



THE WILLOWS
AT HAMBURG

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	Barbara H.
April 02	Juanita D.
April 17	Ilene J.
April 21	Denise W.
April 24	Annetta B.
April 25	Imogene W.
April 29	Dorothy T.



Executive Director Corner

Greetings! 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 here with us, 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 we benefit from volunteers – and how they can benefit from us. According to a study published in the *Journal of the American Geriatrics Society*, "adults who volunteered regularly reduced their chances of developing cognitive problems by 27%". We highly encourage our residents to get involved in our activities and services, where they have the opportunity to

meet some of 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,

Sam Frazier, MHA, LNHA
Executive Director

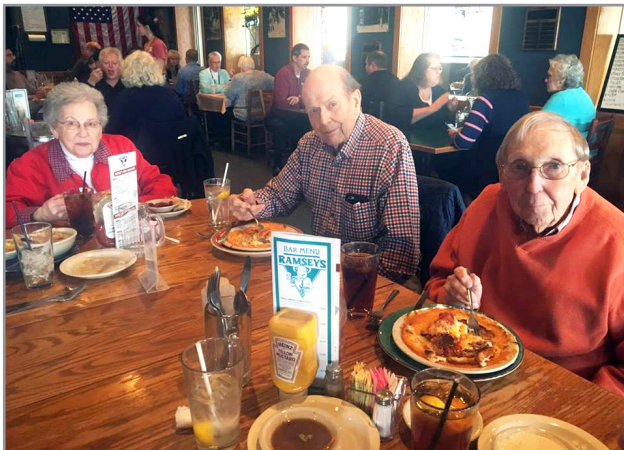
Smile of the Month

I think we can all agree that this picture deserves "Smile of the Month!"



Out and About

We went on a fun outing to Ramsey's Diner which happened to be Marie's favorite restaurant! After we ate the meal, it soon became a new favorite for all of us.



VALENTINE'S DAY PARTY!

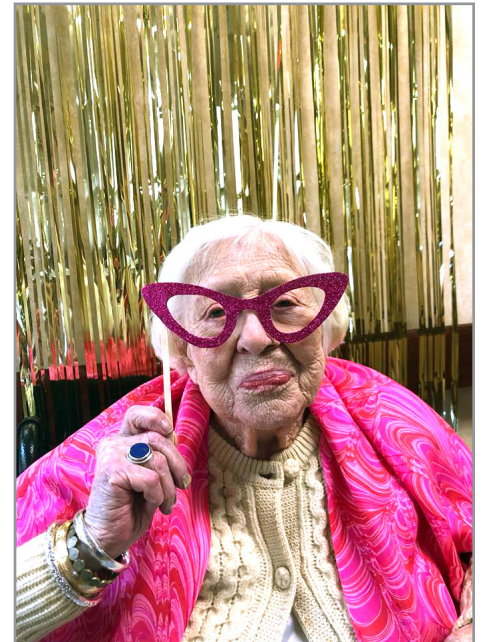
Lots of love

was spread throughout Valentine's Day! We love our residents so much!



Themed Dinner

We had such a great time at our Mardi Gras Theme Dinner last month! There was delicious food, great music, and even better people to spend our night with!



Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link at willowsathamburg.com

The Private Dining Room can be reserved for any family gatherings that you may have! Please call us to reserve this room!

Happy Hour is every Friday at 3:00! Join us on Fridays for drinks, appetizers, and a musical performance.



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willowsathamburg.com |

*Sam Frazier
Executive Director*

*Sabrina Fields
Director of Health Services*

*Barbara Howard
Assistant Director of Health Services*

*Emily Seger
Business Office Manager*

*Rebekah Deckert
Life Enrichment Director*

*Megan Chandler
Therapy Department Director*

*Sally Fitch
Legacy Neighborhood Director*

*Tracey Ragone
Social Service Director*

*Ginger Cornett
Director of Environmental Services*

*Tim Moore
Director of Plant Operations*

*Chase Belcher
Customer Service Specialist*

*Adam Bailey
Community Services Representative*

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@trilogybs.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
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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