



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!

Residents

April 02	Theora A.
April 02	Glenn R.
April 04	Sue J.
April 10	Charles D.
April 21	Fannie J.

Taste of Town

Our next Taste of Town will be on April 16.

Sunday Brunch

Our next Sunday Brunch is April 21 from 11:00am – 1:00pm. Please RSVP by the Activities Room or with the Life Enrichment department.

Volunteer News

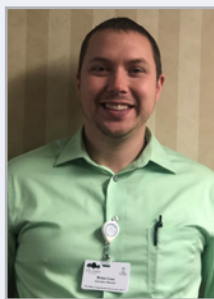
Looking to share your time and talents with the residents at The Oaks of Cascade? We are always looking for new volunteers. Please see the Life Enrichment staff if you are interested in joining our volunteer team!

Grief Group

Every 1st and 3rd Wednesday is Grief Group. Come and share with others who are experiencing grief and loss.

Dementia Education Group

Come and learn about dementia and related diseases. The Dementia Education Group will be every 2nd and 4th Wednesday.



Executive Director Corner

Greetings from The Oaks at Cascade! 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 The Oaks at Cascade, 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,
Brian Loos
Executive Director

Theme Week

During our first theme week of the year, residents experienced the sights and sounds of Mardi Gras in New Orleans. Some highlights of the week included tasty king cake, a festive parade, and a delicious dinner of New Orleans cuisine. Stay tuned for our next theme dinners!



More from Theme Week



Upcoming Theme Weeks

May 02:

Chicago – Speak Easy

August 22:

Las Vegas – Casino Night

October 24:

Nashville – Boot Scootin' Boogie





THE OAKS AT CASCADE

A Trilogy Senior Living Community

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Grand Rapids, MI 49546
616-949-7310**

theoaksatcascade.com |  

*Brian Loos
Executive Director*

*Lynn Niland
Director of Health Services*

*Margaret Howard
Community Service Representative*

*Becky Gibson
Business Office Manager*

*Kaitlyn Mulvey
Life Enrichment Director*

*Sarah Baldes
Therapy Director*

*Jim Brost
Director of Plant Operations*

*Stephanie Mason
Director of Food Services*

*Travis MacArthur
Director of Environmental Services*

*Emily D'Imperio
Director of Social Services*

*Diane Willett
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@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