



THE WILLOWS
AT CITATION

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

Nancy H.	September 07
John H.	September 09
Sharlene P.	September 22
Carojean M.	September 24

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!

September 9- Farmer's Market at Fritz Farm

September 16- Walmart

September 23- Picnic in the Park

September 30- Whole Foods

Sunday Brunch

September 15

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!

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.

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,

Brittany Faucher

Executive Director

DEFICIENCY FREE!

This past month we celebrated our deficiency free State Survey by hosting a VIP community event during one of our amazing Happy Hours. We had a huge turnout, great food, and wonderful live music!





MORE FROM DEFICIENCY FREE!



Life Enrichment Spotlight

Recently we had a visit from a therapy horse named "Magic." Magic tours the United States and performs alongside 18 other miniature horses in various shows. Two days after visiting us Magic and his team performed at the Kentucky Horse Park.



Save the Date!

September 7th from 6-8pm we will be hosting our annual Grandparent's day celebration with food, games, and more! There will be a sleepover to follow for any kids wanting to stay with their Grandparent or Great-Grandparent overnight. Please RSVP to this event by contacting our Life Enrichment Director Josh Gruneisen.

Taste of Town

September 18- Arby's

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.



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Executive Director

Rhonda Johnston
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Angie Fields
Asst. Director of Health Services

Josh Gruneisen
Life Enrichment Director

Erica Felty-Marler
Therapy Program 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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'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