



SHELBY CROSSING

HEALTH CAMPUS

A Trilogy Senior Living Community

Connection

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 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!

April 05	Frances M.
April 05	Virginia K.
April 07	Roger P.
April 10	Leonard S.
April 14	Melvin H.
April 16	Nancy P.
April 17	Patricia C.
April 22	Judith M.
April 24	Lee Roy W.
April 24	Leland B.

Entertainment

April 03: Kenny Land at 2:00pm
April 05: Jest Us at 3:00pm
April 10: Lloyd at 2:00pm
April 12: Mike Cusenza at 3:00pm
April 17: Jim Hermann at 1:30pm
April 24: Chet at 2:00pm
April 26: Greg Greer at 3:00pm

Legacy Lane Entertainment

April 02:
Music w/ Sheryl at 10:30am
April 09:
Catholic Mass at 10:00am
April 09:
Sing-a-long w/ Carlene at 2:00pm
April 12:
Music w/ Steve Elmore at 3:00pm
April 16:
Sandy on the Violin at 2:00pm
April 17:
Jim Hermann at 3:30pm
April 23:
Catholic Mass at 2:00pm
April 26:
Music w/ Sheryl at 3:00pm
April 29:
Music w/ Kenny Lang at 2:00pm

Executive Director Corner

Greetings from Shelby Crossing! 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 Shelby Crossing, 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,

Jen Matash
Executive Director

Happy 94th Birthday Celia!



Live a Dream

"I've always wanted to..." Don't we all have wishes we wish we would have pursued? The Trilogy Foundation grants funds to help residents achieve their dreams! What is your dream? Do you have a friend or loved one who has a wish? In the past, we've granted dreams to ride a hot air balloon, to attend a favorite sports game, to travel out of state to visit a brand new grandchild, and more! Please see your Life Enrichment Team for details!

LEGACY LANE SPOTLIGHT



We had a wonderful time at our Mardi Gras theme dinner and family party!

Theme Dinner



We had so much fun at our Mardi Gras Theme Dinner. The food and costumes were great!

Sunday Brunch

Sunday Brunch will be held on April 14 at 11:00 AM. If you will be joining your loved one with a large group of guests, please contact the Dietary department to reserve a table. We will take room reservations up until the Tuesday before brunch. Just a reminder – each resident is able to have two complimentary guests in addition to themselves. Any additional visitors will be charged \$10.00 per adult in advance and \$12.00 day of and \$5.00 for children ages 7-12. Payments for brunch can be made in cash or check or charged to the resident's room by being in contact with the business office. This standard is pertinent to Assisted Living, Health Campus, and Legacy residents.

Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link at shelbycrossinghc.com

Happy Hour is weekly at 3:00pm. We serve beer, wine, and a drink of the week, along with light snacks. Please see the activity calendar to note whether or not there will be entertainment.

Each week, we go on an off-the-bus outing on Tuesdays and a drive-around-town outing on Thursdays. Please see the activity calendar or talk to the Life Enrichment Department for more information.

We hold a weekly ice cream social from 2:00-3:00pm in TownSquare. Please see the activity calendar to note whether or not there will be entertainment.



SHELBY CROSSING

HEALTH CAMPUS

A Trilogy Senior Living Community

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Shelby Township, MI 48315

586-532-2100

shelbycrossinghc.com |

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Amanda Schwark
Life Enrichment Director

Laicee Laforet
Director of Social Work

Chris Solomon
Director of Plant Operations

Coral Karpinski
Director of Food Services

Patrick Ridgell
Director of Environmental Services

Colleen Balla
Therapy Director

Kathryn Leonhard
Legacy Neighborhood Director

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

T	X	S	X	X	T	B	Y	R	J	D	R	V	T	S	M	I	L	E
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APRIL
ARTISANS
BENEFIT
CLUB

COGNITIVE
CREATIVE
DONATION
EXPRESS

FRIEND
HELP
INTELLECT
INVOLVED

PURPOSE
SMILE
TRAVEL
VOLUNTEER