



THE WILLOWS  
AT BELLEVUE

*A Trilogy Senior Living Community*

Monthly

January 2022

## New Year's Resolutions in 2022

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

John W.	January 02
Olga S.	January 03
Rosemary K.	January 06
Arthur M.	January 12
Robert M.	January 12
Luetta P.	January 13
Bernita S.	January 19
Anna Marie M.	January 28

## Staff

Tiffany G.	January 02
Mya R.	January 07
Hiasin R.	January 07
Jamie S.	January 07
Briann Z.	January 12
Summer S.	January 17
Katie W.	January 19
Jennifer S.	January 22
Barbara S.	January 25
Arin G.	January 29
Toni H.	January 30



## 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,

*Christine Greilich*  
Executive Director

## Photo Highlights



## Out and About

January 7- Scenic Drive

January 14- Scenic Drive

January 21- Scenic Drive

January 28- Scenic Drive

## Sunday Brunch

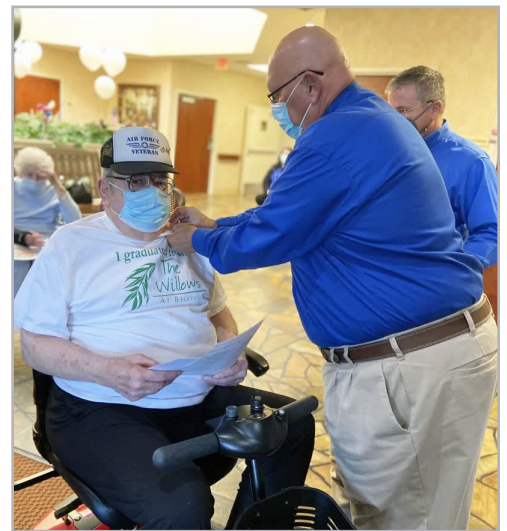
January 16

## Chef's Corner

Every Wednesday at 1:00 pm  
on Assisted living side



# More Photo Highlights



## Community Connections

January 12- Open house  
Hot Chocolate and coffee  
bar – Assisted Living

January 19- Blitz Send a  
HUG Popcorn day blitz

January 20- Soup

## Happy Hour

January 7- Harmonica  
Man at 3:00 pm

January 14- John  
Pickle at 3:00 pm

January 21- Jim Bligen  
at 3:00 pm

January 28- Roger  
Allen at 3:00 pm



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*A Trilogy Senior Living Community*

101 Auxiliary Drive  
Bellevue, OH 44811  
419-483-5000

willowsatbellevue.com |

*Christine Greulich*  
Executive Director

*Christy Johnson*  
Director of Health Services

*Jennifer Sharkey*  
Assistant Director of Nursing

*Kathy Stokes*  
Assisted Living Coordinator

*Rachael Russell*  
Business Office Manager

*Melody Barger*  
Life Enrichment Director

*Amy Cook*  
Legacy Lane Coordinator

*Matthew Sebring*  
Director Plant of Operations

*Mary Robles*  
Environmental Services Director

*Brandi Fultz*  
Clinical Care Coordinator

*Kelly Straub*  
Medical Records

*Megan Pumphrey*  
Director of Social Service

*Juli Hermes*  
Therapy Program 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](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?

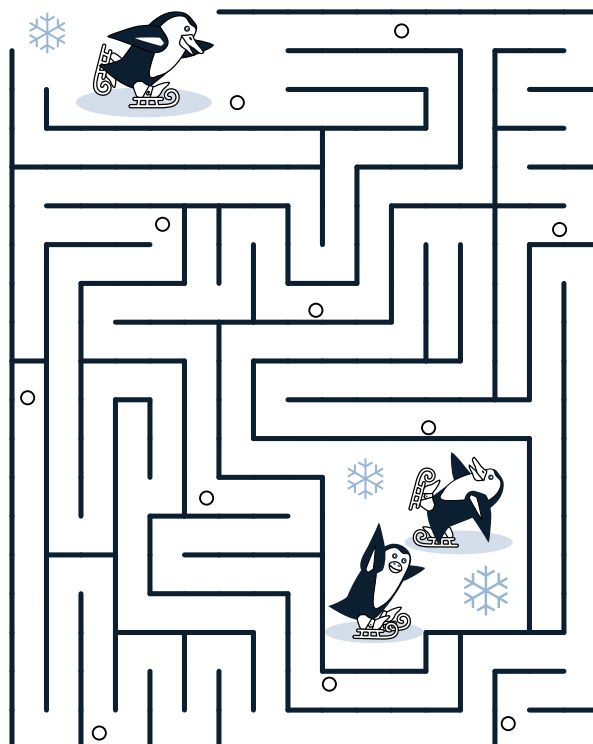
**Question 4:** What was the first toy to be advertised on TV?

**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

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