



THE OAKS  
AT WOODFIELD

*A Trilogy Senior Living Community*

# Outlook

August 2022

## 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

Clifford C.	08/22
Robert B.	08/26
Steven T.	08/26
Sandra G.	08/30
Nancy S.	08/31

## Staff

Barbara F.	08/01
Joel H.	08/04
Tolin P.	08/10
Jesse P.	08/26
Lasonja W.	08/30
Jalayne B.	08/31

### **VOLUNTEERS NEEDED:**

Looking for an opportunity to get involved and make a difference? Looking for a chance to share a skill? Looking for a way to give back? Consider joining the volunteer team. Please talk to Lesa in Life Enrichment (activities).

**LIVE A DREAM:** Maybe you have an idea for a dream. Have you ever said, "I want to do ... again." or "I really would like to..." or maybe even "My bucket list item is..." Let's finish these statements and grant some dreams. Talk to Activities today.

**LIVING ARTS:** We are excited to participate in the Living Arts program this year. This is an opportunity to create art and enjoy using your imagination and creativity. Specific guidelines are required, and you might get your work published for our greeting cards. Talk to the Activities Department regarding the next LIVING ARTS activity!

## 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.

Yours in Service,

*Kelly Glynn*

Executive Director

kelly.glynn@  
theoaksatwoodfield.com

## ACTIVITIES CORNER

From temporary tattoos to treats at movie night. We are having a great summer!





# Legacy Lane Spotlight

Talk about fun days? Our residents are enjoying happy holidays and homemade pizzas! Great times for great friends!



## Sunday Brunch

Come enjoy some summer fun and great food prepared by our dining team.

11:00 AM - Reserved Seating only (Please RSVP to insure seating.)

12:00 PM – Walk-in's welcome

12:15-2:15 PM:

- Live Entertainment with MO in Town Square.
- Putt-Putt on the Patio
- Cornhole & Connect Four in the Patio Courtyard

Please RSVP to Life Enrichment (activities) by Friday, August 19th, to confirm an 11 AM seating (810.606.9950). Reservations made after the 19th, should plan to attend the 12:00 PM seating.

*\*Note: covid vaccination required.*

## Did You Know...?

**CLOUD GAZING IS A THING!**

We recently spent time on the patio trying our hand at this age-old pastime and had a lot of fun! According to Celebrate Urban Birds, "Looking at the clouds is an excellent way to observe nature, relieve stress, and free your imagination! While observing clouds, you will also see new things in your local community such as birds, plants, and animals."



**THEME WEEK:** "BEYOND THE SEA" Campus Cruise August 21st – August 27th. Get out your sunscreen and your floaties! You are booked on an amazing adventure. Join us for a fantastic week BEYOND THE SEA! Watch for daily fun and surprises, as well as great treats and treasures! We are going on a Cruise "OAKS STYLE!!!!" Be on the lookout for our tailored "PORTS OF CALL" and "DAYS AT SEA." We are going to sea in style, and you're coming with us!!!!

**OUT & ABOUT:** At The Oaks, we know how to have fun! We get on the bus and GO!!!!!! We GO to the movies. We GO out to eat. We GO for scenic drives!!! We want YOU to GO with US!!!! Outings are on Tuesdays and Thursdays. Please check your activity calendar and sign-up for the outings that interest you. It is on a first-come-first-served basis. We also utilize a waiting list as well. We are mindful of the needs of residents and work to accommodate all residents as much as we are able. Talk to the Activities' Team about our outings. They will be happy to answer any questions that you have. GO see them today!



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5370 East Baldwin Road  
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810-606-9950

theoaksatwoodfield.com |

*Kelly Glynn*  
Executive Director

*Lindsay Lloyd*  
Director of Health Services

*Judi Cottrell*  
Customer Service Representative

*Tanya Cartier*  
Customer Service Specialist

*Gina Mceachern*  
Rehabilitation Director

*Lesla Carver*  
Life Enrichment Director

*Ashleigh VanLoon*  
Director of Social Services

*Brandon Maas*  
Director of Food & Dining Services

*Kellie Partington*  
Legacy Lane Coordinator

*Anthony Timmons*  
Environmental Services Director

*Nicole Lepus*  
Guest Relations

*TBD*  
Assisted Living 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 PorterOneDesign.com

# 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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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