



## 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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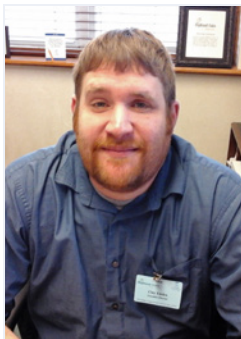
# Happy Birthday!

## Residents

04/04	Carol T.
04/10	Donte W
04/15	Bertha S.
04/17	Beatrice C.
04/26	Mary W.
04/27	Lula B.
04/29	Terry B.

## Staff

04/04	Gloria C.
04/04	Jessica R.



## Executive Director Corner

Greetings from Highland Oaks. 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 Highland Oaks, 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,

*Clay Enslen*

Executive Director

## Taste of Town

"Donalds Donuts"

## Sunday Brunch

April 7, 2019 Time: 11-1

## Living Arts

"April Showers"

## MARDI GRAS CELEBRATION





## More... MARDI GRAS CELEBRATION



## Customer Service Moment

Thanks Irene and Jennifer for purchasing CD player and CDs for two residents that are going on a trip.



## Out and About

Country rides, Wal-Mart, Creanos, Dollar Tree

## Live a Dream

If your Loved one has a wish to knock something off their "Bucket List" please contact the Life Enrichment Department at 740.962.3761. We would love to grant a "Live A Dream" for them.

## Volunteer News

Highland Oaks is always looking for Volunteers that would like to share stories, reminisce, go on outings, and helping with in house activities. Please contact Judy Cain, LED for information. Volunteer Banquet April 18, 2019 @ 6:00 in Reflection Dining Area





# HIGHLAND OAKS

HEALTH CENTER

*A Trilogy Senior Living Community*

4114 N. State Route 376 NW

McConnelsville, OH 43756

740-962-3761

highlandoakshc.com |  

*Clay Enslen*  
Executive Director

*Katherine Jones*  
Director of Health Services

*Tricia Mumaw*  
Community Service Representative

*Brenda Harris*  
Business Office Manager

*Judy Cain, ADPC*  
Life Enrichment Director

*Jenna Long*  
Therapy Program Director

*Johnna Denbow*  
Director of Social Services

*Nickie Penrose*  
MDS Coordinator

## 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@trilogysls.com](mailto:comply@trilogysls.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
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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
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V	H	I	I	F	E	E	S	C	C	B	L	W	T	S	V	J	I	T
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I	Z	D	Q	O	I	E	L	P	C	E	R	C	N	N	L	N	L	H
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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