



SPRINGHURST

HEALTH CAMPUS

A Trilogy Senior Living Community

Lifestyles

April 2019



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 cooking class leader, a bingo caller, or just a friendly face that stops by to ask you about your day. But how often to 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.

Here at the villas, 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 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*. Join your friends at a block party. At our villas, doing what you love 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, contact a member of our team today. We're always looking for volunteers who want to make a difference in the lives of others!

Did You Know...?

You can help choose your neighbors! If you know a friend or anyone in your social circle who may love the lifestyle the Villas offer, please let me know. I am always looking for ways to educate and inform the surrounding communities how great the Villas are.

The Club House will be available for Community Events as well. We are looking to partner with your group. Space is available, contact us for more information.

The Villa Clubhouse can be reserved for birthday parties, luncheons, and more. Please contact Jean Wuerch, our Villa Lifestyle Director for additional information.

Out and About

We always have an adventure on Tuesdays when we go out to lunch! Please join us! RSVP to Jean.

*Andy Musser
Executive Director*

*Teri House
Community Service Rep.*

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

Special Events from Last Month

