



THE WILLOWS
AT HOWELL

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

Patricia M.	June 08
Margaret M.	June 08
Roger W.	June 10
Betty R.	June 11
Dolores S.	June 12
Gertrude M.	June 15
Barbara B.	June 16
Lula H.	June 27
Cynthia D.	June 30

Staff

Jennifer H.	June 03
Alyssa J.	June 08
Lillian S.	June 10
Eleanor B.	June 21
Theresa H.	June 26
Denise B.	June 27
Heather K.	June 30
Karrie K.	June 30



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!

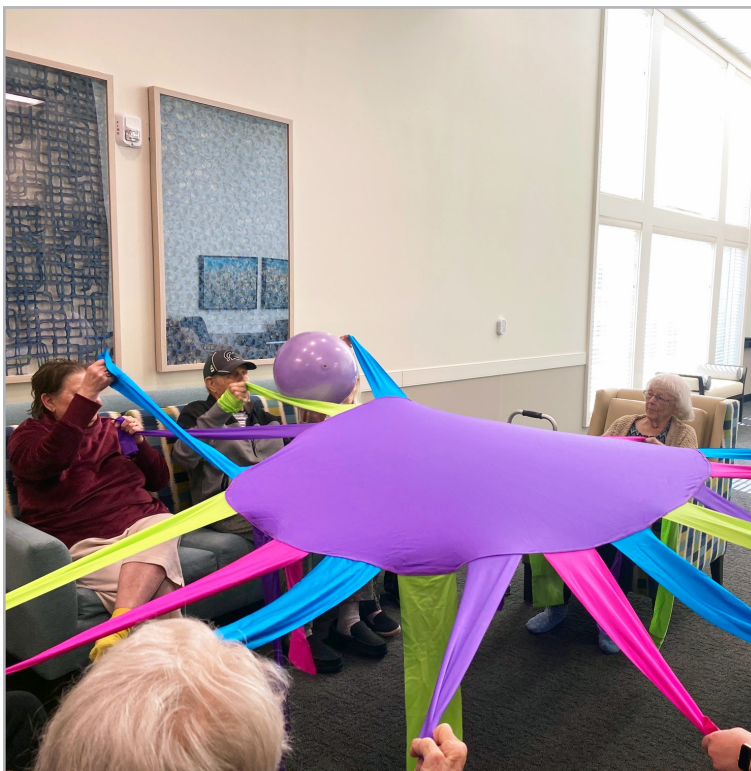
Let's have a great month!

Yours in Service,

Jamie Scott
Executive Director

LEGACY SPOTLIGHT

The residents at Legacy enjoyed the octaband dance.



Live a Dream of Margaret Kelly

I started a small conversation with Ms. K. a couple months ago where she told me how much she missed Frankenmuth. She told me she especially missed Bavarian Inn as it was on her bucket list to visit it again. When she thinks of Bavarian Inn it reminds of the food, the music, and her family. The Life Enrichment team was able to fulfill Ms. K.'s dream by taking her to Bavarian Inn for her 100th birthday. Ms. K. said it brought back lots of memories for her as soon as we entered the restaurant and was happy to be there with three out of eight of her children. She was so happy to relive her memory with her family. It's all thanks to the Live a Dream program at Trilogy Health Services that can turn small conversations into making dreams come true.



Introduce Sharon Tucker

Life Enrichment team has a new Life Enrichment Associate, and I would love to introduce you Sharon Tucker, "Hello, My name is Sharon Tucker. I have lived in Howell all my life. I have always loved this area. I am Married to my wonderful husband and best friend Don. We have a 17 year old Cat named Zoey. We have 3 children, Leo, Dana and Christy, and 7 grandchildren, and 2 furry grandchildren! Lol! We love Camping, and traveling when we have time. I Love reading books, making Jam, canning, and baking with the grandkids. I am very happy to become part of the Trilogy "Willows" family and look forward to making many happy memories with all the residents and team!"





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willowsathowell.com | [Twitter](#) [Facebook](#)

Jamie Scott
Executive Director

Sally Carasco
Director of Health Services

Lori Gates
Assistant Director of Health Services

Jackie Zolnier
Assisted Living Director

Rose Stockbridge
Director of Social Services

Holly Pellarin
Business Office Manager

Jo Poliskey
Director of Food Service

Kaitlyn Lewis
Community Service Representative

Kelly Bartrum
Director of Environmental Services

Neil Palmer
Director of Plant Operations

Melisa Person
Legacy Neighborhood Director

Lily Mundy
Life Enrichment Director

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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: 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:*

Q5: Which sense do dogs use the most? Smell

Q4: Which state is known as the

"Granite State"? New Hampshire

Q3: Who was the fourth president of

the United States? James Madison

Q2: Which candy has the slogan

"Taste the rainbow"? Skittles

Q1: In what sport is "love" a score? Tennis

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