



## 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

*...continued on back page*

# Happy Birthday!

## Residents

April 08	Joan P.
April 19	Annie M.
April 19	James S.
April 27	Annette S.

## Staff

April 01	Nicole J.
April 05	Jessica B.
April 11	Danielle O.
April 16	Audreya M.
April 20	Michael K.

## Volunteer News

Volunteers would be greatly appreciated to run our Nail Salon! Also, if any volunteer would be interested in calling Bingo on Wednesdays or Saturdays we would be happy to have you! If interested contact our LED tricia.flanigan@springviewmanorhc.com or by phone (419) 227-3661. Thank You!

## Did You Know...?

Happy Hour is every Friday from 3:00-4:00pm! Come out and enjoy some snacks, drinks, and good company! We also have Bible Study every Monday night at 6:30pm!

## Living Arts

The residents had a learning segment on Amelia Earhart! That got us in the mood to create our own airplanes! The residents had a good time designing and painting their own airplanes! Ron S. shared stories with us about his father who served in the Air Force!



## Executive Director Corner

Greetings from Springview Manor! 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 Springview Manor, 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.

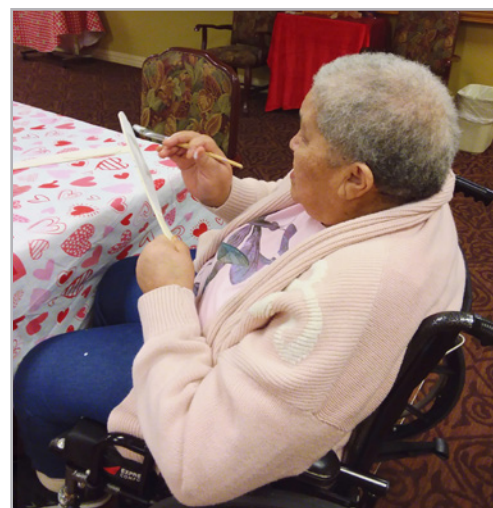
Wherever you may encounter them, you'll instantly feel connected to the volunteers that serve our campus. Thank you to all of those who make the time to be a part of our family. For more information on how to become a volunteer in our community, give us a call today. We'd love to meet you!

Yours in Service,

*Shanna M. Barns, LNHA*  
Executive Director



*Ron S. and Dougie F. painting the wings of their planes!*



*Minnie L. adding the finishing touches to her airplane.*





*Winnie loved dressing up and wearing her Mardi Gras mask!*



*Amy B. smiling for her Mardi Gras Picture!*

## Theme Dinner

The residents had a fantastic time at our themed dinner! We had a Mardi Gras themed dinner with a lot of cool masks, hats, and decorations! The residents gave many compliments on the food that was served for dinner and all the decorations.



*The residents about to enjoy the delicious dinner!*

## Featured Resident

We would like to feature Irene A. this month! Irene loves spending time with family and seeing all her great grandchildren!



*Irene holding her great grandson!*

## TASTE OF THE TOWN

The residents had a wonderful time enjoying pizza from Fat Jacks! We decorated the dining room to look like the local Fat Jack Pizza and the residents really enjoyed the atmosphere. We had the neon signs, and dart boards to display along with table covers and neat napkins!



*Our table decorations for Fat Jacks Pizza.*



*Rose M. enjoying her fresh Pizza!*



*The dart board and neon signs really made the dining room look like Fat Jacks!*





# SPRINGVIEW MANOR

*A Trilogy Senior Living Community*

**883 W. Spring Street**

**Lima, OH 45805**

**419-227-3661**

**springviewmanorhc.com |  **

*Shanna Barns*  
**Executive Director**

*Deb Simpson*  
**Director of Health Service**

*Ashlee Robinson*  
**Assistant Director of Health Services**

*Sophia Loser*  
**Community Service Representative**

*Robin Hefner*  
**Business Office Manager**

*Tricia Flanigan*  
**Life Enrichment Director**

*Brian Huckeriede*  
**Director of Food Services**

*Jayna Fry*  
**Director of Social Services**

*Heather Potts*  
**Rehabilitation Director**

*Joyce Hauenstein*  
**Director of Environmental Services**

*Melanie Taylor*  
**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](mailto:comply@trilogyhs.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