



FOREST SPRINGS

HEALTH CAMPUS

*A Trilogy Senior Living Community*

Press

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

William S.	April 12
Curtis S.	April 22
Mildred G.	April 25
Jack W.	April 27

## Volunteers Needed

Forest Springs strives to make all of our resident's days fun and enjoyable. Volunteers are the heart and soul of our campus and the key to making that happen. We are asking for just one hour per week/month to make a difference in their lives. If you are interested please contact: Becky Dunaway Life Enrichment Director.

## Live a Dream

Our "Live a Dream" program is designed to grant long-held wishes for our residents. We collaborate with the Trilogy Foundation to help finance our bigger dreams, but even small dreams are granted, through this wonderful program. Please let the Life Enrichment Director know if your loved one has expressed a wish and will do our best to grant it! Also we are a part of the Honor Flight! If you are a Veteran and would like take part in the Honor Flight please make us aware so we can get you signed up.

## PHOTO HIGHLIGHTS



## 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,

*Sean McCoy*  
Executive Director



*Verna and her granddaughter showing thier artistic skills!*



# MORE PHOTO HIGHLIGHTS



*Mardi Gras was our first themed dinner of the year! Next month we will travel to Chicago!*



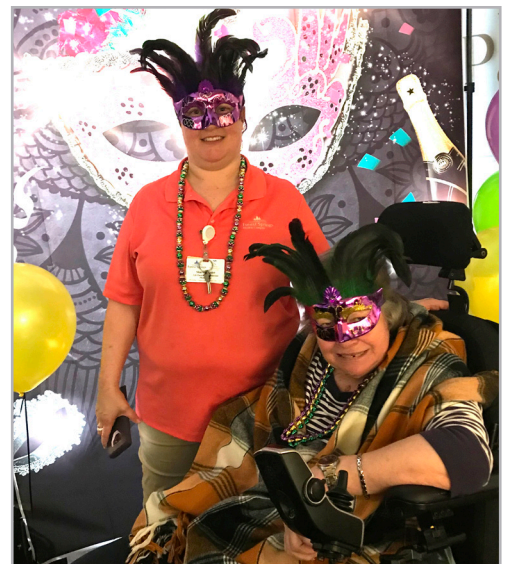
*Nick doing a cooking show and made us Bananas Foster. It was Delish!*



*Carrolleen making a King Cake!*



*Jane did a great job bowling at our monthly bowling outing!*



*Mardi Gras Photo Booth!*

## Sunday Brunch

We always look forward to mingling with our residents and their families and friends during our Sunday Brunches, the second Sunday of every month. Each resident can invite up to two guests free of charge. Additional tickets may be purchased for \$10 from the business office or that day from a staff member. If you anticipate bringing a large group, reservations are accepted up to three days in advance. So come join us for a delicious meal!

## Taste of the Town

Taste of the Town is an opportunity on the third Tuesday of every month for our residents to “eat out” without the hassles of leaving the building! Residents are encouraged to provide feedback to our chef during “Chef Circle”. Resident preferences will determine the restaurant we will host at our campus for the month. Last month we had Chick-fil-a and the famous cow paid us a visit.





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4120 Wooded Acre Lane

Louisville, KY 40245

502-243-1643

forestspringshc.com |  

*Sean McCoy*  
*Executive Director*

*Krista Shepherd*  
*Director of Post-Acute*

*Brandon Campbell*  
*Assistant Director of Post-Acute*

*Taelor Adams*  
*Customer Service Specialist*

*Kelsey Strader*  
*Community Services Representative*

*Julie Cash*  
*Business Office Manager*

*Becky Dunaway*  
*Life Enrichment Director*

*Denise Bevins*  
*Director of Assisted Living*

*Jennifer Alvarez*  
*Social Services Director*

*Keith Dobson*  
*Director of Plant Operations*

*David Williamson*  
*Director of Food Services*

*Suzette White*  
*Environmental Services Director*

*Taelor Adams*  
*Villa Lifestyle 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)*

*Newsletter Production by PorterOneDesign.com*

# '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
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
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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
I	Q	U	J	Q	X	I	Z	U	C	E	Z	B	O	Y	L	R	S	K
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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