



THE WILLOWS  
AT SPRINGHURST

*A Trilogy Senior Living Community*

# News

July 2022

## 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*

Judith T.	7/02
Doris R.	7/04
Lyman R.	7/04
Beverly S.	7/05
Marion S.	7/10
Ruby J.	7/14
Mary Beth S.	7/17
Gladys S.	7/23
Carolyn L.	7/23
Shirley O.	7/24
Donald S.	7/25
Janice L.	7/25
Jerry L.	7/26
Betty W.	7/27
Nellie G.	7/28
Eva H.	7/28
Patricia D.	7/28
Robert L.	7/29
Irene L.	7/29

## *Staff*

Jessica K.	7/05
Sharron M.	7/10
Lori H.	7/11
Brittany C.	7/13
Cheryl T.	7/18
Arilennis M.	7/24
Karelia A.	7/29
Timothy B.	7/31

## TRILOGY FIT

On Wednesday's we partner with our amazing therapy team to make sure we get our circulation moving. No only do we focus on building strength we also like to have a good time with wheelchair races!



## *Executive Director Corner*

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 embarking upon a campus-turned-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,

*Carla Sieckert*

Executive Director







## THEME DINNER

Our last theme dinner was "I Love Lucy" Lucille Ball herself would have been impressed with how good our residents looked!



## OUT AND ABOUT

Last month we enjoyed a trip full of laughs, good food, and good company! We saw the play Steel Magnolias at Derby Dinner Play House. If you have a place you would like to go please let a member of activities know!



## Happy Hour

We enjoy Happy Hour's once a week with live entertainment! Whenever you are feeling down happy hour is the pretty place to go to bring a smile to your face and a song to your heart.



## Servant Leader Spotlight

Springhurst is very proud of our very own Caroline for receiving the "Puppy Award" This award was given to her for her outstanding work in the business office! Be sure to congratulate her!







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**willowsatspringhurst.com |  **

*Carla Sieckert*  
**Executive Director  
of Health & Rehab**

*Jessica Vanover*  
**Director of Health Services**

*Melissa Cusick*  
**Life Enrichment Director**

*Taylor Carruthers*  
**Legacy Lane Coordinator**

*Whitney Meriwether*  
**Director of Therapy**

*Caroline Shrum*  
**Business Office Manager**

*Katie Hudgens*  
**Director of Social Services**

*Tim Bridges*  
**Director of Food Service**

*Tommy Roberts*  
**Chief Engineer**

*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)*

*Newsletter Production by PorterOneDesign.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"? *Ludwig van Beethoven*  
Q3: Which animated character famously exclaims "D'oh"? *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*

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



## Word Search

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

CONNECT  
ENCOURAGE  
EXPERIENCE  
FIT

HOLISTIC  
INSIGHT  
INSPIRE  
INTERACT

INVOLVED  
LAUGHTER  
LEARN  
PASSION

SHARE  
SOCIALIZE  
SOUL  
WELLNESS