



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!

4-1	Naomi W.
4-11	Mary T.
4-26	Pam C.
4-28	Annette (Nettie) W.
4-30	Barbara B.

Welcome!

Paddock Spring would like to welcome: Terry L., Frank H., Bob N., Peggy S. and Gladis O.

Sunday Brunch

April 14th will be the date for our Sunday Brunch for our residents and families. *Please RSVP to the front desk no later than Wednesday 10th, we want to make sure we have enough food for all.* Each resident will receive complimentary monthly brunch for two guests, there after we ask that you purchase a meal ticket for \$7 for each additional guest. Payments will be taken prior to brunch and stickers will be given to all guests.

Volunteer News

We are always looking for volunteers to enrich the lives of our residents! If you would be interested in making a difference in the resident's lives, please visit our Life Enrichment team to discuss the possibilities. If you see our volunteers, please take a moment to thank them for spending their time helping with our programming. We are in need of Volunteers to paint our residents nails Wednesday mornings at 9:30am.

Family Night

Our family night will be held on April 15. We will have the pleasure of listening to Noteworthy at 6:30PM

Executive Director Corner

Greetings from Paddock Springs! 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 Paddock Springs, 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.

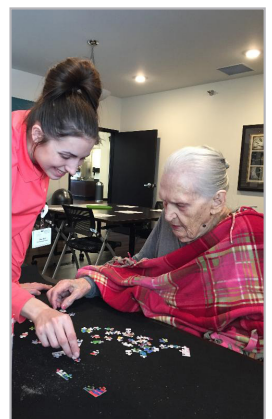
Wherever you may encounter them, you'll instantly feel connected to the volunteers that serve our campus. Thank you to all of those who make the time to be a part of our family. For more information on how to become a volunteer in our community, give us a call today. We'd love to meet you!

Yours in Service,

Dee Cramer Smith

Executive Director

Living Arts



Themed Dinner

Mardi Gras theme dinner was so much fun, our entertainer even came dressed up!



Smile of the Month

Our smile of the month is Karen M. Karen enjoyed her first trip to Starbucks on her 80th birthday!



Did You Know...?

That you can read the monthly newsletter on-line in addition to the printed copy.

Follow us on Facebook at (Paddock Springs) and on Twitter (@PaddockSprings)

Happy Hour is weekly at 3:00 pm on Fridays



Terry enjoying her margarita on national margarita day

Upcoming Events — We will have the pleasure of listening to Bryan Edington on April 12. We will be celebrating our April birthdays on Friday, the 19 and listening to Anna play her harp. John Bahler will be with us on April 26 singing and playing his guitar.



PADDOCK SPRINGS

A Trilogy Senior Living Community

2695 Sheldon Street
Warsaw, IN 46582
574-658-9455

paddocksprings.com |

Denise Cramer Smith
Executive Director

Tammy Bradley
Director of Health Services

Kim Maggart
Assistant Director of Health Services

Jaclyn Warren
Business Office Manager

Lisa Mills
Life Enrichment Director

Keith Denlinger
Director of Plant Operations:

Jessica Degiulio
Director of Dining Service

Sarah Meyer
Environmental Service Director

Bobbi Turner
Medical Records

Kaleigh Collins
Director of Social Services

Tom Ross
Director of Therapy Services

Melissa Strickler
Human Resources

Erica Lenker
Community Service 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

Newsletter Production by PorterOneDesign.com

'Volunteering'

...continued from cover

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
O	N	M	V	O	U	R	S	A	Z	T	R	R	E	H	S	R	U	M
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
T	Z	F	V	X	P	N	I	O	A	U	E	I	N	I	N	N	S	Q
I	K	R	M	V	R	T	E	U	I	J	H	Z	A	R	A	M	U	T
V	H	I	I	F	E	E	S	C	C	B	L	W	T	S	V	J	I	T
E	P	E	I	K	S	L	D	U	Y	I	V	V	I	Z	H	F	R	U
M	A	N	K	V	S	L	X	S	R	B	Z	T	O	E	E	D	G	A
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