

The Benefits of Lifelong Learning

Being mentally active is a sure-fire way to help your brain stay healthy and alert. Whether it's learning a new language, dusting off your math skills, or immersing yourself in a new culture, the benefits of keeping our minds engaged is just as beneficial to the brain as it is to opening our hearts.

According to the National Institute on Aging, research around these subjects has shown that they each have a positive link to our cognitive health:

- Keeping our physical health in check
- Helps manage high blood pressure
- Eating healthy foods
- Being physically active
- Keeping our minds active
- Staying connected with social activities

- Managing stress
- Reducing risks to cognitive health

Our campus offers opportunities to stay on top of each of these subjects – but our *Lifelong Learning* program directly tends to your mental wellbeing by providing a cooperative educational experience. Enrich your mind with courses and

activities including, but not limited to: Art, Computers, History, Humanities, International Studies, Languages, Music and Performing Arts, Psychology, Social Studies, Recreation, Science, Health, and Math at least one time per week.

Talk to a member of our team today to learn about how you can get started!



Happy Birthday!

Residents

James C.	08/01
John C.	08/31

Staff

Jean S.	08/07
Duncan T.	08/07
Carmen D.	08/08
Nicole C.	08/15
Evelyn O.	08/18
Shantel P.	08/23

Happy Hour

Please join us for Happy Hour every Friday from 3pm-4pm. Plan to have some delicious food and beverages but even better company!

Did You Know...?

Did you know dogs and cats are allowed to visit? Simply make a copy of your pet's shot record and give it to the Life Enrichment Department! Please keep pets on a leash or carrier when walking through the building. Please no pets in the dining rooms. Enjoy your visit!!

Outings

Outings are back! From shopping to movies, to picnics in the park; we take our residents all over Metro Detroit! If your loved one is interested in attending an outing make sure to let a Life Enrichment team member know!



Executive Director Corner

Welcome back to the ED Corner!

There's no doubt we're in August now – with some of the hottest days of the year reminding us to stay cool, stay hydrated, and stay healthy. Talk to any member of our team about how you can cool off with our indoor activities, and we'll be happy to direct you towards our many upcoming events! Speaking of which...

Our latest Theme Week kicks off this month, with "Beyond The Sea" lasting from August 21st through August 27th.

Get ready to climb aboard as we embark upon a campus-turned-cruise adventure, filled with 6 straight days of themed activities, decorations, and of

course, themed meal options. As always, please don't hesitate to contact any member of our Life Enrichment team with any questions you might have. We'll make sure you're ready by the time we call "All Aboard"!

Finally, please join me in welcoming the many new faces to our community. You may have already introduced yourself to some of our new residents, but if not, be sure to greet them with a smile, and encourage them to participate in all that we have to offer. Just by being yourself, you can go a long way in making someone feel at home.

Let's have a great month!

Yours in Service,

Tim Reardon

Executive Director

PHOTO HIGHLIGHTS



We had a ball at Spicer's Winery!

More PHOTO HIGHLIGHTS



Our Life Enrichment Team has a knack for having fun!



Our latest artistan project was one of our favorites!



Our residents are always up for ice cream on the patio!

Live A Dream

Our Live a Dream program was created to fulfill the lifelong dreams of residents in our communities throughout the Midwest. Over the years, the Trilogy Foundation has helped seniors whiz through the forest canopy on zip-lines, skyrocket into the stratosphere on hot air balloons, pilot planes, take once-in-a-lifetime trips, and reunite with family and friends they feared they may never see again. The Live a Dream program has a track record of turning wishful thinking into wonderful reality. Please reach out to our Life Enrichment team to nominate a resident for the chance to live out their dream!

Volunteers Needed

Do you love music? Painting? Literature? Building things? Consider sharing your passion with our residents! Whether it's for an hour, once a month, weekly, or more, your time would be so valued here! We have enjoyed volunteers playing cards with us, leading discussion groups, teaching us about instruments and orchestration, instructing art lessons, leading religious inspirational groups, and more. We love volunteers! We welcome individuals to gain experience while engaging with our residents. In the past we have enjoyed learning from our volunteers and enjoying the love and talent that they offer and we welcome your talents as well! Contact our Life Enrichment Director, Sarah, and she will help find you a meaningful volunteer role.



NOVI LAKES

HEALTH CAMPUS

A Trilogy Senior Living Community

41795 Twelve Mile Road
Novi, MI 48377
248-449-1655
novilakeshc.com |  

Tim Reardon
Executive Director

Mary Smith
Director of Health Services

Lakisha Jackson
Assistant Director of Health Services

William Brooks
Assisted Living Director

Amanda Johnson
Director of Social Services

Alissa Burnett
Customer Service Representative

Sarah Wozniak
Life Enrichment Director

Jed Feilert
Director of Plant Operations

Jayson Bogota
Director of Food Services

Shaharazad Webster
Director of Environmental 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*

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Monthly Trivia & Activity Corner

All trivia answers will be printed in our upcoming month's newsletter!

Question 1: *At what age does your brain fully form?*

Question 2: *The ocean covers more than ____ percent of the Earth's surface.*

Question 3: *What is a group of lions called?*

Question 4: *True or false:
Paul Revere shouted "The
British Are Coming!"*

Question 5: *What is the
only sport to be played on
the moon?*

*Flip the page for last
month's trivia answers:*

Q1: Where was Independence Day
first celebrated? Philadelphia
Q2: What vitamin can you get
from sunlight? Vitamin D
Q3: Which planet has the
most moons? Jupiter
Q4: What does the wizard
give the Tin Man at the end of
The Wizard of Oz? A clock
Q5: Which Elvis Presley song
was the first to become a Number
1 hit in the U.S. in the 60s? I
Forgot To Remember to Forget



*Grab some markers, crayons or pencils to show your support
for World Honey Bee Day on Saturday, August 20!*

Word Search

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

ACTIVITIES
AGING
ALERT
COGNITIVE

CULTURE
EDUCATIONAL
ENRICH
EXERCISE

EXPERIENCE
FOOD
HEALTHY
LEARNING

LIFELONG
MIND
PHYSICAL
STRESS