



THE MEADOWS
OF OTTAWA

A Trilogy Senior Living Community

Messenger

June 2022

Tending to Your Mental Health

As we continue to move through life, it can be easy to get overwhelmed. Family members move to new cities, friends can become harder to reach, and day-to-day activities can become more strenuous. And as our physical health begins to change, our mental health follows – often paving the way for stress to poke its head back into our lives.

Dr. Michelle Dosset, an internal and integrative medicine specialist at the Benson-Henry Institute for Mind Body Medicine, had studied the effects of stress on seniors. In her research, she attributes aging cells to increased levels of stress. Here's what she had to share with Harvard Health Publishing:

“Normally when we're stressed, our brains get flooded with stress hormones, the midbrain takes over, and the front of the brain—which controls concentration, attention and decision-making—works

less well. Restorative sleep helps to flush stress hormones from the brain. However, many older adults have sleep problems. Stress may make it more difficult to fall back asleep, and the inability to clear these stress hormones from the brain during sleep means that the cognitive effects of stress can worsen over time.” Provided by Healthline, here are some steps that you can take towards relieving stress:

- Exercise.
- Reduce your caffeine intake.
- Have a laugh.
- Take a yoga class.
- Listen to relaxing music.
- Take a deep breath.

To support these steps, our community offers specialized programming to combat stressors and keep our residents engaged in fun, fulfilling ways. With our *Lifelong Learning* program, rather than worrying about your health,



you can take a course on it. If you're wanting to improve your palate, talk to one of our chefs about adjusting your diet. Finally, our *BrainFIT* program can help you maintain everyday intellectual performance while lowering your chance of Alzheimer's and other forms of dementia. Talk to a member of our team today to learn more about how *BrainFIT* coursework can help you!

Happy Birthday!

Residents

John R.	06/03
Rachel L.	06/08
Ruth H.	06/11
Joseph K.	06/11
Katherine R.	06/12
Bonnie S.	06/14
Gary A.	06/19
Jean S.	06/19
Carl M.	06/23
James K.	06/26
Jeanne S.	06/27

Staff

Jessica M.	06/03
Katelynn V.	06/05
Emily P.	06/14
Anita B.	06/15
Melana C.	06/17
Lindsay D.	06/20
Mackenzie M.	06/21
Alexis R.	06/22
Victoria C.	06/23
Paula A.	06/23
Luann M.	06/25



Executive Director Corner

Welcome to June!

Summer is finally

here, which means it's time to break out the sunscreen, grab an ice-cold lemonade, and get ready for a season of celebration. I'm always a fan of our summertime cookouts, so I'm especially excited to see what we cook up on the grill this year.

As the weather continues to get warmer, there has never been a better time to participate in our Out and About program. With Out and About, we're proud to offer our residents field trips, bus tours, sports outings, and more up to two times per

week! Talk to any member of our team today to learn more about our next outing.

Finally, I have to once again thank every one of you who participated in and/or helped organize our recent Lucille's Ball Theme Week. Our friends and families have been loving what we've shared of the event across our Facebook and Twitter pages, and I highly encourage you to check out our social media pages to see all of the fun for yourself. We'll see you for the next Theme Week!

Let's have a great month!

Yours in Service,

Jim Sherry

Executive Director

Out and About Fiesta likes there's no Manana!



SMILE OF THE MONTH

"Because of your smile, you make life more beautiful."



Resident Spotlight: Marilyn W.



“Always remember that family and faith come first.” Marilyn W. has spent a lifetime loving the family she was born into and nurturing the one she helped build. One of eight children born to Mathilda and Norman, Marilyn has vivid memories of growing up on Taft Street here in Ottawa. She sighs, flashes a wide smile, and shares, “My childhood was truly blessed.” She loved accompanying her father to the local icehouse and being drawn home by the yeasty aroma of her mom’s bread.

Marilyn’s neighborhood was her playground. She and her playmates would create mud pies by packing mason jars with dirt and grass. Calls of “Red Rover, Red Rover” and “Miss Mary Mack” echoed as neighborhood friends rushed to break through clasped hands, to jump rope to the cadence of song, to roller skate down cracked sidewalks, to kick the can and run to hide it and to listen for the call “time to eat.”

Adventures marked off the seasons: Marilyn and her sisters made dancing girls from plucked hollyhocks and raked and burned autumn leaves, filling the air with sweet smoke. In the winter, bundled against the cold, they sled down the hill behind her neighbor’s house until their noses, fingers, and toes stung from the air. Life wasn’t all play though, at home chores were separated into “girl chores” and “boy chores.” Marilyn and her sisters helped with housekeeping, doing dishes, and canning.

High school included Latin and English classes, numerous school dances, cheerleading, band, school plays, and proms. While in high school Marilyn got her first job at Schwartz’s Bakery, making \$0.45 p/hr frosting cinnamon rolls and working behind the counter. From there she landed a job at Thomas’ Market, butchering, and clerking for \$0.65 p/hr. Once a hairy spider jumped out of a bunch of bananas and bit her, requiring a trip to the doctor. Soon enough Marilyn accepted a “high-paying” job at Marathon in Findlay where she raked in \$1.79 an hour as a payroll clerk.

