



THE WILLOWS
AT SPRINGHURST

A Trilogy Senior Living Community

News

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

Louise C.	October 06
Thelma F.	October 12
Ruth D.	October 19
Jasmine A.	October 21
Grace S.	October 30

Staff

Susan F.	October 01
Winifred W.	October 03
Caroline S.	October 05
Tonie P.	October 09
Jennifer R.	October 10
Trashonda T.	October 11
Melissa C.	October 11
Mason I.	October 11
Latrishia S.	October 14
Melissa W.	October 14
Matthew A.	October 29
Gcobisa S.	October 30



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's 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!

Carla Sieckert
Executive Director

TRAIL MIX BAR

Have you ever bought trail mix that had every ingredient that you liked except for one? The Trail Mix Bar was our solution! Add a lot of what you like and nothing that you don't. Talking about our time on the trails had never tasted so good!



New in Life Enrichment

We are excited to announce a restructuring in Life Enrichment geared to more efficiently provide exciting activities and events. Look for new programming and socials sprinkled in with some of our classic activities this fall!

Simply the Zest!

To celebrate National Lemonade Day, The Willows at Springhurst team created a Lemonade stand on the go! A huge thank you for being "Simply the Zest" residents and staff!

On the Move!

Our residents are on the move! Whether participating in Sit & Be Fit or Bowling, we combine work with play!



Lighthouse Week

Lighthouses were built to be a light in the darkness that safely guided boats ashore. During Lighthouse Week we discussed navigating the sometimes choppy waters of life, learned about lighthouse history, made centerpieces, and finished the week with a “Light Up Your Life” Happy Hour. In rain or shine, our residents are our shining light!

Volunteer at The Willows of Springhurst!

We welcome all members of our community to come share their talents with us – whatever those might be. The value that volunteers bring to our community cannot be overstated. When you volunteer with us, you’re doing more than just lending a helping hand; you’re reminding someone that they’re cared for, you’re listening to their story, and you’re using what makes yourself unique to brighten their day. Share your knowledge and lead one of our Lifelong Learning classes. Call the winning numbers in BINGO. Plant flowers in our garden and watch them grow with us. However you choose to serve, we’ll be happy to have you here! Volunteer today by contacting us at 502-412-3775.



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**3101 North Hurstbourne Pkwy
Louisville, KY 40241**

502-412-3775

willowsatspringhurst.com |  

*Carla Sieckert
Executive Director
of Health & Rehab*

*Eric Bryant
Executive Director*

*Jessica Vanover
Director of Health Services*

*Kaitlyn Hudgens
Director of Social Services*

*Melissa Cusick
Life Enrichment Director*

*Taylor Carruthers
Legacy Lane Coordinator*

*Whitney Meriwether
Director of Therapy*

*Caroline Shrum
Business Office Manager*

*Tim Bridges
Director of Food Service*

*Ron Webster
Director of Food Service*

*Tommy Roberts
Chief Engineer*

*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*

Newsletter Production by PorterOneDesign.com

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:*

*Q1: blood type is considered the universal donor. Type O
Q2: What product was banned from advertising on television in 1971?
Cigarettes
Q3: Edwin Budding
invented what landscaping tool in the 1820s? The lawn mower
Q4: Who is the only US president to ever resign from office?
Richard Nixon
Q5: What is the brightest star in the galaxy?
Sirius A*

FIND AND CIRCLE TEN DIFFERENCES



Word Search

N	B	F	E	Y	X	N	M	S	V	S	Y	T	I	N	P	D	J	F
J	M	U	G	B	A	F	Y	K	A	V	A	D	C	A	K	E	Y	Z
T	F	X	V	M	T	Y	C	N	I	U	Z	X	V	T	H	C	M	C
Z	C	Z	R	S	R	X	O	M	E	P	S	U	F	W	F	O	D	Z
P	M	E	C	K	J	S	W	L	M	N	U	A	L	N	L	R	X	O
G	G	S	G	S	A	K	B	I	E	P	R	M	G	Z	W	A	F	K
M	E	J	E	R	A	I	H	E	K	C	P	M	P	E	S	T	M	T
V	S	U	A	E	D	S	W	O	N	N	N	P	Y	K	K	E	I	O
M	H	J	R	E	G	O	T	C	H	E	E	R	S	K	I	H	H	B
T	M	G	R	G	L	O	D	E	L	I	C	I	O	U	S	N	L	E
C	A	C	C	L	I	H	L	S	S	H	V	D	A	X	R	X	S	R
M	N	S	A	E	N	W	S	D	B	V	T	E	R	W	Y	H	Q	F
I	F	H	T	H	L	A	C	T	I	V	I	T	I	E	S	W	R	E
F	J	V	O	I	C	E	S	Q	X	Q	E	C	Z	T	D	G	C	S
J	T	M	T	E	N	F	B	X	P	R	O	G	R	A	M	S	B	T
Z	U	U	N	W	J	G	I	R	D	A	O	F	V	J	R	U	U	Y
P	U	S	B	T	X	N	S	Y	A	T	W	Z	J	T	J	Z	N	O
W	M	S	A	U	Q	H	S	Z	Y	T	S	N	X	A	I	G	D	V
D	F	O	J	Q	Z	J	O	Y	S	I	E	U	O	T	F	K	N	O

ACTIVITIES
CAKE
CELEBRATE
CHEERS

CRAFT
DECORATE
DELICIOUS
GERMAN

GOLD
HALLOWEEN
INCREDIBLE
OKTOBERFEST

PROGRAMS
PUMPKIN
SAUSAGE
TASTINGS