



Treating Yourself This Father's Day

On Sunday, June 16th, we celebrate Father's Day – a day when fathers everywhere will inevitably make the dad joke: “Isn't it funny that Father's Day is on a ‘Son-day?’”

Horrible puns aside, we want to take this opportunity to acknowledge all of the wonderful fathers who call our campus home. So many of us have warm memories of attending ball games, changing flat tires, and learning about life with these important men in our lives.

At our campus, we have plenty of Life Enrichment programs that our fathers and everyday residents are sure to enjoy. If you're looking

for a new activity to explore or a fun way to spend your father's day, consider the following:

Lifelong Learning

We've learned so much from you, so why not let us return the favor? With our Lifelong Learning program, you'll join community members in taking part in any and all courses that you might be interested in. Do you want to know more about technology? History? Maybe you have a newfound passion for music that you want to explore. With Lifelong Learning, local instructors and volunteers will be happy to educate you about all of

these topics and more. Of course, this program is also offered to all members of our community. You don't have to be a father to want to expand your knowledge!

Vitality

Did you know that we also celebrate Men's Health Week this month? From the 10th through the 16th, we encourage early detection and treatment of preventable health problems and promote wellness amongst the men of our campus. And what better way to be well than with Vitality? With this program, we promote physical movement at least

...continued on back page

Happy Birthday!

Residents

June 02	Elmira J.
June 13	Betty Ca.
June 14	Roda W.
June 15	Sharmale G.
June 21	David J.
June 22	Joan K.
June 26	Santino W.
June 29	Doug L.
June 30	Paul H.

Sunday Brunch

Please join us for our next Sunday Brunch on Father's Day, June 16 from 11:00am – 1:00pm. Please RSVP at the front desk or with the Life Enrichment department.

Taste of Town

Our next Taste of Town will be on June 11.

Making Memories with Lakeside Elementary

Over the last few months, we have had the pleasure of forming friendships with students from Lakeside Elementary. One of our favorite activities was attending the musical performance of "Honk Jr.". The students have also showered us with love through homemade crafts, cards, and sweet treats. We can't wait to make some more memories with our new friends!



Executive Director Corner

Happy June! With summer in full swing, it's time to break out the bug spray, breathe in the warm air, and relax under the sun. Personally, my favorite part of the season is seeing familiar faces join us for our cookouts. Nothing says summer like enjoying good company with the smell of food on the grill, so I encourage everyone to come out!

This month, we're also excited to be kicking off our annual Independence from Hunger campaign. With the help of our sister campuses, we're proud to continue to provide over 1 million pounds of food every year for food banks and non-profit organizations in our local community. We are always amazed at the level of support we receive from employees,

residents, families, and friends. At our campus, compassion is never in short supply.

We put the "fun" in fundraising, so you can expect to hear about all of the exciting events we have planned for this year's campaign in the near future! In the meantime, we would like to ask all members of our community to consider supporting this great cause. Every donation, big and small, is appreciated and makes more of a difference than you could ever know.

If you or a loved one are interested in making a donation, contact our Life Enrichment Director today. They'll be happy to hear from you!

Yours in Service,

Brian Loos

Executive Director



A Roaring Good Time

The Party in the USA continued as we celebrated the Roaring '20s during our Chicago Speakeasy Theme Week. Some of the highlights from the week included making flapper headbands, dancing to the Charleston, and solving a murder mystery. It will sure be remembered as a roaring good time!



More from... Making Memories with Lakeside Elementary



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!



THE OAKS AT CASCADE

A Trilogy Senior Living Community

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theoaksatcascade.com |

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Kaitlyn Mulvey
Life Enrichment Director

Sarah Baldes
Therapy Director

Jesse Foster
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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'Father's Day'

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three times a week with activities such as strength training, balance training yoga, Tai Chi, stretching, dancing, sport gaming systems activities, and walking clubs.

Again, this is a program that is available for everyone to enjoy.

Just The Guys

Our male residents and staff have the opportunity to maintain a healthy,



active lifestyle and engage in fun activities when they participate in our Just the Guys program. Through this program, we offer 'the guys' opportunities to connect with each other through interesting activities and outings! Whether they meet for an all-guys breakfast, bond over a friendly poker game, or take a fishing trip, it's an opportunity for the guys to just be guys and enjoy each other's company.

Thank you to all of the fathers of our campus who inspire us to selflessly serve every day. If you're a resident who is interested in participating in any of the mentioned programs, contact our Life Enrichment Director today!

Word Search

I	Y	B	V	J	I	S	M	G	L	H	S	T	N	W	E	K	R	L
A	I	L	R	E	F	U	P	P	L	Y	H	R	G	Q	V	M	M	S
V	R	Q	Y	X	U	A	A	O	S	J	T	Z	M	T	R	O	V	K
L	B	X	M	P	N	C	T	Y	R	V	G	F	I	S	H	I	N	G
K	J	I	R	L	M	B	O	H	S	T	D	O	Y	Q	Q	R	A	A
Y	M	O	J	O	E	B	Q	P	E	D	S	K	G	U	Z	F	K	M
G	H	V	K	R	N	L	V	I	O	R	V	Y	M	C	N	H	U	E
X	F	O	B	E	H	P	I	P	Z	M	C	I	H	I	R	S	E	S
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A	V	T	X	J	T	Z	R	T	R	Q	G	Y	G	M	J	U	P	Q
V	A	F	J	O	J	B	N	H	O	U	G	H	I	S	T	O	R	Y
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Q	D	Q	Y	L	X	U	V	C	L	C	P	F	H	E	H	G	H	P

BOYS
DAD
EXPLORE
FATHER

FISHING
GAMES
GRANDPA
GUYS

HEALTHY
HISTORY
JOKE
MEN

MISTER
POKER
SPORTS
VITALITY