

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

Nancy L.	02/04
Diana H.	02/20

Staff

Robin C.	02/02
Heather C.	02/10
Forestetta P.	02/14
Lauren W.	02/15
Ashley G.	02/21

Sunday Brunch

Our next Sunday Brunch will be February 20. Hope to see you there!

Theme Week

February 20-26
Snowflake Winter
Wonderland Ball

Did You Know...?

Fun Wacky dates you probably didn't know about!

February 10:
Umbrella Day

February 15:
Hippopotamus Day and
Annoy your Boss Day

February 16:
Travel Africa Day

February 17:
Random Acts of Kindness Day

February 18:
Drink Wine Day

February 23:
Tootsie Roll Day

February 27:
International Polar Bear Day



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,
Shanna Barns
Executive Director

LIVE A DREAM

When you here "Boy I sure would like a Good ol steak!" No dream is ever too small! Thank You Corey for making this dream come true!





Vitality Program

You can have fun and not even realize your exercising, For example having a snowball fight



Activities Corner

Crafting up a storm and throwing Axes!





SPRINGVIEW MANOR

A Trilogy Senior Living Community

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Lima, OH 45805

419-227-3661

springviewmanorhc.com |  

Shanna Barns
Executive Director

Ashlee Robinson
Director of Health Service

Michele Darnell
Assistant Director of Health Services

Samantha Kerner
Community Service Representative

Stephanie Shook
Business Office Manager

Lori Bassett
Life Enrichment Director

Corey Rigdon
Director of Food Services

Mike Kerrigan
Senior Director of Plant Operations

Joyce Hauenstein
Director of Environmental Services

Jennifer Holmes
MDS Coordinator

Jayma Fry
Director of Social Services

Dee Dee Hoffman
Rehabilitation 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*

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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:*

*Q5: What is the total number
of dots on a pair of dice? 42 dots*

*Q4: What was the first
toy to be advertised on
TV? Mr. Potato Head*

*Q3: What was Walt Disney's
middle name? Elias*

*Q2: What was the state called
when animals sleep during
the winter? Hibernation*

*Q1: What was the first year
New Year's Eve celebration
there were fireworks for the
in New York? 1904*



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
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L	G	D	X	F	O	O	R	A	E	A	V	P	T	I	X	Y	A	R
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R	V	F	E	S	S	K	T	C	J	Y	C	D	N	I	V	D	L	T
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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

AGING

BALANCE

DANCE

DISEASE

EXERCISE

HEALTH

PHYSICAL

PRIORITY

STEPS

STRENGTH

STRETCH

TRAINING

VITALITY

WALKING

WELLNESS