

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

Connie T.	April 07
Thelma C.	April 17
Ronnie S.	April 21
Diane K.	April 24

Staff

April S.	April 15
Desiree C.	April 17
Robin J.	April 19
Elizabeth A.	April 22
Christopher C.	April 25
Daniel R.	April 28

HAPPY HOUR

Don't forget! We host Happy Hour every Friday afternoon from 3pm to 4pm. Residents are welcome to bring any guests along and these residents know the drill! We love to make opportunities for family fun and Happy Hour is a great time for it!



Bernie and his daughter enjoy Happy Hour



Executive Director Corner

Happy April, everyone!
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 Vitality program. Designed to

encourage physical movement up to at least three times a week, Vitality can help you burn calories with strength training, make new friends in balance training yoga, sharpen your mind with Tai Chi, and more. For more information about how Vitality can help you maximize your physical wellness, talk to a member of our team today!

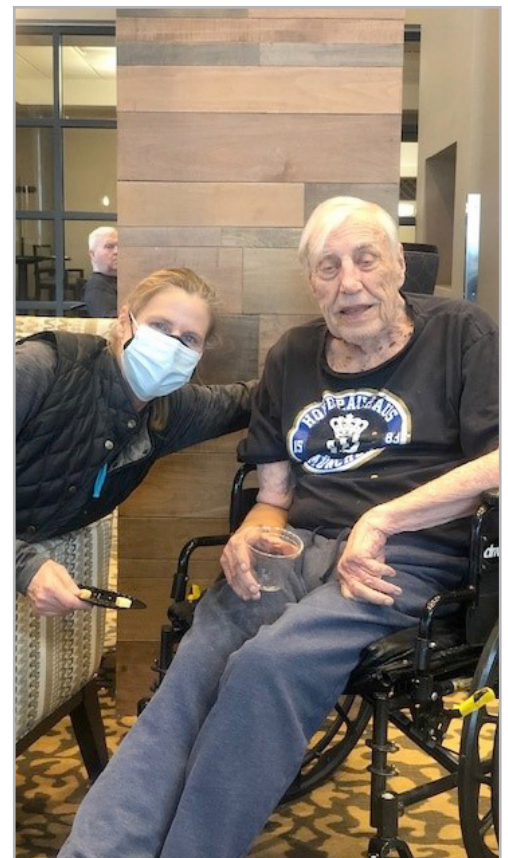
As always, thank you for entrusting us with your care and for making every day more special than the last. I hope you have a great month!

Yours in Service,

Scott Piotrowicz
Executive Director



Betty and her daughter having a fun time at Happy Hour



Leroy and his daughter sharing time together during Happy Hour.



Glamour Girls

Check out some of the beautiful women we have living here at Wellbrooke! The ladies were treated to a makeup session followed by glamour shots to capture their beauty!

Ann enjoys getting dolled up



Joanne had a great time getting her photo taken!



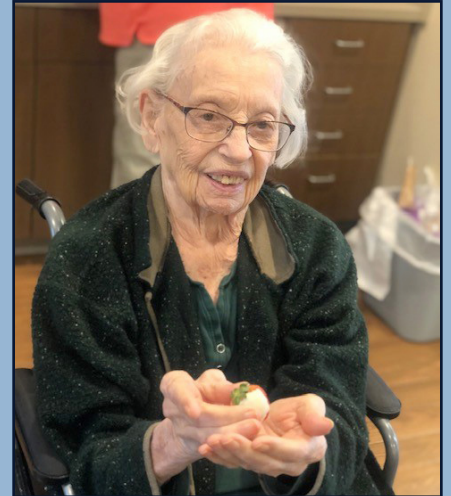
Lyda waves to the camera for one of her glamour shot photos. She's a natural!



Sharon had a great time in our glamour shoot photo booth

Sweet Treats

We can't resist satisfying our sweet tooth every now and then! The ladies of Legacy Lane know how to enjoy the finer things in life! Jean and Peg used their concentration and lots of patience to create their white chocolate-covered strawberries! Martha got her hands on a jumbo cookie and enjoyed every bite!



Peg enjoys the white chocolate strawberry she made herself



Martha shows off her giant cookie!



Jean shows off her finished product



WELLBROOKE OF WESTFIELD

A Trilogy Senior Living Community

937 E. 186th Street
Westfield, IN 46074
317-804-8044

wellbrookeofwestfield.com | [t](#) [f](#)

Scott Piotrowicz
Executive Director

Kellie Dickerson
Director of Health Services

Emily Goforth
Assistant Director of Health Services

Alexandra Kacer
Customer Service Representative

Robin Jacquette
Business Office Manager

Melissa Horan
Director of Rehabilitation Services

Anita Bryant
Social Services Director

Alyssa Gneiding
Life Enrichment Director

Chef Christopher Claire
Director of Food Services

Rocco Moore
Director of Plant Operations

Bryan Mason
Director of Environmental Services

Bri McCleary
Legacy Lane Coordinator

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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: *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