



THE WILLOWS  
AT EAST LANSING  
*A Trilogy Senior Living Community*

# Monthly

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

Beverly W.	6/01
Ina L.	6/03
Lynn V.	6/04
Maryland L.	6/07
Donna B.	6/07
Patricia K.	6/07
Eva C.	6/07
Edmund R.	6/07
Patricia L.	6/12
Ruth P.	6/19
Gloria S.	6/20
Robert L.	6/26
Nancy S.	6/26
Joyce D.	6/27

## Staff

Waawaaskonenhs B.	6/04
Kody F.	6/05
Keyana S.	6/08
Martha L.	6/09
Sall W.	6/09
Lemlem S.	6/19
Lorinda L.	6/21
Douglas L.	6/22
Dawn G.	6/23
Mary G.	6/28
Stacy M.	6/30

# Sunday Brunch

We are happy to announce our Sunday Brunches are back in full swing! They will be scheduled the first Sunday of every month, 11:00am-1:00pm. Please R.S.V.P to Cheryl in the Business Office within 7 days prior to Brunch. There is a 2-visitor limit per resident. Please call 517- 203-4042 for more information. We hope to see you there!

Last month, Brunch was Cinco De Mayo themed. Delicious food was served and residents raved over the Tres Leches Cake, Corn Tamales, and Cheesecake Chimichangas. The Mariachi music and decorations took us straight to Fiesta!



## 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,

*Wendy Haynes Ennis*

Executive Director







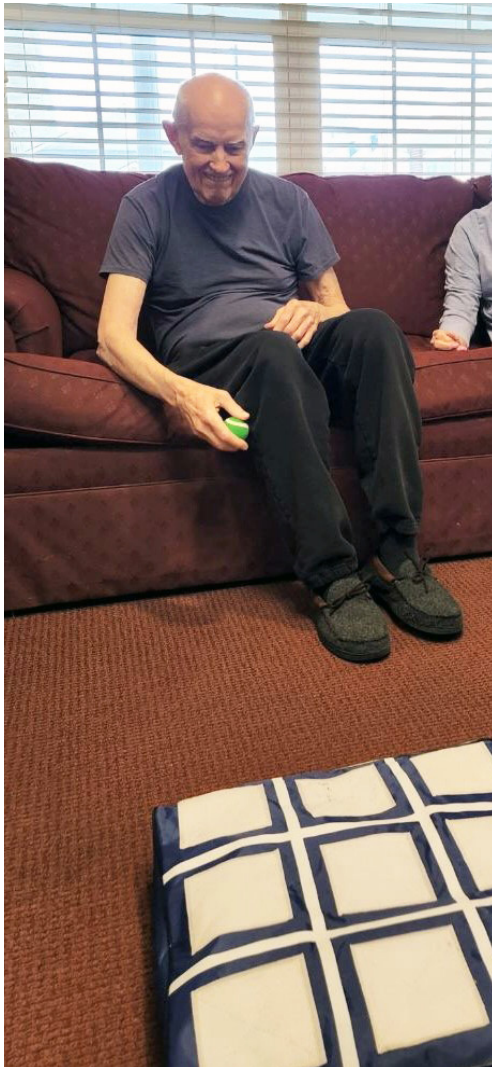
## Activity Corner

We are excited to announce our new knitting club! Pictured here, Ms. Denise is just getting started and Ms. Bette shows off an incredibly exquisite, completed afghan!



## LEGACY SPOTLIGHT

We take fun and fitness seriously! Join us for one of our fabulous Vitality programs or Group Games!



## Veterans Honor Wall

If your loved one has served in the military, please bring us an 8x10 photograph of them in uniform so we can include them on our wall of heroes. We can make a copy of the original, if that's preferred. Thank you for joining our family!

## Volunteers Needed

The Willows at East Lansing is looking for volunteers! As a volunteer, you are a part of the Trilogy team. There are various ways to give back to the community and give the gift of time. Reach out to a member of our Life Enrichment team and become a devoted volunteer.

## Theme Week

"I'm happy that I have brought laughter because I have been shown by many the value of it in so many lives, in so many ways." –Lucille Ball

We had a BALL last month during our quarterly theme week celebrating "Lucille's Ball!" Thank you to everyone who joined us for a week of laughter, reminisce, elegance, and fun!

## Support Group

Please join us for a complimentary Alzheimer's and Dementia Support Group. The group meets the first Wednesday of every month from 3:00-5:00 in the Legacy Conference Room. You'll learn tips and strategies for supporting a loved one with Alzheimer's disease or other dementia while enjoying complimentary refreshments. Please call or stop by the front desk for more information



# THE WILLOWS

## AT EAST LANSING

*A Trilogy Senior Living Community*

**3500 Coolidge Rd.  
East Lansing, MI 48823  
517-203-4042**  
willowsateastlansing.com |

*Wendy Haynes Ennis*  
**Executive Director**

*Colleen Cullen*  
**Director of Health Services**

*Staci Fillingham*  
*Christy Crandell*  
**Community Service Representative**

*Alyssa Walden*  
**Customer Service Specialist**

*Scott Schultz*  
**Director of Plant Operations**

*Michelle Nkurikiyinka*  
**Life Enrichment Director**

*Jason Dombrowski*  
**Director of Environmental Services**

*Cheryl Workman*  
**Business Office Manager**

*Douglas Lobdell*  
**Legacy Neighborhood Director**

*Tareva Watts*  
**Social Service Director**

*Steve Toomey*  
**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](mailto: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:** 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