/18
Helen L.	3/18
Helen B.	3/26
Joan K.	3/30
Nancy M.	3/31

## Door Usage

Families are not to use the hallway doors to enter or leave the campus. Instead, use the main entrances only.

## Guest Driving

Please slow down when driving through the parking lot and the roads near the villas.

## Popcorn Wednesdays

Come get popcorn from Life Enrichment every Wednesday Afternoon. Free of charge to residents and guests...50 cents for staff.

## Lost and Found

We have a lost and Found rack in the laundry room. Please come see us if your loved one is missing any clothing items.

## Massages

Schedule your massage appointment for March with Massage Therapist Kate Young, LMT.

\$65 for 1hr massage

248-231-5283

## Executive Director Corner

Greetings from Westlake Health Campus! 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 Westlake Health Campus, 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,

*Karen Marzec*  
Executive Director

## VOLUNTEER SPOTLIGHT: AVA

We'd love to introduce you to our wonderful volunteer, Ava! She is the granddaughter of Charles E., one of our residents in Assisted Living. Ava helps with bingo during the week and has quickly become an essential part of our bingo games. She is amazing and the residents all love her. If you see her say hello!



## Please Label Clothing

If you bring in any new items (clothes, blankets, shoes, slippers) for your loved one, please bring them down to the laundry room so that they can be labeled. You may leave them in a bag with the resident's name and room number if no staff are present in the laundry room at the time. If you do not want one of our company labels, you may choose to use permanent marker (available in the laundry room) to identify the item by writing your loved ones initials on the clothing tags. This will help us ensure safe keeping of personal items.



# Resident Spotlight: Cecilia D.



We would like to introduce you to Cecilia D., one of our residents in the Assisted Living area. Cecilia is so much fun to be around. She is so kind, and always has the best sense of humor. Cecilia loves old movies, some of her favorites being Shirley Temple, Little Orphan Annie and The Sound of Music! Some of her favorite activities are music, painting, rosary, and exercise. Cecilia is a bright light in our campus, so vivacious and full of life. She never misses her glass of red wine at happy hour, or the live music!



*Ponny Morris curating the library*

## Please Come Check Out Our Library!

A former resident, Ponny Morris has been diligently working on creating a great library space for the residents at Westlake. It is in the Activity Room near the Assisted Living dining room and looks beautiful. No need to check books out, just borrow and return at your leisure or keep and enjoy!



*Jo and Hannah sorting bingo chips*



*Ms. Bette enjoying her salad*



*Lily and Pat having a wonderful lunch!*

## Snapshots of Westlake

We have been having a great time this winter, spending lots of time making memories and making friends. Here are some photos of some of the fun we have been having out and about in the community and in our own backyard!



*Fred and Helen enjoying lunch out at Coney Island*



## Friendly Reminder

The campus and its grounds are non-smoking. Please refrain from smoking on the property including the parking lot and from discarding of cigarettes on the grounds.

## Upcoming Events

March 07, 14, and 21: BrainFit from 10:00-11:30am

March 07: Taste of Trilogy Trifecta from 5:00-7:00pm

March 17: Sunday Brunch from 11:00am-1:00pm

## Volunteer News

There are plenty of resources available for residents and community members that are visually impaired. See a Life Enrichment team member for information on receiving free books on tape.

Life Enrichment is also happy to help provide magazines, books, adult coloring, word puzzles, jigsaw puzzles and other leisure resources as needed.

## Out and About


We take the residents on outings each week. Assisted Living and Health Campus typically goes out on Tuesdays and Thursdays. Legacy goes out on Friday's. It would be helpful if you could leave money for your loved one in an account at the business office to use for outings. Many of them are free, but sometimes we go shopping or to the museum. We are also always looking for volunteers to help us on these outings. If you are available to attend with your loved one please let Life Enrichment know! See the calendar or Life Enrichment for more information on where we are going each week!



**WESTLAKE**

**HEALTH CAMPUS**

*A Trilogy Senior Living Community*

**10735 Bogie Lake Road  
Commerce Township, MI 48382  
248-363-9400  
westlakehc.com |  **

*Karen Marzec  
Executive Director*

*Katie Johnson  
Director of Health Services*

*Suzanne Poling  
Business Office Manager*

*Megan Campbell  
Life Enrichment Director*

*Rick Gasperowich  
Director of Plant Operations*

*Kim Penn  
Director of Environmental Services*

*Marissa Jao  
MDS Coordinator*

*Regina Hughes  
Legacy Neighborhood Director*

*Chelsea Thelen  
Director of Social Services*

*Casey Bernaiche  
Therapy 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](mailto:comply@trilogyhs.com)*

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# 'St. Paddy's Day'

*...continued from cover*

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