



THE GLEN

A Trilogy Senior Living Community

Gazette

April 2022

National Volunteer Month - The Benefits of Volunteering

If you were to ask a member of our team why they chose to work at Trilogy, many of them would probably tell you the same thing – that it's because of the joy that they feel from bringing joy to others. In that same spirit of compassion, we're also proud to share joy with others in another way – through our Trilogy volunteers. Not only is volunteering a feel-good activity that anyone can do, but it can also help with your own personal growth. According to the Mayo Clinic Health System, volunteering provides a sense of purpose and teaches valuable skills, can help

nurture new and existing relationships, and has been shown to improve both physical and mental health.

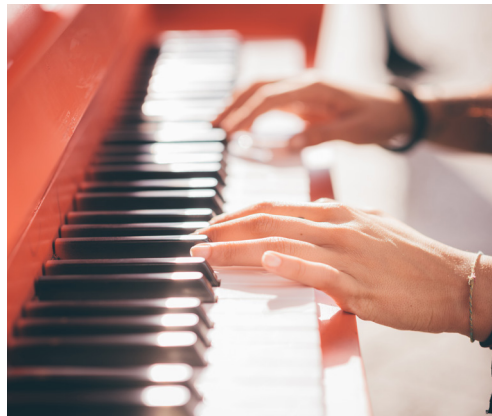
You might be wondering where and how to get started, but there's no reason to feel overwhelmed. You shouldn't feel like you need to possess a certain talent or have certain amounts of experience to volunteer – even the simplest activity can be enough to brighten someone's day! Some of our volunteer opportunities include:

- Helping with our annual *Campus in Color* gardening competition
- Leading or co-leading a fun and meaningful activity

- Sharing poetry, music, or other forms of art
- Simply taking the time to ask a community member how their day is going

Of course, these are just a few ways that you can get involved at our campus, but hopefully it's enough to help you get started! And don't forget - excluding any time-specific events, you are always able to choose the dates and times when you volunteer with us.

For more information, contact a member of our team today!



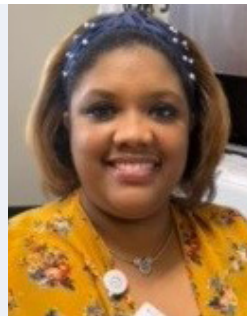
Happy Birthday!

Residents

Freida W.	April 03
Jacqueline D.	April 08
Thelma W.	April 09
Susan S.	April 12
Audrey L.	April 13
Koy P.	April 15
Gene A.	April 21
Doris S.	April 29

Staff

Christine P.	April 04
Melinda R.	April 04
Pamela D.	April 07
Ralph S.	April 11
Kaytlyn H.	April 12
Randy R.	April 14
Amber M.	April 17
Linda T.	April 17
Jazmine H.	April 29



Executive Director Corner

Happy April!
Spring
has finally
sprung,

which means that the cold weather is finally beginning to recede. As we put away our heavy coats in favor of light jackets, it's time to start looking forward to cookouts, community outings, and visits to the courtyard with those that we love. Stay tuned for more information about how we plan to celebrate the season of renewal!

April is Physical Wellness Month, which means there's never been a better time to get involved with our

Validity program. Designed to encourage physical movement, **Validity** can help you burn calories, build strength, and make new friends. For more information about how **Validity** can help you maximize your physical wellness, talk to a member of our Life Enrichment team today!

As always, thank you for entrusting us with your care and for making every day more special than the last. I hope you have a great month!

Yours in Service,

Sierra Leaks
Executive Director

"Snowflake Ball" Theme Dinner Highlights!

Did You Know...?

Families and small community groups can reserve our campus meeting spaces for special family get togethers or group meetings. Please contact our Business Office if you would like to reserve a space (based on availability).

LifeShare

If you would like to stay connected with what is going on at The Glen (announcements; menu; activities; pictures; etc.), we encourage you to search/download in your Android or Apple Apps Store, the "Spectrio Share" app. You can then login using the following campus PIN Glen. It is case sensitive.



More Theme Dinner Highlights!



Sunday Family Brunch

When: Third Sunday of Month

Time: 11:30 a.m.-1 p.m.

Note: Please RSVP to our Business Office. The first 4 guests only for each resident are complimentary.

Happy Hour

When: Every Friday at 3:00 p.m.

*Come join us for appetizers, beverages of choice and fun!!!

Fish Fry

When: Friday, April 8th

Time: 2:00 p.m.-4:00 p.m.

Cost: \$10.00 per meal

Note: Please RSVP ahead to our Marketing team, if possible, for any "pickup only" order quantities. This is open to families, staff, and the community.

Senior Exec. Club

When: Tuesday, April 12th

Time: 1:30 p.m.-3:00 p.m.

Easter Egg Hunt

When: Saturday, April 16th

Time: 11:00 a.m.-12:00 p.m.

*Note: Please bring your own Easter baskets. Please RSVP to our Marketing team with the number of children/ages attending in your group.

VOLUNTEER NEWS

The Glen is looking for volunteers to support delivery of our nail spa and Bingo programming, or to share any other talent/hobby that you or someone you know may wish to share with our residents. All volunteers must be vaccinated. *Please see a member of our Life Enrichment team for a Volunteer Application and more details.*



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4300 Glen Este-Withamsville Rd.

Cincinnati, OH 45245

513-769-0511

theglensl.com |

Sierra Leaks
Executive Director

Stephanie Biros
Director Health Services

Alison Vasquez
Customer Service Representative

TBD

Life Enrichment Director

Earleen Cox
Business Office Manager

Kim Patten
AP/Payroll

Carla Young
Director of Social Services

Dennis Carmack
Director of Plant Operations

Sheila Sellars
Director of Environmental Services

Christie Jennings
Directory of Therapy

Andrea Garton
Director of Assisted Living

Jeffrey Jones
Director of Food Services

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*

Monthly Trivia & Activity Corner

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

Question 1: *Who is the disc jockey who
coined the term "Rock N Roll" in 1951?*

Question 2: *What TV game show aired
in 1956 and is still on today?*

Question 3: *What movie won the
Oscar for Best Picture in 1960?*

Question 4: *Which U.S. president
once said "Character is like a tree
and reputation like a shadow.
The shadow is what we think of it;
the tree is the real thing."?*

Question 5: *Which planet is closest
to Earth?*

Flip the page for last month's trivia answers:

*Q1: What is the name of Shakespeare's
shortest tragedy? Macbeth*
Q2: Who sings "Born In the USA"? Bruce Springsteen
Q3: Who is the founder of Microsoft? Bill Gates / Paul Allen
*Q4: What is the name of the cat that starred in a comic
strip, and later a television show? Felix The Cat*
*Q5: What was the biggest company in
America in 1960? General Motors*

Spring Flowers Word Scramble

FOFALDDI

DSYAI

ICBUHSSI

IYLL

DIMARLGO

HCIODR

UEIPANT

ERSO

OUSRNFELW

IUTLP

Word Search

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

ACTIVITY

ART

COMMUNITY

COMPASSION

EVENT

EXPERIENCE

GARDEN

HEALTH

HELP

JOY

MUSIC

NURTURE

OTHERS

PURPOSE

SKILLS

VOLUNTEER