



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 wellbeing 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!

Health Center

Lawrence W.	September 09
Joann N.	September 11
Donald P.	September 26
Carrol S.	September 26
Mary H.	September 28

AL/Legacy Resident Birthdays

Louis Fredrick H.	September 14
Ellen H.	September 15
Florence K.	September 21
Donaline N.	September 21
Idora F.	September 22

Volunteer News

The Life Enrichment Department is always looking for volunteers. We are always in need of help at our weekly Happy Hour. Monthly Sunday Brunch, quarterly Themed Dinners and Family Nights and more! Please contact a team member if interested.

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, Frederick Massell

Executive Director

Photo Highlights





More Photo Highlights





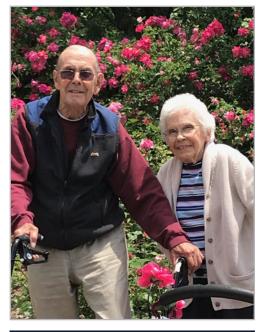












Happy Hour Entertainment

Health Center (3:00-4:00pm) September 06 Billy Mcallister September 13 Pat Cronley September 20 Mo Hyat September 27 Tess & Jack Clarkson

Legacy (2:00-3:00pm) September 06 Billy McAlister September 13 Tess Clarkson's September 20 Craig Marsden September 27 Lee Piper



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Frederick Massoll Executive Director Brandi Miller **Director of Health Services** Staci Fillingham

Community Service Representative

Cheryl Workman **Business Office Manager** Janelle Palus

Life Enrichment Director

Kelly Tackett Legacy Neighborhood Director

Brenda Ruddy Social Service Director

Christine Gutierrez **Director of Food Services**

James Davis Director of Plant Operations

Stay in the Loop 🕑 f

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'

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

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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!

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ACTIVITY ADAPT AGING CHANGE	CHESS DREAMT GROW HEALTHY	LEARN PHYSICAL PROCESS REALITY	ROUTINE SING SUPPORT WELLNESS

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