



ORCHARD GROVE

HEALTH CAMPUS

A Trilogy Senior Living Community

Outlook

September 2019



Your Guide to Healthy Aging

As we progress through our life journey, it can become easy to forget about the responsibilities that we have to ourselves. We can spend so much time focusing on the well-being of our loved ones, that we forget to tend to our own personal needs. We might ignore the strain that a walk can cause our legs, or the toll that a negative thought can take on our minds. We may even convince ourselves that it's "too late" to take charge of our mental and physical wellness. Luckily, this couldn't be further from the truth.

In honor of Healthy Aging Month, here is some information about what we can do to stay happy and healthy for countless years to come!

Keep an Active Mind

In a study conducted by the American Academy of Neurology, researchers found that the more mentally stimulating activities that we engage in later in life, the lower our chances of developing mild cognitive impairment (MCI) become. Just by engaging our minds

with the world around us, we lower our chances of developing MCIs, and even delaying symptoms of dementia. So the next time you meet up with a friend, swap stories about your favorite memories from childhood. Engage a member of the community in a game of chess, or learn how to play for the first time. Whatever it is that wracks your brain, your mind and body will thank you for it!

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Happy Birthday!

Residents

September 04	Sally C.
September 24	Barbara H.
September 26	Barbara J.
September 30	Elizabeth B.

Welcome Residents and Family Members

The Orchard Grove Health Campus Team would like to welcome all our new residents and their families to our campus and a place to call home. We are looking forward to serving your loved one in their daily needs and making new memories each day. We take pride in our services and hope we can meet each resident's needs. Please let us know how we are doing, so we can make a difference in our resident's lives!

Grandparent's Day Sleepover

We're having a Sleepover! - In honor of National Grandparents Day, we're inviting the grandchildren of our residents to join us for a night of food, fun, and fantastic company on Saturday, September 7th! Check with your Life Enrichment Team for more information!

Sunday Brunch

Our Sunday brunch, offered one Sunday a month, is a favorite with families and residents alike. This lovely brunch is prepared by members of our dining services team and features a wide selection of items, including some of our residents' favorite items. Join us on Sunday, September 15, 2019 for this scrumptious event! Please call ahead to make your reservations!



Executive Director Corner

Happy September!
I hope that everyone

enjoyed themselves at our Las Vegas Casino Night Theme Dinner. My favorite dish was the Bootleg pineapple upside down cake – a dessert that had all of our card dealers shuffling to the dining room. If you weren't able to attend, don't worry – our next Theme Dinner isn't very far off!

Speaking of special occasions that are on the horizon, Grandparent's Day is just around the corner! On September 8th, we proudly recognize all of the grandmothers and grandfathers of our community. Through your wisdom, love, and friendship, you nurture the world towards becoming a better place for not only your grandchildren, but for everyone who is fortunate enough to know you.

I also want to take this opportunity to acknowledge *Healthy Aging Month*. All throughout September, we're reminded that it's never too late for our hearts to be strong, and for our minds to be free from worry. For our residents who are looking for ways to actively lead a healthier lifestyle, consider talking to our Life Enrichment Director about our Vitality program, where we offer wellness activities such as chair exercises up to three times a week. If you're thinking about making a change to your diet, our chefs are always receptive to feedback, and will be more than happy to adjust a meal based on your unique needs.

Thank you for always letting your brightness shine throughout our community. It's our pleasure to serve you!

Yours in Service,

Nirmal K. Kesavan
Executive Director

Volunteer News

Orchard Grove Health Campus is looking for volunteers! We would love to have volunteers come and spend some quality time with our residents. We have many programs that volunteers can help with and these include Bingo, Cooking, Happy Hour, Tea Time, Ice Cream Social, Table Games and Crafts. We also have residents that would enjoy a 1:1 visit with a new friend. Please come and join us as a volunteer! Also, if you see a volunteer on campus, please thanks them for all they do! Contact our Life Enrichment Department on the many ways you can become volunteer. Dkujawa@orchardgrovehc.com

Family Night

This quarterly event allows families to visit and get to know our residents and staff in a fun and relaxed setting. Family nights feature a variety of activities, entertainment, and refreshments for families and residents to enjoy. Please join us for a fun-filled night! *Our next Family Night will be Tuesday, September 24, 2019 from 6:30pm-8:00pm.*

Outdoor Extravaganza 2019

Wow! What an awesome community event Orchard Grove held this year! Residents, family members and our great community enjoyed a fun-filled day. They jumped in a bounce house, played some fun games, pet some great animals, rode a pony and of course enjoyed some great food too! If you didn't make it out to this year's Extravaganza, we hope to see you next year!



Taste of Town

The staff at Orchard Grove Health Campus is looking forward to bringing in the taste and spirit of many local dining venues in Romeo to our residents. Taste of the Town is a monthly standard where the campus and residents chose a local restaurant and staff will arrange for a favorite meal and decorations to be brought to the campus for the residents to enjoy. If you are a local restaurant or know of a local restaurant owner, please reach out to our director of dining services.

Live a Dream

Our Live a Dream program demonstrates our commitment to exceeding the expectations of our residents and their families. All of our staff is empowered to identify and grant the wishes of our residents on a regular basis. We've had residents soar through the clouds in planes and hot air balloons, zip line through the forest, renew their wedding vows, and take special trips to visit family and friends. These dreams and many more are all possible at Trilogy! Let us know if you know of a dream for one of our great residents!

Did You Know...?

Our Private Dining Rooms can be reserved for those special family events! Reserve one today for a birthday celebration, a holiday gathering or just to spend a special meal with your loved ones!

**Ask one of our friendly staff for more information.*



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Director of Health Services

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Dawn Kujawa
Life Enrichment Director

Steve Smith
Legacy Neighborhood Director

Kevin Knecht
Director of Plant Operations

Domonick McGee
Director of Food Service

Michelle Lamar
Director of Environmental Services

Anne Ferrari
Director of Social Work

Lisa Castile
Director of Therapy

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

'Healthy Aging'

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Take Pleasure in the Little Things

In an article published by *HealthyAging.net*, healthy aging is attributed to not only knowing oneself, but being adaptable to change and new experiences. Have you always dreamt of becoming a famous singer? Start off small and work your way there by practicing once a day. Have you been meaning to work more physical activities into your routine? Talk to our Life Enrichment Director about



stretching your legs with our *Vitality* program. To quote David Bowie, "Aging is an extraordinary process where you become the person you always should have been."

Of course, as a valued member of our campus community, we're here to support you every step of the way. Talk to any one of our team members about the ideas you have

for your approach to healthy aging. Whatever your heart

desires, there's a friend to hear what it is, and a means to make it a reality!

Word Search

C	W	S	N	E	R	L	E	G	W	E	L	L	N	E	S	S	M	R
H	Q	U	J	C	L	E	H	W	X	B	K	M	R	P	G	Q	R	T
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ACTIVITY

ADAPT

AGING

CHANGE

CHESS

DREAMT

GROW

HEALTHY

LEARN

PHYSICAL

PROCESS

REALITY

ROUTINE

SING

SUPPORT

WELLNESS