



THE WILLOWS
AT HAMBURG

A Trilogy Senior Living Community

Monthly

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

Norris W.	February 02
Arnold B.	February 06
Harry C.	February 19

Staff

Alexandra G.	February 08
Edward J.	February 11
Judy K.	February 12
Tanner W.	February 17
Deveren E.	February 18
Madison C.	February 20
Alana B.	February 23
Marian C.	February 24

WINTER ACTIVITIES

These snowmen are a delightful way to enjoy winter without getting cold!



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,

Sam Frazier

Executive Director



Doing for Others

We love being able to give back to the community! We had a great time making blankets for Project Linus which gives blankets to children in need.



HOT CHOCOLATE BAR

We sure enjoy our hot chocolate bar on these cold winter days!





THE WILLOWS AT HAMBURG

A Trilogy Senior Living Community

2531 Old Rosebud Road
Lexington, KY 4050
859-543-0337

willowsathamburg.com |

Sam Frazier
Executive Director

Wendy Long
Director of Health Services

April Lewis
Assistant Director of Health Services

Megan Chandler
Therapy Department Director

Sally Fitch
Legacy Neighborhood Director

Tracey Ragone
Social Services Director

Melissa Harris
Community Services Representative

Mary Jackson
Director of Food Services

Ginger Cornett
Director of Environmental Services

Kelli Nealis
Customer Service Specialist

Angie Benton
Business Office Manager

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 PorterOneDesign.com

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

New Year's Eve celebration

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