



THE WILLOWS
AT TIFFIN

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

Susan Q.	July 02
Cecelia M.	July 17
Sandra G.	July 19
Vera S.	July 24
John G.	July 26

Staff

Sara K.	July 03
Kimberly R.	July 04
Katrina W.	July 07
Lindsay Z.	July 11
Macie L.	July 12
Nicole B.	July 19
Aleashia C.	July 27

Happy Hour

Occurs each Friday @ 2:30 p.m.
Families are welcome to join in and enjoy the entertainment, delicious appetizers and non-alcoholic, as well as alcoholic beverage offerings.

Volunteers Needed

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 Heather McDonald at (419) 443-0059 if interested!

Artisans

Our Living Color Arts program encompasses many facets through engagement, as well as socialization. Residents will be participating in a Holiday Card contest. One design will be selected to be featured on Trilogy's 2022 Holiday card.

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, the middle of 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

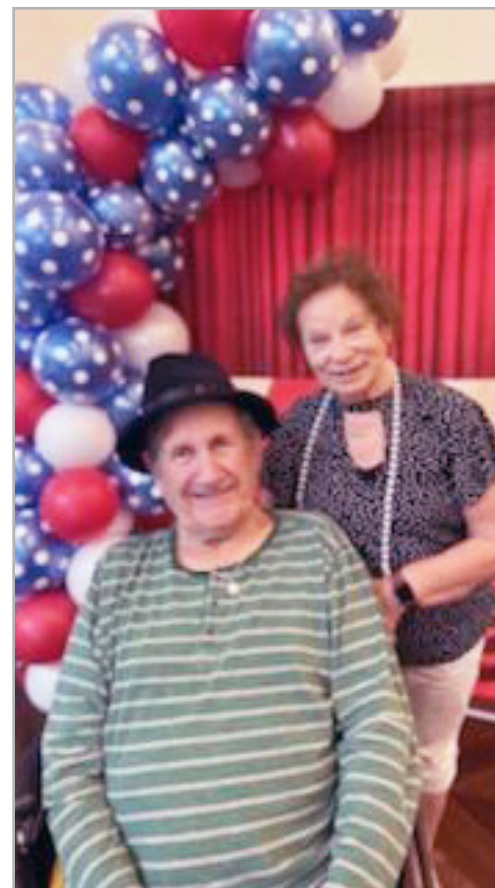
embarking upon a campus-turned-cruise with our "Under the Sea" Theme Week, bringing all of the amazing sights and sounds of being out on the ocean right here to our home. We'll have more information to share with you before we set sail, but in the meantime, don't hesitate to reach out to any member of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

Looking forward to seeing you aboard!

Yours in Service,

Alicia Wolf, LNHA
Executive Director

Lucille Ball Theme Dinner!



More from Lucille Ball Theme Dinner!



Outings

Summer is here and it's time to celebrate with some summer outings!

July Outings:

July 5th- Fishing Trip

July 12th- African Safari

July 14th- Picnic at Marblehead Light House

July 19th Farmer's Market 9 am-1 pm

July 26th- Senior Day at Seneca County Fair

July 28th- Vermillion Boat Cruise

(please refer to activity calendars for weekly lunch outing dates)



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Alicia Wolf
Executive Director

Whittney Podach
Director of Health Services

Mary Chappel
Assistant Director of Health Services

Janelle Ray
Customer Service Representative

Emily Kirsch
Social Services Director

Rachael Caudill
Business Office Manager

Heather McDonald
Life Enrichment Director

Haley Haferd
AP/Payroll Coordinator

Ethan Cheney
Director of Food Service

Renee Baughman
Staff Development

Tony Rivera
Director of Plant Operations

Crystal Heldman
Environmental Services Director

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*

Newsletter Production by Port

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
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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