



THE WILLOWS
AT HOWELL

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

09/07	Robert. C. W.
09/10	Marion G.
09/11	Bessie K.
09/18	Pat S.
09/21	Romayne R.
09/26	Loma R
09/28	Elaine H.

Did You Know...?

The Private Dining Room can be reserved for parties, family gatherings, and other special events. Please see Robb in Guest Relations to sign a room reservation contract and book a room.

Happy Hour is every Friday from 3:00 to 5:00 with music, food, beer, wine, and spirits. Come out and join us during this wonderful time!

Brunch is the second Sunday of the month. Residents are allowed to bring 2 guests for free and can make those reservations with Robb in Guest Relations.

September is Intergeneration Month, National Courtesy Month, National Recovery Month, National Self-Care Awareness Month, National Self-Improvement Month, and National Classical Music Month.



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,

Jamie Scott, BS, LPN, NHA
Executive Director

Out and About

Summer Field Trips are the best! Residents and staff headed out the ballgame to see the Lansing Lugnuts play the South Bend Cubs! Who knew that we could have had so much fun!



Campus in Color

This summer has been great for growth! The gardens are growing and producing and residents are growing stronger and happier! We found a cucumber ready for picking, as well as some basil, and it was used at lunch in the soup and salad. Talk about fresh food! The residents got outside too to enjoy working on their putting game! Look on the calendar for the next time, we head out in the courtyard!



Living Arts

August was filled with creative activities like making colorful window decorations, the Art Walk, and Painting with Laurie. At the Art Walk, people were able to see art from residents and staff as well as vote on resident art. Elaine H. won first place, Myrtle K. won second, and Elsie D. won third! We had a great turn out! Also, September 11th, Laurie will be returning to Paint-and-Pour-like class with residents, family, and staff for \$15 each person! Laurie is a great teacher and brings out the artist in everyone!



Campus Scavenger Hunt



Do you like to get about the campus? We have

a challenge for you! Look about, inside and out for the item in this picture! The first resident to tell Becca, the Life Enrichment Director, where it is at gets a prize from the Special Basket.

Independence from Hunger

This is a fundraiser we hold each year, and this year it went towards Gleaners Food Bank. Our goal was 4,000 pounds of donated non-perishables through walk-in donations, the Car Show, Art Walk, setting up a donation table in front of Kroger, and employee donations. We were able to decimate our goal by raising 14,136.04 donated pounds of food! Thank you to everyone who helped make this possible! We were able to make a huge difference in our community!



Volunteer News

We had a young volunteer, Carson, join us for a couple days, and it was such a blast! He was our game master those couple of days! We hope he comes back soon!



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Executive Director

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Bruce Cassidy
Medical Director

Jackie Zolnier, LPN
Assisted Living Director

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Assistant Director of Health Services

Melissa O'Brian
Rehab Program Director

Krystal Lamb, LLBSW
Director of Social Work

Kait Garrett
Community Service Rep.

Becca Mullen, MA, CTRS
Life Enrichment Director

Dawn Roys
Director of Food Service

Diane Long
Director Environmental Services

Neil Palmer
Director of Plant Operations

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