



THE GLEN

*A Trilogy Senior Living Community*

Gazette

April 2019



## 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

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# Happy Birthday!

## Residents

Freida W.	4/03
Louise S.	4/23
Gene A.	4/21
Theresa K.	4/13

## Staff

Stacy M.	4/01
Chirstine P.	4/04
Linda T.	4/17



## Executive Director Corner

Greetings from The Glen! 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 Glen, 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,

*Valerie Wallen*

Executive Director

## Taste of Town

Subway – Friday, April 5, 2019

## Volunteer News

Do you have a hobby or activity that you enjoy, that you would like to share with our residents?

We are currently looking to grow our volunteer program in activities, such as Bingo, painting nails, lifelong learning, arts/crafts projects, gardening, pet visits, outings, in-room visits, etc. Please contact a member of our Life Enrichment team if you or someone you know would be interested in giving the gift of time.

## OUT AND ABOUT

We have been having an absolute blast going out into the community twice a week! We have made so many new friendship and memories. Take a look at the activity calendar to see what fun outings we have planned for the month of April! Here are some great pictures of a couple outings we had from the past month.







## Themed Dinner

Our first Themed Dinner of the year was AWESOME! Everyone was wearing their masks, hats, and beads for the Mardi Gras theme. Take a look at all the fun we had!



## Sunday Brunch

Please join us for our next Sunday Brunch on April 21 from 11:30am-1:30pm. Please RSVP with number attending. The first two guests are complimentary, any additional will be \$10. See the business office or admission team for reservations and tickets!

## Did You Know...?

That you can read the monthly newsletter and calendars on-line. Please follow the campus link [www.theglensl.com](http://www.theglensl.com).

The Private Dining Room can be reserved for private parties, family dinners, birthday dinners and any other special event. Please contact the Life Enrichment Director, Mary for reservations.

Happy Hour is held weekly on Friday at 3:30pm.

The Trilogy Foundation grants Live a Dreams to residents wishing to experience something they have always wanted to do, or relive an experience they have enjoyed in the past. For more information please contact the Life Enrichment Director, Mary.

## VALENTINE'S DAY LOVE!

We had a lot of kindness and love going around on Valentine's Day! We had little children visit, homemade truffles handed out to residents and staff, and we also made some fun crafts. It was truly a Valentine's Day to remember.







# THE GLEN

*A Trilogy Senior Living Community*

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theglensl.com |  

*Valerie Wallen*  
*Executive Director*

*Katie Tackett*  
*Director of Health Services*

*Krista Harmon*  
*Assistant Director of Health Services*

*Erin Cecil*  
*Customer Service Representative*

*Earleen Cox*  
*Business Office Manager*

*Maggie Dewey*  
*MDS Coordinator*

*Mary Cales*  
*Life Enrichment Director*

*Renee Davis*  
*Director of Resident Services*

*William Russell*  
*Director of Plant Operations*

*Clarence Harris*  
*Environmental Services Director*

*Adam Jennings*  
*Director of Dining Services*

*Christie Jennings*  
*Therapy Program 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](mailto:comply@trilogyhs.com)*

# '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
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
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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