



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

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Happy Birthday!

Residents

| | |
|------------|-------|
| Angela H. | 04/02 |
| Calvin C. | 04/04 |
| Jim O. | 04/05 |
| Opal C. | 04/13 |
| Edward A. | 04/16 |
| Carrie O. | 04/20 |
| Estella Y. | 04/22 |
| Martha B. | 04/23 |

Staff

| | |
|--------------|------|
| Tammy I. | 4/06 |
| Madalyn S. | 4/08 |
| Perla H. | 4/09 |
| Jill H. | 4/10 |
| Kassandra A. | 4/11 |
| Kim A. | 4/15 |
| Daniel B. | 4/16 |
| Tracy L. | 4/16 |
| Chantel O. | 4/16 |
| Karen T. D | 4/17 |
| Courtney B. | 4/20 |
| Connie W. | 4/23 |
| Ally M. | 4/23 |
| Rose R. | 4/25 |
| Linda J. | 4/25 |
| Samantha D. | 4/25 |



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,

Michael Lacey
Executive Director

Did You Know...?

The Private Dining Room can be reserved for special events you would like to share with your family member. You can reserve the room for birthday parties, family meals or other special occasion.

Happy Hour is weekly at 4:00pm in the Health Care and Assisted Living Dining Rooms as well as the Legacy Lounge. Join us for refreshments, fun and fellowship.

Featured Resident

It was a day that went straight to the dogs. On the other hand, pups. Guinea Pups, that is! Enjoy the smiles of Mary Lou A. and Hope B. and Olivia L.





Out and About

We love getting Out and About! It was a tasty trip to Jimmy's Ladder 11 during Mardi Gras Theme Week for Po' Boys, gumbo and grits. Everyone had such fun we forgot it was cold outside! Shown are Mary A. Alice J. and the group.



Oh how we love our local children! We truly enjoyed a group Bingo with students from Northridge Elementary School. Irene F. and the group are pictured.



Smile of the Month

Two smiles of the month for April! Brooke L. and Donna H. decided they would kick their friendship up a notch and colored their hair alike. One of them may not be wearing their natural color. Only their hairdresser knows for sure! Shown here in Black Cherry are Brooke L. and Donna H.



Themed Dinner

Mardi Gras was the theme – fun and good food was the scheme! Shrimp and grits, seared beef, crab cakes and King cake was the faire at this event. Dixieland music and Mardi Gras attire capped the evening. We snapped these pictures of Dorothy and Bob B., Ruth M. and Vanessa L. and Linda, Madison and Sydney F.



Sunday Brunch

Join us for Easter Sunday Brunch on April 21, from 11:30am until 1:00pm. Each resident may invite two guests free of charge. There will be a charge of \$7 for additional guests. Enjoy a chef prepared meal and leave the dishes to us! Please RSVP to Terri Bowermaster at 937-390-9913.

Taste of the Town

We will enjoy Steak 'n Shake for Taste of the Town on April 27 at the lunch meal. Come on down for burgers, chicken tenders, fries and milkshakes! This is a great opportunity to enjoy a taste of community dining in the comfort of our Forest Glen home.



FOREST GLEN

HEALTH CAMPUS

A Trilogy Senior Living Community

2150 Montego Drive
Springfield, OH 45503
937-390-9913
forestglenhc.com |  

Corey Lundy
Administrator

Mike Lacey
Executive Vice President

Tabby Jones
Director of Health Services

Tami Mayes
Assistant Director of Health Services

Teresa Blue
Customer Service Specialist

Alivia Huffine
Customer Service Representative

Paula Burgstaller
Life Enrichment Director

Linda Jenkins
Director of Resident Services

Tonya Martin
Therapy Program Manager

Aleah Rader
Staff Development Director

Mary Beth Schmitt
Medical Records

Mary Swank
Legacy Neighborhood 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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'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

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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