



THE WILLOWS
AT SPRINGHURST

A Trilogy Senior Living Community

News

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

Florence T.	2/01
Holly F.	2/01
Barbara K.	2/03
Joann W.	2/05
Frederick S.	2/05
Janet H.	2/06
Betty T.	2/06
Gloria S.	2/11
Ann P.	2/11
Donald L.	2/19
Shirley K.	2/22
Patricia C.	2/26
James W.	2/26
Shirley D.	2/27
Lucy Z.	2/28

Staff

Ashley S.	2/07
Rose C.	2/12
Diorela Kressa P.	2/20
Paula C.	2/20
Madison W.	2/22
Lorena P.	2/24



Executive Director Corner

Welcome to February, everyone!

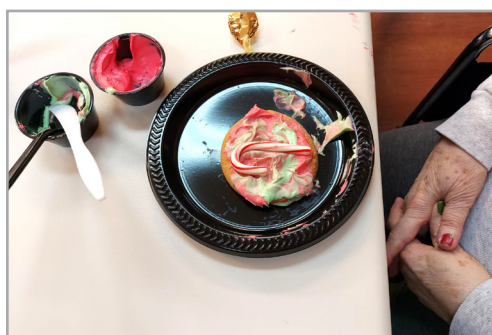
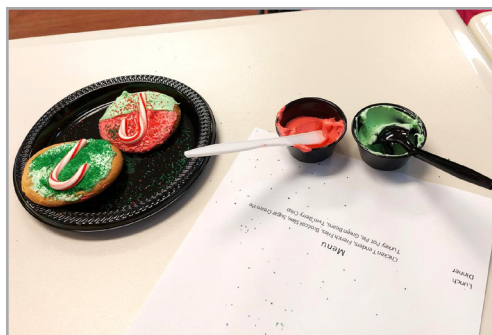
I hope the beginning of 2022 has been incredible for you as it has been for our campus team. We've been hard at work laying out some of the amazing activities we have planned over the course of the year – including our first Theme Week!

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,
Carla Sieckert
Executive Director



Christmas Crafts & Cookies

The hustle and bustle of the holidays was at The Willows at Springhurst! We made cute snowmen and decorated sugar cookies for Santa...or ourselves, yum!



Staff Gingerbread House Decorating Contest

The Staff at The Willows at Springhurst were up to their elbows in gumdrop buttons while decorating festive Gingerbread Houses! And the winner is: The Nuthouse!



BOURBON & BRASS CO. HOLIDAY CONCERT

What better way to get into the holiday spirit than with Bourbon&Brass Co. Holiday Concert? Even the Grinch would tap his foot and sing along to these festive favorites.



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.





THE WILLOWS AT SPRINGHURST

A Trilogy Senior Living Community

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

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:

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

Q4: What was the first toy to be advertised on TV?

Q3: What was Walt Disney's middle name?

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

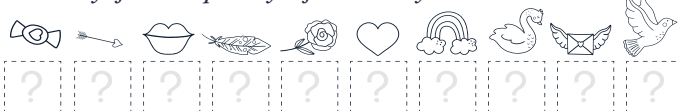
Q1: What was the first year in New York?

Q1: What was the first year in New York?

Q1: What was the first year in New York?



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