



THE WILLOWS  
AT CITATION

*A Trilogy Senior Living Community*

Monthly

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

Elise M.	September 04
Mary P.	September 11
Gay W.	September 12
Ruby M.	September 21
Ruth T.	September 30

## Staff

Kelly B.	September 03
Vivian D.	September 04
Sheridan C.	September 08
Jaidyn T.	September 17
Linda A.	September 18
Devonne C.	September 30



## 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,

*Renee Moore*  
Executive Director

## Sunday Brunch

September 11

We always look forward to mingling with our residents, their families, and friends each month during our monthly Sunday brunches. Each resident can invite 2 guest that can dine free of charge. Please make sure to RSVP to a member of Life Enrichment as space fills up quickly.

## Chef's Corner

Please join us Thursday's at 3:00 for Chef's Circle. Here you will have the opportunity to try new recipes, give feedback on food, and bring in some of your favorite recipes in to be offered on Citation's menu.

## Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link: [www.willowsatcitation.com](http://www.willowsatcitation.com)

The Private Dining Room can be reserved for birthday parties, family dinners, or any other special event you would like to celebrate with your loved ones.

## The Magic of Roger Despard

A look back at the afternoon when we brought in the magician, Roger Despard. His performance was truly amazing!





# BOOK CLUB

Recently, we took our book club to see the movie “Where the Crawdads Sings.” Everyone loved it, plus it allowed us to compare the book to the movie!



## Beating the Heat!

Summer sure has been hot. Here are just a few ways we have found ways to beat the heat.



## Tea Party

A look back at our wonderful tea party we held in our Legacy Lane!



## Happy Hour

Come join us every Friday starting at 3pm for our themed Happy Hour! Each week we will sample some amazing food, have a drink, and listen to music. Whatever the theme may be, this is a great time for some good old fashion fellowship! Here is a list of our signature drinks for September:

September 2: Tailgate Party

September 9: White Russian

September 16: Imported German Beers

September 23: Bloody Mary

September 30: Wine Sampling

## Out and About

We have lots of opportunities for residents to go out into our local community. Below is a list of a few dates we have scheduled. Keep a close eye on the Activity Calendar as more dates are added all the time!

September 7: Kroger

September 12: Scenic Drive

September 14: Walmart

## Volunteer News

The Willows at Citation strives to make all our resident's days enjoyable. Volunteers are the heart and soul of our campus, and the key to make this happen. Therefore, we are calling all who want to volunteer and bring joy to our residents. You can give 1 hour a month to make a huge difference to many people. If you are interested in volunteering for the following programs, please contact Josh Gruneisen-Life Enrichment Director.

Suggested areas to volunteer:  
Painting resident nails



# THE WILLOWS AT CITATION

*A Trilogy Senior Living Community*

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willowsatcitation.com | [t](#) [w](#) [f](#)

*Renee Moore*  
Executive Director

*Rhonda Johnston*  
Director of Health Services

*Brittany Schum*  
Assistant Director of Health Services

*Josh Gruneisen*  
Life Enrichment Director

*Whitney Tackett*  
Therapy Program Director

*Jaidyn Thompson*  
Community Support Representative

*Michelle King*  
Community Support Specialist

*Sara Smith*  
Business Office Manager

*Kathy Ramsey*  
Social Services Director

*Mary Ritchie*  
Director of Environmental Services

*Rachel Hamm*  
Director of Food Services

## Stay in the Loop [t](#) [w](#) [f](#)

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](mailto: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