



THE OAKS
AT WOODFIELD

A Trilogy Senior Living Community

Outlook

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!

September 05	Laura E.
September 15	Cherie C.
September 15	Delia R. "102"
September 15	Edith D.
September 16	Daisy B.
September 23	Eleanor W.

Volunteering at the Oaks

"If I ever go looking for my heart's desire again, I won't look any further than my own backyard. Because if it isn't there, I never really lost it to begin with!"

—Dorothy (from the Wizard of Oz)

Don't look any further....

Opportunities are right here in Grand Blanc! Be a volunteer at The Oaks. Whether you have a specific talent or passion to share or if you want to just come play, residents and staff alike would be delighted to have you!

Join our amazing team of volunteers. Contact Lesa Carver for details 810.606.9950.

Taste of Town

"There's no place like home."

—Dorothy (from the Wizard of Oz)

Is your mouth watering for some Mexican food? Well, you do not have to wait any longer. El Potrero Mexican Restaurant will be featured as our Taste of Town. Join us on Friday, September 13 at noon. Meal tickets may be purchased in the business office. Call 810.606.9950 for a reservation.

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,

Kelly Kyllonen
Executive Director

Out and About

"It's not where you go, it's who you meet along the way." – Oz (from the Wizard of Oz)

Oaks residents enjoy getting out and about twice per week, as long as the weather cooperates! We have such a great time. Whether it's going out to eat, attending a local play, or simply going for rides in the van, we have fun! Our bus only seats 14, and spots are filled based on a first come, first served basis. So check your activity calendar for all the great events, talk to a Life Enrichment Associate for details.

Live a Dream

"Nothing's impossible if you put your mind to it." – Oz (from the Wizard of Oz)

We would love to make a dream come true. Whether it's an ambulance ride, a photo shoot, or a family reunion, we want to help. We can help! Let us know!! Help us make dreams come true in 2019! There is still time.

Customer Satisfaction Survey The Oaks...feels like home! We want to take this opportunity to thank our residents, families, and staff for making The Oaks at Woodfield a place to call home! The camaraderie is special. In fact, it's extra-special! It is our privilege to serve such an amazing group of individuals. To say, "Thank You" please join us as we kick off our customer satisfaction survey on Friday, September 06 at 3:00pm in Town Square. "Just Follow The Yellow Brick Road!"

Living Arts

"You are capable of more than you know..." –Glinda (from the Wizard of Oz)

Canvas, water color, fabric, paper mache', acrylic, beads, clay – what do they have in common? Well, they are opportunities to boost your brain! The benefits of being an artist are simply amazing! Art encourages creative thinking, relieves stress, boosts self-esteem, and provides a sense of accomplishment.

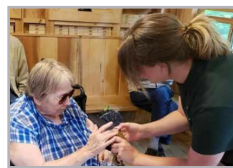
The Oaks offers many ways to be creative. You don't have to be a Rembrandt or Picasso to obtain the benefits of ART. There is "joy in the journey;" and it's just fun, especially with friends. Check your activity calendar or just take a stroll to the activity room. The Activity Room is always open!

LEGACY SPOTLIGHT

"There's no place like home"
(from the Wizard of Oz)



Fun at 7 Lakes



At the Treehouse



Out to Applewood



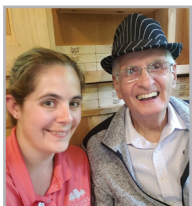
Playing Pool



Pool is Cool!



Al



Friends



Lucy



Rena



The Butterfly House

LifeShare LifeShare is an innovative, easy-to-use service that helps keep residents connected and engaged by allowing you to view and send messages, view photos, view today's activities and menus, read news and weather reports, and play games! Come try some LifeShare games in Town Square. Also, each room has this service available. The Life Enrichment staff would love to help you learn about this wonderful service. LifeShare is a great way to keep in touch.

Grandparent's Weekend Activities

"I know I'm not the Wizard you were expecting, but I may just be the Wizard that you need."

– Oz (from the Wizard of Oz)

This is a great opportunity to have an evening of fun with your grandchildren. You don't have to do a thing...just spend time with your grandkids. We'll provide the rest! (Children 5 years and up have option to sleepover. See Life Enrichment for details.)

September 07: Grandparents' Day Sleepover & Game Night from 4:00-10:00pm – Carnival Theme: Games, Crafts, Food, Fun, Prizes, Movie & Popcorn, and much, much more!

September 08: Grandparents' Day Brunch – It's time to celebrate!!! Grandparents hold a special place in our hearts. Make plans now to attend. This isn't just any brunch... *it's Grandparent's Day!!!!* That means: Live Entertainment with "Fading World Music", Bounce Houses, Balloons, Pulled Pork, Ice Cream, Prizes, and much more.

Please RSVP to Food Services by Thursday, September 05, with total number of guests and time you would like to reserve, either 11:00 or 12:00. This is extremely helpful to dining staff for food preparation. Each resident will receive two meal vouchers free of charge, and each additional guest will need to purchase a meal ticket for \$7.00 each. Meal vouchers are non-transferable and the brunch tickets must be purchased for that month's brunch only; regular meal tickets will not be honored for the brunch meal. Call now to make reservations 810. 606. 9950.



THE OAKS AT WOODFIELD

A Trilogy Senior Living Community

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Grand Blanc, MI 48439

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theoaksatwoodfield.com |  

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Director of Social Services

Phillip Osmun
Director of Food & Dining Services

John Smith
Head Chef

Amanda Allen
Environmental Services Director

TBD
Guest Relations

Kristy Watson
Assisted Living 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@trilogyhs.com*

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'Healthy Aging'

...continued from cover

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
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ACTIVITY

ADAPT

AGING

CHANGE

CHESS

DREAMT

GROW

HEALTHY

LEARN

PHYSICAL

PROCESS

REALITY

ROUTINE

SING

SUPPORT

WELLNESS