



THE WILLOWS
AT OKEMOS

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

September 17 Gordon L.
September 26 James M.

Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link: www.willowsatokemos.com

The Private Dining Room can be reserved for residents and their families at any time. Please contact life enrichment to make a reservation!

Happy Hour is weekly at 2:30pm on Fridays! Come in for a cocktail and some live entertainment with loved ones!

Sunday Brunch is the second Sunday of every month; see life enrichment for more details!

September is National Square Dancing Month

September 2nd is Labor Day

September 8th is National Grandparents Day

September 12th is National Chocolate Milkshake Day

September 19th is Talk Like A Pirate Day

September 21st is National Senior Citizen Day

September 25th is Women's Health and Fitness Day

September 30th is National Love People Day



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,

Keith Fisher

Executive Director

TASTE OF TOWN

Our Residents donut mind Taste of the Town for breakfast!! This month we satisfied our sweet tooth early with pastries and donuts from a local donut shop! A huge thanks to our dining services for always taking care of our residents during this special event!



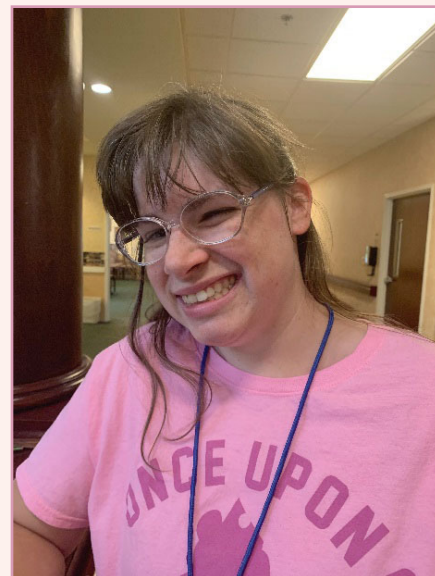
Out and About

July is a great time for summer fun! From lunches at nature parks to ice cream shop stops, our residents were busy this summer out and about! One of our favorite outings from this past month was our lunch trip on the Lansing Michigan Princess. Here residents were provided a five star meal while floating down the Grand River in a classic steamboat. They were also entertained with a live band and dancing!



Volunteer News

One of our regular volunteers, Hailey, just celebrated her birthday! One of her favorite parts about volunteering at the Willows at Okemos, is the live entertainment they have every Friday! If you see Hailey around, make sure to say hello!



Smile of the Month

Karen is one of our assisted living residents! She is always flashing her beautiful smile!





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Business Office Manager

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Customer Service Specialist

Alysa Pineda
Social Services Director

Josue Pineda
Director of Environmental Services

Sade Blanks
Therapy Director

Michael Dunivon
Director of Plant Operations

Lexi VanSickle
Life Enrichment Director

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@trilogybs.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

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ACTIVITY
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HEALTHY

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REALITY

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