



THE OAKS
AT NORTHPOINTE WOODS

A Trilogy Senior Living Community

Outlook

September 2022

Living the Trilogy Lifestyle

At Trilogy, we believe that each day should be more special than the last. That's why our lifestyle offers a variety of different ways that you can connect, celebrate, and make the most out of life with the people in your life that matter most. Here's how.

Campus Retreats

Taking place at least once a year, Campus Retreats offer a week filled with arts and crafts, unique menu options, and one-of-a-kind programs designed to provide you with the creative outlets that Trilogy family members love and deserve. Whether we're setting up an indoor campsite or getting a Tailgate ready for the big game, Campus Retreats promise to be a unique experience that you'll never forget!

Summer Field Trips

Walk through history, get up close and personal with wildlife, or just go for a stroll

through the park. However it is you enjoy spending your time, our summer field trips will have your days filled with trips to museums, zoos, and other attractions that you'll enjoy with friends and family!

Campus in Color

A celebration of the culture behind our care, Campus in Color is an annual event which takes place

on the grounds and in the garden areas of our campuses. Tending to your inner horticulturist, Campus in Color invites you to participate in the growth of our gardens while you enjoy the sunniest days of the year so far.

Interested in learning more about how you can get involved? Talk to any member of our team today. We'd love to hear from you!



Happy Birthday!

Residents

Cheryl C.	9/04
Gloria G.	9/07
Reba O.	9/11
Catherine M.	9/16
Harold J.	9/22
Ruby L.	9/23
Nilda I.	9/24
Jeanette C.	9/25
Marie A.	9/30

Staff

Kristin R.	9/01
Sonja M.	9/03
Steven T.	9/07
Margaret T.	9/21
Sandra H.	9/22
Laura C.	9/24
Lora R.	9/25
Kimberly D.	9/27
Kathryn H.	9/27
Tarah S.	9/29

Theme Dinner

SOMEWHERE BEYOND THE SEA: CAPTAIN'S BALL THEME WEEK

What a special, memorable week we shared together as we "cruised" the open sea during our August Theme Week! From a deck party to fabulous entertainment, beautiful decor and amazing cuisine, we truly felt like we shared a vacation together! Thank you to everyone for your efforts to make this week truly special!

Executive Director Corner

Welcome to September, everyone!

I hope everyone had a great time at our "Beyond The Sea" Theme Week! Our team put on an incredible show - from Culinary with the delicious She Crab Bisque to Life Enrichment with all the amazing cruise décor. Thank you to everyone who was involved, and thank you to everyone who came out!

This month is **Healthy Aging Month** – a time for us to celebrate keeping our hearts strong and keeping our minds free from worry. Through our Vitality program, we're proud to offer wellness activities such as yoga, Tai Chi, and strength training up to three times a

week. And if you're thinking about making a change to your diet, our chefs are always receptive to feedback, and will be more than happy to adjust a meal based on your unique needs. Talk to any member of our team to learn more!

As we begin transitioning away from summer, we'll be letting you know about events, community outings, and opportunities for socialization that you've come to expect from our campus lifestyle. Stay tuned for more information as we head towards the fall!

I hope you have a great month!

Yours in service,

Aubrey Bogden
Executive Director

Vitality

We take what we do seriously but not ourselves! Join us for a variety of our Vitality (or physical exercise) programs daily!



PET VISITS

A snuggle from a kitten or a visit from a therapy dog are sure to brighten your day! Stay tuned for pet visits in the campus!



Out and About

Summer has been good to us! Join us for our “Out and About” community outings! Not only do we see alligators but also enjoy shows, dining out, shopping, and more!



WELCOME OUR NEW LIFE ENRICHMENT DIRECTOR!



Hello all, my name is Lauren Schuler and I am the new Life Enrichment Director at the Oaks at Northpointe Woods. I am super excited to meet everyone here and look forward to fun adventures. I am a Grand Valley State graduate with a bachelor's in psychology and minor in biology. I have been around health care since I was very little. My father was a regional nursing home director and he used to take me to his facilities activities and events when I was a kid and that helped start my journey in health care. It's a pleasure to be welcomed into a family that shares the idea of making every day the best it can be. I am a regularly active person that loves to run, walk my dog and hike. My absolute favorite hobby is gardening. Growing veggies and flowers must

be one of the most rewarding tasks a person can dabble in. I currently have a small dash hound mixed with a jack Russell. Her name is Laci and she is my fur baby. My fiancé and I live in Portage MI. We are high school sweethearts. Both our families live in Sturgis, MI. I am a middle child of three girls, all red heads and I am a every health-conscious person that avoids gluten and dairy. I have worked in many different types of health care settings and one of my favorite things Trilogy offers is a lifestyle that seems normal and not institutionalized for its residents. I love that life enrichment offers “live a dream,” that program really made me want to be a part of this community and I am honored I will be able to help those dreams become a reality.

We Love Volunteers!

Do you love music? Painting? Literature? Building things? Consider sharing your passion here at The Oaks! Whether it's for an hour once a month, weekly, or monthly, your time would be valued here! We have enjoyed volunteers playing cards with us, leading discussion groups, teaching us about instruments, instructing art lessons, leading religious inspirational groups, delivering newsletters, one on one conversations, and more. Contact our Life Enrichment Team to help you find a meaningful role!

Sunday Brunch

Our Culinary Services Team is honored to invite you to our monthly Sunday brunch! On the second Sunday of each month, we pull out all the stops to serve the very best of both breakfast and lunch from 11:00-1:00. Each resident may have two family members or friends free of charge and each additional meal is \$12.50.

Live A Dream

If you or another resident you know of has a dream that we can make true, please let one of our managers know! With our Live a Dream Program we do our best to fulfill a wish that you might not think can happen! It might be going sailing, going to a concert, or even as simple as going out to eat at your favorite restaurant. Nothing is off limits!



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Executive Director

Lynn Niland
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Sharita Wade
Customer Service Specialist

Nisha Hart
Director of Social Services

Jessica Greene
Business Office Manager

Lauren Schuler
Life Enrichment Director

Jon Chadbourne
Director of Plant Operations

Genevieve Lavake
Environmental Services Director

Barbara Vanmaanen
AP Payroll

Atiba Hodges
Director of Food Services

Kelly Kirby-
Customer Services Representative

Kelly Fisher
Legacy Neighborhood Director

TBD
Therapy Director

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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: Which mammal has the most powerful bite?

Question 2: Who was the first emperor of Rome?

Question 3: What is the center of a hurricane called?

Question 4: What 1950's musical
was based in California?

Question 5: What soft drink
was invented in 1892?

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

Q1: At what age does your
brain fully form? 25
Q2: The ocean covers more than
percent of the Earth's surface. 70
Q3: What is a group of lions called? A pride
Q4: True or false: Paul Revere shouted
"The British Are Coming!". False
Q5: What is the only sport to be
played on the moon? Golf

SUDOKU

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Word Search

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ATTRACTIONS
CAMP
CELEBRATE
COLOR

CONNECT
EXPERIENCE
FAMILY
FLOWERS

GARDEN
GROW
HORTICULTURE
LIFESTYLE

OUTINGS
RETREAT
TRIPS
VARIETY