

The Benefits of Socialization

When we look back on our lives, we often find that some of our most cherished memories are the ones that we share with the people we love. We live for the moments when we can have a heart to heart with a sibling or cry from laughter with a friend. These experiences remind us that we are loved, and make us feel connected to the world at large.

Simply put, the benefits of social interaction are as purifying to the mind as they are to the spirit:

- Interacting with others can offer a greater sense of belonging and purpose.
- There's no end to learning new things and gaining new insights from fresh faces.
- Feelings of compassion may become stronger as you share your stories and listen to the stories of others.

- You will be surrounded by people who understand how you feel.
- With the encouragement of others, you can be inspired to embrace your talents and pursue their passions.

There are plenty of ways to get involved - glean the benefits of socialization in our fabulous dining room, keep up with our monthly activities calendar, and take part in our unique programming! Designed to tend to your holistic wellness, our *SoulFIT* program encourages socialization through Love, Joy, Healing, Peace, and Gratitude. Whether you're gleaning the benefits of socialization in our fabulous dining room Talk to any member of our team today to learn more!



Happy Birthday!

Residents

Rose R.	07/02
Barbara P.	07/04
Joseph B.	07/04
Janet D.	07/15
Harry M.	07/19
Marjorie L.	07/19
Charles B.	07/20
Staff	
Michele R.	07/02
Scott H.	07/05
Casey S.	07/09
Kelly Y.	07/12
Timothy M.	07/19
Michelle H.	07/21
Aliah H.	07/23
Kyrsten K.	07/23
Hannah M.	07/27
Maria H.	07/29
Megan G.	07/31

Happy July, everyone! It's been an amazing

summer so far of cookouts, nights spent with friends, and of course, refreshing Happy Hours to help us cool down. In our childhoods, it was around this time of year that many of us started looking towards the dreaded return to the classroom – but here at our campus, July means that the party is just getting started.

The penultimate Theme Week of the year is already upon us, and this time, we're heading to the high seas! From August 21st – August 27th, we'll be

Executive Director Corner

embarking upon a campusturned-cruise with our "Beyond the Sea" Theme Week, bringing all of the amazing sights and sounds of being out on the ocean right here to our home. We'll have more information to share with you before we set sail, but in the meantime, don't hesitate to reach out to any member of our Life Enrichment team with any questions you might have!

Looking forward to seeing you aboard!

Yours in Service,

Christine Greilich

Executive Director

PHOTO HIGHLIGHTS



Shirley and Harry



Anna Marie



Mary Ann R.

More PHOTO HIGHLIGHTS





Luetta P.

Mary



Lary and Lynn

Volunteers

We are looking to rebuild our volunteer program! Some of the benefits of volunteering: Receive personal satisfaction, and new and meaningful friendships. We would love to get volunteers to join us for special outings, as well as serving our residents during happy hour and family brunches! Please reach out to Melody Barger at (419) 419 -483-5000

Entertainment

Happy Hour occurs each Friday at 3 Families are welcome to join in and enjoy the entertainment, delicious appetizers and non-alcoholic, as well as alcoholic beverage offerings.

Events

Sunday Brunch Monthly family brunches are a wonderful time at our campus. It's a time to make memories, talk, laugh and share a delicious meal with our loved one. Please RSVP by July 11th Sunday Brunch on June 19th from 11:0 0 to 1 pm.

Live A Dream

Live A Dream If you have a dream (big or small) something you have always wanted to do or maybe something you've already done but dreamed to do it again, please let someone in Life Enrichment know. Let us help you make that dream come true!



101 Auxiliary Drive Bellevue, OH 44811 419-483-5000 willowsatbellevue.com | ♥ f

> Christine Greilich Executive Director Jen Sharkey Director of Health Services

Kristin Lloyd, RN Assistant Director of Nursing

Kathy Stokes Assisted Living Coordinator

Rachael Russell Business Office Manager

Melody Barger Life Enrichment Director

Katie Weiker Legacy Lane Coordinator

Matthew Sebring Director Plant of Operations

Mary Robles Environmental Services Director Brandi Fultz Clinical Care Coordinator

> Megan Pumphrey Director of Social Service

Juli Hermes Therapy Program Director

Stay in the Loop 🕑 f

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

Monthly Trivia & Activity Corner

All trivia answers will be printed in our upcoming month's newsletter! Question 1: Where was Independence Day first celebrated? Question 2: What vitamin can you get from sunlight? Question 3: Which planet has the most moons?

Question 4: What does the wizard give the Tin Man at the end of The Wizard of Oz?

Question 5: Which Elvis Presley song was the first to become a Number 1 hit in the U.S. in the 60's?

Flip the page for last month's trivia answers:

Q1: Which sea separates Great Britain from Ireland? The Irish Sea Q2: Who is the composer behind "Moonlight Sonata"? Q3: Which animated abaracter famously exclaims "Doh!"? Homer Simpson Q4: What is the most populated city in the United States? New York City Q5: How many years are in a millennium? One thousand

Nord Gearch

FIT

Grab some colorful markers, paints, crayons or pencils and create your own fireworks display in the space below!



WELLNESS

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ZLISI	_ U C B B	X X R R B M	
CONNECT ENCOURAGE EXPERIENCE	HOLISTIC INSIGHT INSPIRE	INVOLVED LAUGHTER LEARN	SHARE SOCIALIZE SOUL

PASSION

INTERACT