



THE WILLOWS  
AT SPRINGHURST

*A Trilogy Senior Living Community*

# News

January 2022

## New Year's Resolutions in 2022

Inspired by [healthinaging.org](https://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

|           |      |
|-----------|------|
| Marie B   | 1/2  |
| Charles P | 1/14 |
| Ann K     | 1/15 |
| John S    | 1/21 |

## Staff

|             |      |
|-------------|------|
| Alice Q     | 1/1  |
| Quinniqua W | 1/1  |
| Sandra K    | 1/2  |
| Shaniqua P  | 1/2  |
| Beatrice B  | 1/5  |
| Adrian W    | 1/9  |
| William R   | 1/17 |

## 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.



## 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!

*Carla Sieckert*  
Executive Director

## Made with Love Christmas Cards

We're making a list and checking it twice! Residents had a blast creating Christmas Cards for loved ones. The creativity included snowmen, wreaths, Santa, and Christmas trees during this festive event.





# HOLIDAY HANDBELLS PERFORMANCE BY ST. MATHEW'S CHURCH



*Residents got into the Christmas spirit by listening and singing along to Classic Christmas Carols during the St. Mathew's Church Handbell Performance!*

## Team Life Enrichment



*Look for a coral-colored polo, we are here to Enrich your day!*





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**3101 North Hurstbourne Pkwy**

**Louisville, KY 40241**

**502-412-3775**

**willowsatspringhurst.com |  **

*Carla Sieckert*  
**Executive Director  
of Health & Rehab**

*Jessica Vanover*  
**Director of Health Services**

*Melissa Cusick*  
**Life Enrichment Director**

*Taylor Carruthers*  
**Legacy Lane Coordinator**

*Whitney Meriwether*  
**Director of Therapy**

*Caroline Shrum*  
**Business Office Manager**

*Katie Hudgens*  
**Director of Social Services**

*Tim Bridges*  
**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](mailto: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 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?*

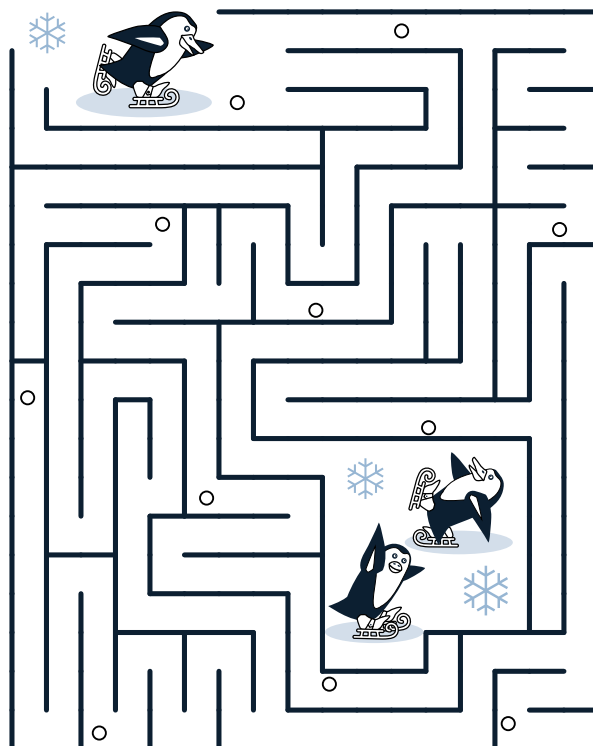
**Question 4:** *What was the first toy to be advertised on TV?*

**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

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| 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 |
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| 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 |
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ACTIVE

AGE

ALERT

ART

BOOK

COMFORT

COMPUTER

GAME

HEALTHY

HOBBY

INTERESTS

MOVEMENT

PASSION

RESOLUTIONS

SHARP

THEATRE