



THE WILLOWS  
AT FRITZ FARM

*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

Joseph R.	Sept. 3
Velma T.	Sept. 5
Ruth M.	Sept. 16

## Did You Know...?

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

[www.willowsatfritzfarm.com](http://www.willowsatfritzfarm.com)

The Private Dining Room can be reserved for birthday parties and family events.

Happy Hour is weekly from 3pm-4pm with live music, cocktails, and appetizers.

## Volunteer News

You're needed! Do you have a gift that you would love to share with us? Our residents LOVE our volunteers and we always welcome more people to join our volunteer team. Do you like to do arts and crafts, sing, dance, paint finger nails, play a musical instrument, read aloud, or just spend quality time with someone? Well I've got a spot for you.

## 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!

Sincerely,

*Beth Blair*

Executive Director

## Smile of the Month

We were fortunate to have the children of Southern Hills Methodist Church come perform for us. The kids did a wonderful job singing about the experiences of Meshach, Shadrach, and Abendnego. We loved having their joy and love in our home.







## Customer Service Moment

We had an amazing Fourth of July Party. None of us wanted to stay up late or be outside in the hot weather for fireworks, so we created our own indoors. Our Chef's team grilled some amazing food, we had live music, and played a lot of festive games.

## Live a Dream

The Life Enrichment Departments from The Willows at Hamburg, The Willows at Citation, The Willows at Harrodsburg and our campus, The Willows at Fritz Farm, joined together with the Trilogy Foundation to make Live a Dreams come true for several of our residents. Residents got to go up in a Hot Air Balloon and look over the surrounding areas. If you would like to know how we can make another resident's dream come true, please contact the Life Enrichment Director.

## Summer Field Trip

Summer is a great time to get out in the community and enjoy the outdoors. We went to the Lexington Legends baseball game. The Willows at Harrodsburg met up with us and we enjoyed hot dogs, burgers, and baseball. It was the perfect 79 degree summer day to spend with new friends. Every Friday morning we go for a drive around Lexington and nearby areas, we have driven to the KY river, Woodford Reserve, The KY Horse park, and several other places. Keep a close eye on the Activity Calendar as more dates are added, and we love to have volunteers go with us.



- **September 5th**  
Orange Leaf
- **September 12th**  
Arboretum
- **September 19th**  
Chuy's
- **September 26th**  
Dollar Tree





# THE WILLOWS

AT FRITZ FARM

*A Trilogy Senior Living Community*

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Lexington, KY 40515

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*Kay McCoy*

*Director of Health Services*

*Susan Roark*

*Assistant Director of Health Services*

*Jessica Wilmore*

*Therapy Program Director*

*Bonnie Billock*

*Business Office Manager*

*Jessica Brown*

*Social Services Director*

*James Underwood*

*Director of Environmental Services*

*James Adams*

*Director of Plant Operations*

*Anna Preus*

*Life Enrichment Director*

*Sean Gillium*

*Director of Food Services*

*Shawn Hanna*

*Assistant 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](mailto: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
P	Q	X	Y	H	P	B	A	P	M	G	R	C	Z	B	L	N	A	M
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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