



WOODMONT  
HEALTH CAMPUS

*A Trilogy Senior Living Community*

# Corner

April 2019



## The Benefits of Volunteering

From April 7<sup>th</sup> through the 13<sup>th</sup>, we celebrate National Volunteer Week – a time for us to recognize all of those who are guided by a servant’s heart. You might know them as a choir practice leader, a bingo caller, or just a friendly face that stops by to ask you about your day. But how often do you see a volunteer in yourself? How about one of your friends? You might think that volunteering is a young person’s game, but this couldn’t be further from the truth. Brought to you by the National Institute on Aging, here are some of the ways a senior’s life can improve when they are an active member of their community.

Whether you’re volunteering or participating in one of our Life Enrichment programs, being involved is great exercise for your brain. You’ll be using your intellect to find new, creative ways to tackle the day, which can lower your risk for developing diseases such as dementia. Additionally, a study by the Rush Alzheimer’s Disease Center found that “there is a link between higher levels of social connections and participation in social activities with better cognitive function.”

Research has shown that we’re happier when we believe in what we’re doing. When we participate in activities that we find fulfilling,

we’re less likely to feel symptoms of depression, and more likely to feel healthy. For example, when a group of seniors volunteered as tutors at their local elementary schools, their cognitive and physical health were shown to have improved. In extreme cases, volunteering has also helped those who are grieving the loss of loved one – providing them with a stronger sense of self and purpose.

At our campus, when someone offers to help you, they’ll do so with a smile on their face. When you look at all the positive effects that volunteering can have on one’s life, it’s no surprise why. Even if you’re not in a position

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# Happy Birthday!

## Residents

April 01	Delta F.
April 07	Bobby H.
April 07	Donna W.
April 09	Charlotte C.
April 20	Bertie E.
April 26	Max L.
April 30	Mary I.

## Staff

April 10	Carol D.
April 12	Sarah B.
April 15	Susan T.
April 26	Lisa S.
April 26	Emma W.



## Executive Director Corner

Greetings from Woodmont it is hard to believe that it's already April,

and we can start putting away our coats and jackets in favor of shorts and t-shirts. The warmth of spring might even invigorate you to participate in a cookout or relax with your friends in our courtyard. However, you choose to spend your time at Woodmont there is always something to do and people to enjoy it with – including our volunteers.

April 7th through the 13th is National Volunteer Week, so I wanted to spend some time this month highlighting the many ways in which volunteers serve our community.

We highly encourage our residents to get involved in these activities and meet our volunteers for themselves!

With our *Music to My Ears* program, student music groups, community choirs,

and other musical acts come to our campus to awaken, calm, and encourage with the power of song. If you want to show off some of your own talents, the volunteers of our *Artisans* program are always finding new creative ways for our residents to express themselves. In addition, if you decide to join us for a friendly game of Bingo, there will be a friendly face there ready to read off your winning numbers.

Wherever you may encounter them, you will instantly feel connected to the volunteers that serve our campus. Thank you to all of those who make the time to be a part of our family. For more information on how to become a volunteer in our community, give us a call today. We'd love to meet you!

Yours in Service,

*Robyn Meador*  
Executive Director

## Sunday Brunch

Please join us for Family Brunch on April 14 from 11:00 to 1:00. If you are planning to attend, please make a reservation at your earliest convenience so that we may plan accordingly. As a reminder, the first two family members are free and after that, it is \$7.00/person.

## Did You Know...?

That you can read the monthly newsletter online. Please follow the campus link: [www.woodmonthc.com](http://www.woodmonthc.com).

The Private Dining Room can be reserved for Private Parties, Birthdays, and Gatherings.

Happy Hour is weekly on Friday's at 3:00pm

The Trilogy Foundation grants Live a Dream wishes to our residents.

## SMILES OF THE MONTH

Max and Della were all smiles when they have the opportunity to visit with their new great-grandbaby.



# Themed Dinner

On February 28 our residents enjoyed our first Themed Dinner of the year. This dinner was the commencement of a weeklong celebration of New Orleans and Mardi Gras. Staff and residents participated in creating various Mardi Gras decorations and making sweet treats.



*Bertie*



*Della*



*Fabian*



*George*



*Jean*



*Joyce*



# WOODMONT

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*A Trilogy Senior Living Community*

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*Executive Director*

*Kim Gibson*  
*Director of Health Services*

*Sarah Bogan*  
*Business Office Manager*

*Gregory Wilkinson*  
*Life Enrichment Director*

*Tracy Tinker*  
*Director of Food Services*

*Becky White*  
*Resident Services*

*Dr. Karl Sash*  
*Medical Director*

*Tina Barnes*  
*Community Services Rep.*

*Claire Hildenbrand*  
*Therapy Program 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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# 'Volunteering'

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to act as a volunteer, there are plenty of ways to get involved at our campus.

Express yourself with our *Artisans* program. Go on a once-in-a-lifetime vacation with the *Trilogy Travel Club*.

Take a cooking class hosted by our campus chefs, then share the end results with your family and friends.

Doing what you love at here means leading a happier and healthier lifestyle, and we're here to assist you every step of the way.

If you're interested in lending a helping hand, or know someone whose talents are well worth sharing with others, contact our Life Enrichment Director today!



## Word Search

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

APRIL  
ARTISANS  
BENEFIT  
CLUB

COGNITIVE  
CREATIVE  
DONATION  
EXPRESS

FRIEND  
HELP  
INTELLECT  
INVOLVED

PURPOSE  
SMILE  
TRAVEL  
VOLUNTEER