



THE WILLOWS
AT HAMBURG

A Trilogy Senior Living Community

Monthly

June 2019



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 01	LulaMae M.
June 05	Pauline B.
June 06	Dorotha N.
June 07	George M.
June 10	Marjorie D.
June 22	Elizabeth H.
June 31	Linda A.

Did You Know...?

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

The Private Dining Room can be reserved for any family gatherings that you may have! Please call us to reserve this room!

Happy Hour is every Friday at 3:00! Join us on Fridays for drinks, appetizers, and a musical performance.

Out and About

We took a fun trip to the Belle of Louisville last month! We were even able to step out onto the dance floor!



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,

Sam Frazier. MHA, LNHA
Executive Director



Legacy: *Spring Fairy Garden*

We love to have a good time in Legacy! Pet therapy, Creative Cooking, Artisans and Games!

Well it is time again to spruce up our Fairy Garden at Legacy! Here you will see some of our folks weeding, planting and painting items! This is such a fun time for all of us because we can pretend and imagine what happens in our garden when the sun goes down!

Happy Spring Fairy Garden season to all of our fairy garden lovers!



THEMED DINNER

Our themed dinner last month was Chicago Speakeasy! We had a great time dressing up, learning the Charleston dance, eating great food, making headbands, and listening to jazz music! We can't wait for our next theme dinner "Las Vegas: Casino Night" on August 22nd!





THE WILLOWS AT HAMBURG

A Trilogy Senior Living Community

**2531 Old Rosebud Road
Lexington, KY 4050
859-543-0337**

willowsathamburg.com |  

*Sam Frazier
Executive Director*

*Sabrina Fields
Director of Health Services*

*Barbara Howard
Assistant Director of Health Services*

*Emily Seger
Business Office Manager*

*Rebekah Deckett
Life Enrichment Director*

*Megan Chandler
Therapy Department Director*

*Sally Fitch
Legacy Neighborhood Director*

*Tracey Ragone
Social Service Director*

*Ginger Cornett
Director of Environmental Services*

*Tim Moore
Director of Plant Operations*

*Chase Belcher
Customer Service Specialist*

*Adam Bailey
Community Services Representative*

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*

Newsletter Production by PorterOneDesign.com

'Father's Day'

...continued from cover

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