



THE WILLOWS
AT OKEMOS

A Trilogy Senior Living Community

Monthly

April 2019



The Benefits of Volunteering

From April 7th through the 13th, 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

...continued on back page

Happy Birthday!

Residents

April 02	Beverly T.
April 05	Shannon T.
April 09	Shon A.
April 14	Socrates N.
April 17	Christina V.
April 18	Cynthia D.
April 25	Del M.
April 26	Brandy F.
April 27	Jennifer B.
April 28	Mike D.
April 29	Rodley V.

Welcome

Welcome to The Willows at Okemos, we are committed to offering opportunities for growth, as residents are encouraged to explore unfamiliar leisure options that provide opportunities for learning and creativity. We are also committed to giving the person a choice to determine the routine and leisure pursuits that best suits his or her preferences. And of course, we are committed to having a good time!



Executive Director Corner

Greetings from The Willows at Okemos!

It's 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 The Willows at Okemos, there's 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. And 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'll 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,

Keith Fisher

Executive Director

VOLUNTEERING AT A YOUNG AGE

The students from St. Martha's School came by and volunteered their time and skills painting and playing the violin all while interacting with residents and having a good time. We love having these community connections and generations in the campus!



Party on down to Central Park Drive!

Crab cakes, shrimp, smooth jazz, Mardi Gras beads and masks were just a few key elements that made New Orleans theme dinner a night to be remembered. The food was exceptional and the entertainment was fabulous!



Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link:
www.willowsatokemos.com

The Private Dining Room can be reserved for parties, family gatherings, and other special events. Please see Life Enrichment to sign a room reservation contract and book a room.

Happy Hour is every Friday from 2:30-3:30pm with live entertainment, food, beer, wine and spirits. Come out and join us during this joyful time!

Brunch is the second Sunday of the month. Residents are allowed to bring 3 guests and can make those reservations with Life Enrichment.

Aprils 1st is April Fools Day.

April 5th is National Caramel Day.

April 10th is National Siblings Day.

April 12th is National Grilled Cheese Sandwich Day.

April 16th is National Wear Your Pajamas to Work Day.

April 17th is National Cheeseball Day.

April 24th is National Pigs in a Blanket Day.

April 27th is National Babe Ruth Day.

April 30th is National Adopt a Shelter Pet Day.



THE WILLOWS AT OKEMOS

A Trilogy Senior Living Community

4830 Central Park Drive

Okemos, MI 48864

517-349-3600

willowsatokemos.com |  

Keith Fisher
Executive Director

Brenda Palmer
Director of Health Services

Derrick Redman
Administrator In Training

Brandy Fales
Payroll Manager

Lisa Johnson
Customer Service Specialist

Alyssa Pineda
Social Services Director

Heather Knochel
Life Enrichment Director

Josue Pineda
Director of Environmental Services

Sade Blanks
Therapy Director

Michael Dunivon
Director of Plant Operations

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*

Newsletter Production by PorterOneDesign.com

'Volunteering'

...continued from cover

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