



THE WILLOWS
AT TIFFIN

A Trilogy Senior Living Community

News

January 2022

New Year's Resolutions in 2022

Inspired by healthinaging.org, these simple but effective New Years resolutions are sure to help anyone who is looking to make the most out of 2022. Here are just a few ways that you can better yourself as we begin the new year:

Stay sharp! – Being mentally active is a sure-fire way to help your brain stay healthy and alert. Whether it's getting lost in a good book, playing a board game with a loved one, or simply sharing a childhood story with a close friend, the benefits of keeping our minds engaged is just as beneficial to the brain as it is to opening our hearts. Need a place to start? Talk to any member of our team about our *Artisans* program, where you'll be engaged by creating arts and crafts up to twice weekly!

Keep Active! – Equally as important to our mental health is our physical health. Even as we age,



keeping physically active can not only be safe and healthy, but it can help us stay happy and healthy for years to come. Talk to any member of our team about our *Vitality* program, where we provide opportunities for physical movement up to three times a week. We'll be more than happy to talk to you about your comfort level, what you can do, and how we can help you get started!

Explore a New Passion! – As a resident of our campus, there's never been a better time to pick up a new skill or hobby. With our *Lifelong Learning* program, we're

proud to teach courses in topics including art, computers, history, humanities, international studies, languages, music and performing arts, psychology, social studies, recreation, science, health, and math. Talk to any member of our team about what interests you today!

Whether you're looking to make a change or already love the life you're living, we're here to support you every step of the way. For more information about any of these resolutions, talk to our Life Enrichment Director today. Happy New Year from our family to yours!

Happy Birthday!

Residents

Donna W.	January 03
Carl B.	January 03
Jacqueline M.	January 03
Sandra S.	January 09
Charles C.	January 09
Carol S.	January 17
Janet R.	January 20
Colleen H.	January 25
Robert N.	January 26

Staff

Jennifer W.	January 02
Giovanna A.	January 02
Haley H.	January 03
Rhonda M.	January 09
Alexa H.	January 12
Tonya B.	January 16
Lisa Y.	January 29
Amy C.	January 30
Kimberly L.	January 31

Executive Director Corner

Welcome to 2022!

I hope that everyone had a wonderful holiday and New Year. Being able to celebrate the end of 2021 with so many familiar faces not only was a perfect sendoff for the year that we just had, but perfectly captured the spirit of the year that we look forward to having here in 2022.

As we continue to stay warm, I want to give a huge "thank you" to everyone who participated in our 2021 Hope for the Holidays campaign. Driven by the kindness of our friends, families, and residents, our campus was proud to make a meaningful contribution to our local charities this past holiday season. Stay

tuned for additional updates on how much of an impact we were able to make!

In the coming weeks, we'll have more to share about everything that we have planned for 2022 – from Theme Dinners, community outings, retreats, and more. And if there's anything in particular that you want to see happen at our campus, be sure to talk to our Life Enrichment Director. They'll be happy to hear from you!

Let's have a great 2022, everyone!

Yours in Service,

Alicia Wolf LNHA
Executive Director

Congratulations, Heather W. on receiving the OGO award!



Volunteers Needed

We are looking to rebuild our volunteer program! We would love to get volunteers to call Bingo, join us for special outings, as well as serving our residents during happy hour and family brunches.! Please reach out to Heather McDonald at (419) 443-0059 if interested!

Happy Hour

Occurs each Friday at 2:30 p.m. Families are welcome to join in and enjoy the entertainment, delicious appetizers and non-alcoholic, as well as alcoholic beverage offerings.

RESIDENTS ENJOYED THE CHRISTMAS PARADE!





THE WILLOWS AT TIFFIN

A Trilogy Senior Living Community

410 Fair Lane

Tiffin, OH 44883

419-443-0059

willowsattiffin.com |

Alicia Wolf
Executive Director

Whittney Podach
Director of Health Services

Mary Chappel
Assistant Director of Health Services

Janelle Ray
Customer Service Representative

Emily Kirsch
Social Services Director

Rachael Caudill
Business Office Manager

Heather McDonald
Life Enrichment Director

Haley Haferd
AP/Payroll Coordinator

Ethan Cheney
Director of Food Service

Renee Baughman
Staff Development

Andrew Romanko
Director of Plant Operations

Crystal Heldman
Environmental Services 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*

Newsletter Production by Port

Monthly Trivia & Activity Corner

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

Question 1: *What was the first year there were fireworks for the New Year's Eve celebration in New York?*

Question 2: *What is the state called when animals sleep during the winter?*

Question 3: *What was Walt Disney's middle name?*

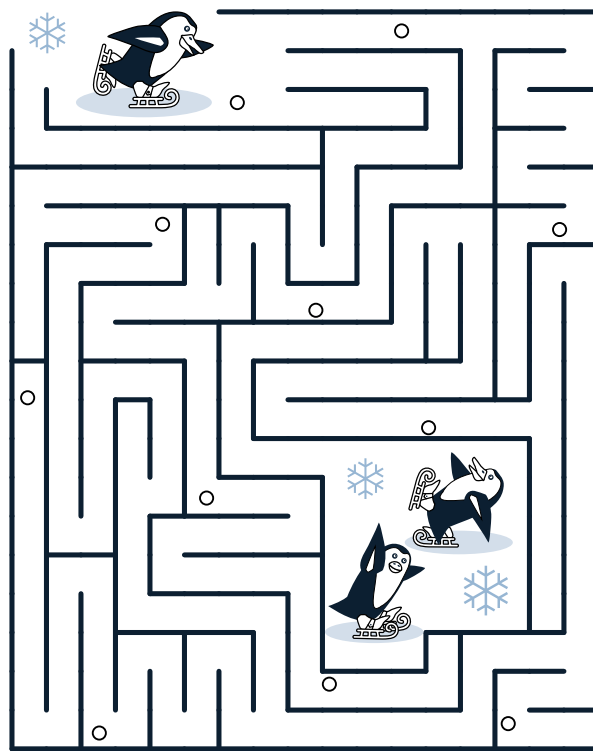
Question 4: *What was the first toy to be advertised on TV?*

Question 5: *What is the total number of dots on a pair of dice?*

*Flip the page for last month's
trivia answers:*

Q1: Who sang "I'm Dreaming of a White
Christmas"? Bing Crosby
Q2: How many reindeer in total help pull
Santa's sleigh? 9
Q3: What country does eggnog originate
from? Britain
Q4: What is another name for a Christmas
tree? Pine tree
Q5: Over 360 million glasses of _____ are
consumed across the world on New Year's
Eve. Champagne

Help the penguin join his friends for a skating party!



Word Search

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

ACTIVE

AGE

ALERT

ART

BOOK

COMFORT

COMPUTER

GAME

HEALTHY

HOBBY

INTERESTS

MOVEMENT

PASSION

RESOLUTIONS

SHARP

THEATRE