



October 2021

Wrapping up our 2021 Theme Year

On October 11th, our 2021 "Traditions Around The World" Theme Year will see us stopping at our final destination – Germany! Here's everything you can expect when we kick off this incredible week:

Lass uns feiern! (Let's celebrate!)

As a resident of our community, your experience between October 11th through the 15th will be that of someone who is experiencing the sights and sounds of Munich for the first time! Get in the Oktoberfest spirit as we celebrate with a week filled with German inspired activities and programs, all culminating towards an incredible Theme Dinner on October 14th. Don't forget to wear black, red, and/or gold!

Prost! (Cheers!)

The activities that we have planned for our final Theme Week are as rich in fun as they are in flavor! Get ready for tastings, decorative crafting, and



delicious snack-making that are sure to bring glück (happiness!). When it comes to the dinner, you can look forward to menu items such as grilled sausage, Chef Bob's Rueben egg roll, German chocolate cake, and more.

We've saved the best for last, so we hope that we'll see you when this one-of-a-kind event kicks off on October 11th. If you have any additional questions, don't hesitate to reach out to any member of our Life Enrichment team. They'll be more than happy to hear from you!

Happy Birthday!

Residents	
Donald S.	10/01
Kathleen H.	10/16
Staff	
Andrew S.	10/2
Megan W.	10/7
Kevin S.	10/14
Angela J.	10/17
Connie B.	10/17
Tamara M.	10/24

Volunteer News

Volunteers give the gift of time. Families make great volunteers! As a volunteer, you are a part of the Trilogy team. So why volunteer? Here are just a few of the benefits:

- Personal satisfaction
- Community involvement
- New, meaningful friendships
- Developing new skills
- Utilizing your skills to teach others

Suggested ways to volunteer include but are not limited to:

- Assisting with our screening table and welcoming guests
- Leading an activity or teaching a skill (such as Bible Study or playing an instrument)
- Helping maintain our gardens in our courtyards
- Providing friendly conversation/reminiscing with our residents

Executive Director Corner

Happy October, everyone!

With Halloween just around the corner, it can be easy to be frightened by images of ghosts and vampires – but with everything coming up in the next few weeks, there's never been more reason to be excited as a member of our community.

This month, we're wrapping up our "Traditions Around The World" Theme Year with our biggest Theme Week yet – Germany. From October 11th – October 15th, we'll be putting on a celebration that rivals Oktoberfest as we dive deep into cuisines,

activities, and programs all inspired by German culture. Be sure to come wearing your black, red, and gold as we kick off this incredible week!

With fall officially in full swing, it' time to enjoy the smell of fresh pumpkins, the taste of delicious treats, and the feeling of relief that comes from the cool, steady air. There's so much to appreciate about this time of the year, and we can't wait to celebrate it with you.

Have a great month!

Yours in Service,

Jana Broughton

Executive Director

Independent Interests

The residents at The Oaks at Belmont enjoy many leisure activities with our Life Enrichment staff AND in their rooms! Puzzles, word searches/crosswords and reading are among some of the favorites here at Belmont.



June is a jigsaw puzzle enthusiast! She loves putting puzzles together every day and then donates them to our Life Enrichment department when she is done!



O GREAT ONE

Peggy radiates "First Impressions" as she is the first person you see coming in and the last one you see when leaving. Peggy has a very caring nature towards each Resident and family that walks through our doors. She is always smiling and greeting everyone, every time! Peggy is always so calm under pressure and seem to always have it together! Her peers really appreciate her willingness to help and putting the resident's best interest first! Peggy always knows

what they want, even when sometimes they aren't sure. To sum up all the positive comments, Peggy is an amazing person with a servant heart that glows each day! We are so lucky to have her as a part of our team at The Oaks at Belmont!



FAMILY HAPPY HOUR IN INDEPENDENT LIVING

Independent Living residents enjoyed the fresh air outside at our first Family Happy Hour! Live music by Monty and Ginger, local beer, wine and scrumptious appetizers made by our chef, completed this wonderful evening!

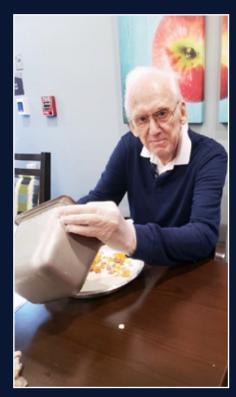


Veteran's Honor Wall

If your loved one has served in the military, please bring us an 8x10 photograph of them in uniform so that we can include them on our wall of heroes. If you prefer it, we're more than happy to make a copy of the photo and return the original to you. Thank you as always for joining our family. We're honored to have the opportunity to serve you, and we're thankful for all the ways in which our veterans have served us.

Creative Cooking

Our Legacy Lane residents enjoy cooking delicious recipes after breakfast each day. The best part of cooking is getting to eat the creation!



This is Clay participating in Creative Cooking



A Trilogy Senior Living Community

6081 West River Drive NE Belmont, MI 49306 616-625-0386 oaksatbelmont.com | ♥ f

> Jana Broughton Executive Director

Amanda Petrusma Director of Health Services

Patti Laski Assisted Living Director

Elizabeth Hearn Customer Service Representative

> Becky Gibson Business Office Director Alicia Hollern

Life Enrichment Director

Dan Denton

Director of Plant Operations

David Snow Director of Food Services

Lori Newman Director of Environmental Services

> Kevin Sleboda Social Work Director

Stay in the Loop **y 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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Monthly Trivia & Activity Corner

All trivia answers will be printed in our upcoming month's newsletter!

Question 1: What is the name of Dracula's sidekick?

Question 2: Where did Halloween originate?

Question 3: True or false: Bees can only sting once.

Question 4: Pumpkins are % water.

Question 5: Who originally sang *That'll* Be The Day in 1957? Flip the page for last month's trivia answers:

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FIND AND CIRCLE TEN DIFFERENCES





Word Gearch

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ACTIVITIES CRAFT GOLD PROGRAMS CAKE DECORATE HALLOWEEN PUMPKIN CELEBRATE DELICIOUS INCREDIBLE SAUSAGE CHEERS GERMAN OKTOBERFEST TASTINGS