



GENOA  
RETIREMENT VILLAGE

*A Trilogy Senior Living Community*

# Gazette

February 2022

## Celebrating Your Wellness in Heart Health Month

February is American Heart Health Month – a time that reminds us of the importance taking care of our cardiovascular health and wellness. By doing so, we can decrease our risk of high blood pressure and take meaningful steps to keep hypertension at bay. One of the key ways we can do this? Exercise!

According to the Center for Disease Control, engaging in physical activity is one of the most important ways that seniors can take care of their health. In addition to heart disease, staying physically active can also prevent some of the most common health problems that are often attributed to age. Of course, everyone is different – and engaging in physical activity should be executed to the extent in which your individual situation allows. Be sure to talk to your caregiver



about physical activities that work best for you, and we'll be happy to help you get into a routine.

With our *Vitality* program, we help our residents get into the groove of taking charge of their wellness with opportunities for physical activity at least three times a week. These opportunities include strength training, balance training, Tai Chi,

stretching, dancing, sport gaming systems activities, walking clubs, wellness seminars, and more!

At Trilogy, our number one priority will always be your health and wellbeing. For more information about all the ways we can help support an active lifestyle, talk to any member of our team today!

# Happy Birthday!

## Residents

Mary R. 2/13

Pamela B. 2/16

## Staff

Sharon H. 2/03

Lenny A. 2/04

Rian N. 2/06

Sandra G. 2/11

Beth H. 2/12

Jennifer W. 2/21

Stephanie P. 2/24

Elizabeth D. 2/28

## Executive Director Corner

Welcome to February, everyone!

I hope the beginning of 2022 has been incredible for you as it has been for our campus team. We've been hard at work laying out some of the amazing activities we have planned over the course of the year – including our first Theme Week!

From February 20th – 26th, we'll be hosting our most elegant Theme Week yet with our first ever **Snowflake Ball**. During this week, our campus will act as a venue for a one-of-a-kind gala featuring a week of theme-related activities, events, and an incredible theme dinner. Stay tuned for more information as we get closer to the event!

This month, we also celebrate

**American Heart Health Month** – a time which reminds us the importance of taking care of our cardiovascular health. Be sure to talk to any member of our team about our Vitality program, which provides opportunities for physical activity up to three times a week. Staying active is one of the best ways we can reduce our risk of high blood pressure, and we're here to help make that a reality for you to the fullest extent possible.

As always, if you need anything – or if you just want to catch up - please don't hesitate to reach out to me. I hope you have a great month!

Yours in Service,

*Michelle Vernon, LNHA*

Executive Director



## HOLIDAY HIGHLIGHTS





# MORE... HOLIDAY HIGHLIGHTS



## Artisan Program



## *Volunteers Needed*

As we continue to try to return to “the new normal” we continue to look for volunteers! Our residents are excited about going on outings and so are we! Some trips that have been requested are The Toledo Art Museum, going to the Casino, and Sauder Village just to name a few. These outings would require a 1:1 staff to resident ratio to push our residents around in their wheelchairs. This is where you are needed! Please talk to Life Enrichment staff for more details and information on volunteering!

## **Sunday Brunch**

Our Sunday Brunches have returned! They are being held on the Second Sunday of the month beginning at 11am. At this time, we are allowing two family members per resident, an RSVP is strongly encouraged, and we need you to be here at least 15-20 minutes prior to the Brunch so that you can be tested for COVID. Please call with any questions. Thank you!

## **Theme Dinner**



Our theme dinner for this quarter will be “Snowflake Ball”. Theme week is February 20th-26th with our theme dinner being held on Thursday, February 24th. Be on the lookout for many “snow” themed projects and games this month! You never know, you may just walk into a Snowball fight!





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*Michelle Vernon, LNHA  
Executive Director*

*Sarah Riegel  
Director of Health Services*

*Annie Young, RN  
Asst. Director of Health Services*

*Emily Soles  
Community Service Representative*

*Rachel Barnheart  
Business Office Manager*

*Sandy Gaietto  
Life Enrichment Director*

*Brenda Brown  
Director of Plant Operations*

*April Lewis  
Director of Food Services*

*Dan Lenz  
Environmental Services Director*

*Dallas Brammer  
Social Services*

*Wade Nofitz, PTA  
Therapy Program Director*

*Debby Frigmanski  
AL Coordinator*

*Michelle Peters, LPN  
Staff Development*

## 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)*

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# Monthly Trivia & Activity Corner

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

**Question 1:** What baseball player married Marilyn Monroe in 1953?

**Question 2:** What 1968 movie featured a computer named H.A.L.?

**Question 3:** What are the three primary colors?

**I SPY: MY VALENTINE**

**Question 4:** What is the  
third sign of the zodiac?

**Question 5:** Which  
country provided  
the US with the  
Statue of Liberty?

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

*of dots on a pair of dice? 42 dots*

*Q5: What is the total number*

*Q4: What was the first*

*toy to be advertised on*

*Q3: What was the first*

*middle name? Elias*

*Q2: What was Walt Disney's*

*the winter? Hibernation*

*Q1: What is the state called*

*in New York? 1904*

*there were fireworks for the*

*Q1: What was the first year*



*How many of each shape can you find? Fill in your answers below:*



## Word Search

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

ACTIVE

DISEASE

PRIORITY

TRAINING

AGING

EXERCISE

STEPS

VITALITY

BALANCE

HEALTH

STRENGTH

WALKING

DANCE

PHYSICAL

STRETCH

WELLNESS