Ultimately, a chance meeting on a visit to St. Joseph’s College changed her life. She was tagging along with friends when she met a college boy, Tom W. He was handsome, kind and invited Marilyn to the Mistletoe Ball in his hometown of Ottoville. Two years and countless ballgames, movies, and dances later, they were engaged. While they were attending his sister’s wedding, Tom and his young nephew disappeared, hurried to a nearby jewelry store, bought an engagement ring, and returned. Marilyn was puzzled when Tom asked to go for a walk but thrilled when he dropped to his knee and proposed to her in front of the Blessed Mother Grotto.

As was typical of that time, their own wedding day began with a 9:30am. Mass followed by a homemade breakfast provided by her parents. Then, the wedding party made a trip to Niedeckens Studio in Ottoville for their formal portraits. They then returned to a reception at the American Legion where everyone watched as Marilyn and Tom open gifts. It was a simple and lovely affair. As was once the case with many local weddings, friends orchestrated a prank on the newlyweds. As Tom and Marilyn prepared to set off on their honeymoon, some friends threw a wrench in the plans when they took off with their car. All ended well.

Tom and Marilyn moved to a house in Glandorf. There they enjoyed backyard picnics with family and friends. With his background in industrial arts, Tom set about building a new house for them. Together Tom and Marilyn created a home filled with love and grounded in faith. There the couple raised a daughter and three sons. All four children were active in extracurriculars and their parents were their biggest champions, attending every game and event. Tom wore many hats, acting as principal, teacher, athletic director, and coach. Marilyn, by now a stay-at-home mom, busied herself as a Girl Scout leader, CCD teacher, a lay minister, and a volunteer. There was real joy in the chaos of living.

When life quieted down a bit, the couple experienced wanderlust and traveled to Hawaii and Alaska and abroad to Rome, France, and Germany. Then, fate intervened. Marilyn found herself navigating uncharted waters when Tom was diagnosed with cancer. She stepped up to become the caregiver and protector. A bone marrow transplant from Tom’s brother offered real hope, but the disease ultimately returned. Heartbroken, the couple was humbled by the support of others and guided by their faith. Marilyn tears up as she shares that she slept by Tom’s side each night until the end, her hand always resting over his heart.

Life beyond that loss has continued to deliver the sublime. She periodically meets with her girlfriends to play mahjong and cards. She remains an active member of The Putnam County Governing Board for the ESC. Her family visits often, sometimes leaving for days with her in tow. She adores her nine grandchildren and remains an integral part of their lives. Marilyn, who is tech-savvy, enjoys using her phone to follow them on Facebook or to watch her grandson perform as a cantor at Mass. Just yesterday, flushed with joy, she announced the birth of a new greatgrandchild, her third.

Marilyn W. has never stopped feeling being grateful. She sees God in the love she continues to receive from family and friends. She has only grown in faith through all her struggles. Marilyn W. continues to see the extraordinary in the ordinary, and because of that, she will remain forever blessed.

Taste of Town

Taste of the Town will be held on Wednesday, June 22, 2022. We will be enjoying food from the Car-E-it Party Shop. If you have any restaurant suggestions, please contact, Lori Harris, Director of Dining Food Services. June Brunch is scheduled on Sunday, June 12th from 11:30-1:00p.m. Limit 2 people per resident at this time.

Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link <https://www.trilogyhs.com/senior-living/oh/ottawa/meadows-of-ottawa/lifestyle>.

Happy Hour is weekly at 3:00pm in the Main Dining Room unless noted otherwise on the calendars. Please join us for games, good food and laughter.

The Trilogy Foundation Grants Live a Dream Wishes for residents that have a desire to experience something big or small that they have always wanted to try or do again. Please contact, Lisa Stateler, Life Enrichment Director, at 419-523-4092 for more information.



THE MEADOWS OF OTTAWA

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147 Putnam Parkway

Ottawa, OH 45875

419-523-4092

meadowsofottawa.com |

Jim Sherry
Executive Director

Carrie Vorst
Director of Health Services

Danielle Niese
Assistant Director of Health Services

Brianna Kuhlman
Customer Service Representative

Marilyn Siefker
Business Office Manager

Lisa Stateler
Life Enrichment Director

Chris Rump
Director of Plant Operations

Lori Harris
Director of Food Services

Jessie Mericle
Environmental Services Director

Elizabeth Moorhead
Social Services

Amber Laudick
Director of Therapy

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@trilogybs.com

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Monthly Trivia & Activity Corner

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

Question 1: Which sea separates Great Britain from Ireland?

Question 2: Who is the composer behind "Moonlight Sonata"?

Question 3: Which animated character famously exclaims "D'oh!"?

Question 4: What is the most populated city in the United States?

Question 5: How many years are in a millennium?

Flip the page for last month's trivia answers:

- Q1: In what sport is "love" a score? Tennis
- Q2: Which candy has the slogan "Taste the rainbow"? Skittles
- Q3: Who was the fourth president of the United States? James Madison
- Q4: Which state is known as the "Granite State"? New Hampshire
- Q5: Which sense do dogs use the most? Smell

Sport & Activity Word Scramble

TQCOUER

ANCED

LOFG

PGIOPNGN

CEROSC

IWMS

TIHACI

STINEN

AWLK

OYGA

Word Search

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

ACTIVITIES
ADVENTURE
AGING
BREATHE

EXERCISE
FUN
HEALTH
LAUGH

MENTAL
MUSIC
RELAX
SLEEP

STRENUOUS
STRESS
STRETCH
TENSION