



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!

Assisted Living

Oscar S. 4/10

Julia E. 4/27

Health Center

Olden C. 4/19

Robert R. 4/23

Floyd M. 4/28

Jeff C. 4/30

Out & About

We want to ensure that all of our residents stay as healthy as possible through this cold winter weather.

If the temperature including the wind chill is below 25 degrees, outings will be cancelled. Thank you for your understanding.

Elvis Live!

Elvis really put on a good show for us!



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,

Cassie Dunlap
Executive Director



Mardi Gras Theme Dinner



Legacy Spotlight - *Mardi Gras Theme Week*



Smiles of the Month



Phyllis W. (Phyllis really loved Elvis! Can you tell?)

Sunday Brunch

We look forward to see you on April 14, 2019. Please call ahead to make your reservations if you plan to have guests.

Taste of Town

Taste of Town will be April 17, 2019

Happy Hour

Happy Hour is weekly at 3:00pm every Friday where we share laughter, refreshments, fellowship and live entertainment.

Volunteer News

We love our volunteers! We are always looking for ways to enrich the lives of our residents. If you would like to become a volunteer, please visit with our Life Enrichment team to discuss the possibilities.



GREENLEAF

HEALTH CAMPUS

A Trilogy Senior Living Community

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Elkhart, IN 46514

574-206-0086

greenleafhs.com |  

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Executive Director

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Life Enrichment Director

Diana Reser
Director of Social Services

Brett Boomhower
Director of Food Services

Donna Holliday
Environmental Services Director

Cristal McLaughlin
Assisted Living Manager

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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APRIL
ARTISANS
BENEFIT
CLUB

COGNITIVE
CREATIVE
DONATION
EXPRESS

FRIEND
HELP
INTELLECT
INVOLVED

PURPOSE
SMILE
TRAVEL
VOLUNTEER