



Celebrating our Seniors

On August 21st, we celebrate National Senior Citizen's Day – a time for us to acknowledge all of the incredible seniors who have impacted our own lives, as well as the lives of others. At our campus, we know them as husbands and wives, grandfathers and grandmothers, and visionaries with a thirst for adventure. If you're looking for a way to celebrate yourself this Senior Citizen's Day, here are a few activities to get you started – brought to you by the National Council for Aging Care!

Get Competitive

Are you a chess champion? A Pictionary prodigy? Maybe checkers is where you're yet to meet your match. Invite some friends over to put your skills to the test! Not only are board games a fun pastime, but they also get the creative juices flowing and help maintain a happy and healthy mind. Just by participating in a friendly game of Scrabble, you could be doing great things for your memory. Start a Game Night tradition today by reaching out to your Life Enrichment Director!

Embrace the Power of Music

Have you ever thought about being a part of a choir? Maybe trying your hand at a new instrument? Music is another effective way in which we can keep our minds active, so why not make some of our own? With our *Music To My Ears* program, we invite entertainers, resident performers, student musical groups and more to come express themselves through the power of song. Talk to a member of our Life Enrichment team to learn more!

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Happy Birthday!

Residents

August 16	Noah S.
August 25	Bonnie M.
August 26	Velvie G.

Staff

August 15	Toni K.
August 20	Rebecca W.
August 21	Eriyona E.

Staff Spotlight

Name: Diane Thornton

Position: CRCA

Favorite part of the job:
Knowing that when I leave
I made someone's day

Inspiration: My grandson, Hezzy

Favorite Hobby: Walking
my husky every morning
at 3:00 a.m.



Executive Director Corner

Happy August!
I hope that
everyone has
been enjoying

themselves these past few weeks. We've been busy in the best ways possible – celebrating the Fourth of July with friends, enjoying Sunday Brunches with family, and making memories together that are sure to stay with us for the rest of our lives. But we're not done celebrating yet!

August 21st is Senior Citizen's Day, so I wanted to take some time to acknowledge all of the incredible senior citizens who call our campus home. Whether you've been with us for two weeks or two years, your approachability, warmth, and wisdom has been evident ever since you first came through our doors, and has made serving you each and every day an absolute joy. Life is an adventure that was meant to be shared, and we're so lucky that we have you to share it with.

Speaking of adventure, I also want to take this opportunity to remind all of our residents about our Live a Dream program. With Live a Dream, we're proud to take our seniors on all kinds of adventures – whether it's something they haven't done since they were a teenager, or it's something that they've never done before in their life. We've had residents who have gone sky-diving, met their favorite bands backstage, and even sat in a replica of the Batmobile! Whether you're looking for a new experience or want to relive an old one, we're happy to make your dream a reality. Contact a member of our Life Enrichment team to find out how.

I hope everyone has a great month, and I hope to see you soon!

Yours in Service,

Brian Loos

Executive Director

SUMMER FUN

We have been enjoying the summer season at The Oaks of Cascade. A few highlights from our summer have included a classic car show, the Trilogy food truck, and a pizza party in the park!



More from SUMMER FUN



New Building Tours Hard hat tours of our new campus will be held on Tuesdays at 11:00am and Thursdays at 4:00pm. We are located on 3420 Byron Center, just south of M-6.

Taste of Town

Our next Taste of Town will be on Tuesday, August 13.

Sunday Brunch

Our next Sunday Brunch is on Sunday, August 18 from 11:00am – 1:00pm. Please RSVP at the front desk or with the Life Enrichment department.

Theme Week

Our next theme week is soon approaching! Las Vegas – Casino Night will be August 19 – 23. Start practicing your poker face!

Volunteer News

Volunteers give the gift of time. Over 3,000 people presently serve as volunteers within Trilogy campuses. Families make great volunteers! As a volunteer, you are part of the Trilogy team. So why volunteer? Here are just a few benefits:

- Personal satisfaction
- Community involvement
- New, meaningful friendships
- Developing new skills
- Utilizing your skills to teach others

Suggested ways to volunteer include but are not limited to:

- Manicures (nail painting)
- Visiting with residents
- Leading an activity or teaching a skill, such as knitting or crocheting
- Reading to residents
- Helping residents get to and from activities and meals
- Photography for special events



THE OAKS AT CASCADE

A Trilogy Senior Living Community

**1157 Medical Park Dr. SE
Grand Rapids, MI 49546
616-949-7310**

theoaksatcascade.com |  

*Brian Loos
Executive Director*

*Traci Ruddle
Director of Health Services*

*Jennifer Masters
Assistant Director of Health Services*

*Emily D'Imperio
Director of Social Services*

*Becky Gibson
Business Office Manager*

*Jesse Foster
Director of Plant Operations*

*Kaitlyn Mulvey
Life Enrichment Director*

*Diane Willett
MDS Coordinator*

*Stephanie Mason
Director of Food Services*

*Travis MacArthur
Director of Environmental Services*

*Sarah Baldes
Therapy Director*

*Jamie Austin
Community Service 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

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'Seniors'

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See the World

Who doesn't feel better after a vacation? Not only is traveling great for our mental health, but it's a very real possibility for the residents of our campus! With the Trilogy Travel Club, we're proud to offer our residents the chance to go on cruises, visit museums, and explore uncharted territory. While you're having fun, you'll still be receiving the same level of quality care that you're accustomed to. Contact a member of our campus team for more information!

Whatever it is that keeps you entertained and active, we have an experience tailored just for you. Simply talk to anyone on our staff today and ask them how you can begin living your best life!



Word Search

B	W	W	A	D	U	J	B	X	F	V	A	A	Y	P	L	E	D	I
O	M	Z	W	O	J	P	A	B	P	R	M	E	R	Z	C	P	Z	Z
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AGING
CHECKERS
CHOIR
CITIZEN

CRUISE
EMBRACE
EXPERIENCE
EXPLORE

FUN
GAMES
MUSIC
PASTIME

SENIOR
TRAVEL
VISIONARY
WORLD