



THE WILLOWS
AT CITATION

A Trilogy Senior Living Community

Monthly

August 2019



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

Alene B.	August 02
Wilma M.	August 03
Katherine B.	August 05
Mildred C.	August 13
Marshall F.	August 25

Out and About

We have lots of opportunities for residents to go out into our local community. Below is a list of a few dates we have scheduled. Keep a close eye on the Activity Calendar as more dates are added all the time!

August 5- Walmart

August 12- Frosty's With Friends

August 19- Red Mile

August 26- Kroger

Sunday Brunch

August 11

We always look forward mingling with our residents and their family and friends each month during our monthly Sunday brunches. Each resident can invite 2 guest free of charge, any additional guest can purchase meal tickets from the business office for \$10 a person. If you anticipate having a large group, please RSVP to a member of the culinary team as spaces fill up quickly!

Save the Date

On August 30th from 5-8:30 we will be hosting one of our **LARGEST** family night to date. We will have great food, concert on the lawn, and much more. Come on out and make it a night to remember!

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.

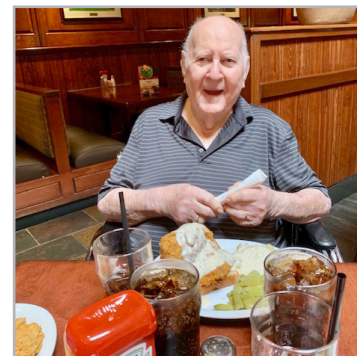
I hope everyone has a great month, and I hope to see you soon!

Yours in Service,

Brittany Faucher

Executive Director

Out and About



LIVE A DREAM

Recently we had the opportunity to bring in a hot air balloon to “grant” wishes to residents who have always wanted to go up in a hot air balloon. It was a wonderful night that was enjoyed by everyone!



Taste of Town

August 21- Subway

Volunteer News

The Willows at Citation strives to make all of our resident's days enjoyable and fun. Volunteers are the heart and soul of our campus and the key to making this happen. Therefore, we are calling all who want to volunteer and bring joy to our residents. You can give 1 hour a month to make a huge difference too many people. If you are interested in volunteering for the following programs, please contact Josh Gruneisen/ Life Enrichment Director.

Suggested areas of help:
Bingo caller, Arts and Crafts, and Visit with residents.

Happy Hour and Live Music!

Every Friday from 3-4pm we offer live music in our dining room from some exciting local talent. Accompanying the live music is our famous Happy Hour which features delicious food made from our culinary team, as well as a variety of spirits.

Did You Know...?

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

The Private Dining Room can be reserved for Birthday Parties, Family Dinners, or any other special event you would like to celebrate with your loved ones.

Happy Hour is weekly at 3:00 to 4:00pm.

Dietary Corner

Please join us Tuesday's at 3:00 for Chef's Circle. Try new recipes, bring some of your favorite recipes to be offered on the Citation menu.



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willowsatcitation.com |

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Asst. Director of Health Services*

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Life Enrichment Director*

*Erica Felty-Marler
Rehab Director*

*Heather Hall
Community Support Representative*

*Michelle King
Community Support Specialist*

*Eavan Kelly
Business Office Manager*

*Kathy Ramsey
Social Services Director*

*Mary Ritchie
Director of Environmental Services*

*Tyler Sands
Director of Plant Operations*

*Drew Hemmer
Director of Food Services*

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