



THE WILLOWS  
AT BELLEVUE

*A Trilogy Senior Living Community*

Monthly

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

Harold B.	September 01
Lillian Y.	September 14
Joyce H.	September 15
Roger Z.	September 18
Rosemary S.	September 19
Janet K.	September 28

## Staff

Quianan J.	September 02
Mildred B.	September 04
Rex K.	September 06
Gladys C.	September 09
Shelby F.	September 09
Hailey T.	September 09
Taylor G.	September 14
Collen P.	September 17
Kathy S.	September 18
Sydney L.	September 18
Teresa B.	September 20
Tristian R.	September 20
Regina L.	September 20



## 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 yoga, Tai Chi, and strength training 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,

*Christine Greilich*  
Executive Director

## Sunday Brunch

We ask that you invite your family to Sunday Brunch September 22nd from 11 am to 1 pm. Please let Melanie Woodland know how many will be attending in your party by September 10th that the dining staff have the proper seating arrangements for you and your family. Reminder that the first two guests are free of charge and any other guests would be \$10.00/person.

## Photo Highlights







## More Photo Highlights

### Family Night

September 3

Entertainment will be provided by John Pickle by resident request in Town Square from 4:30-5:30 pm.

Dinner buffet style will be set and ready at 5 pm for anyone not attending entertainment.

Each resident can have 2 guests free. Any additional guests will be \$5.00/each.



### Did You Know...?

That you can read the monthly newsletter on-line in addition to the printed copy or rather than receiving it in the mail. Please follow the campus link [www.willowsatbelevue.com](http://www.willowsatbelevue.com) and let Melody Barger know you would like to discontinue the newsletter by mail.

The Private Dining Room can be reserved for Family Members. Please contact Melanie Woodland and can reserve a room you and your family.

### Taste of Town

Taste of Town is a program sponsored by our Dining Services. This monthly program allows our residents to enjoy a meal From local restaurants. This is just another way we keep our residents Connected to their community. This month residents will enjoy a meal from Brad's BBQ.





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*A Trilogy Senior Living Community*

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willowsatbellevue.com |

*Christine Greulich*  
Executive Director

*Jamie Summers*  
Director of Health Services

*Christy Johnson*  
Assistant Director of Health Services

*Mindy Birkholz*  
Business Office Manager

*Melody Barger*  
Life Enrichment Director

*Brandi Fultz*  
Clinical Care Coordinator

*Mary Robles*  
Director of Environmental Services

*Megan Pumphrey*  
Director of Social Service

*Juli Hermes*  
Therapy Program Director

*Kathy Stokes*  
Assisted Living Coordinator

*Amy Cook*  
Legacy Lane Coordinator

*Kelly Straub*  
Medical Records

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

ACTIVITY  
ADAPT  
AGING  
CHANGE

CHESS  
DREAMT  
GROW  
HEALTHY

LEARN  
PHYSICAL  
PROCESS  
REALITY

ROUTINE  
SING  
SUPPORT  
WELLNESS