



THE WILLOWS  
AT EAST LANSING

*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

Susan C.	September 03
John O.	September 06
Dennis C.	September 17
James M.	September 18
Robert S.	September 21
Donaline N.	September 21
Idora F.	September 22
Scott M.	September 24

## Staff

Drew K.	September 01
Kristina G.	September 04
Jesusa S.	September 06
Callice J.	September 08
Melissa M.	September 13
Kasey H.	September 18
Jason D.	September 20
Bobby M.	September 21
Emily W.	September 24
Deepa P.	September 28



## 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,

*Wendy Haynes Ennis*

Executive Director

## Campus Retreat: Sparkling Fall Vinyard

Wednesday, September 7th we are having our Campus Retreat. We are planning a tour of Burgdorf Winery. A True Michigan winery, producing their award winning Truly Michigan wines on site using fruit, estate grown and from Michigan farmers. We will have a private wine-tasting, what a perfect way to gather with friends, sample delicious wines and share some cheese, crackers and fun at winery's tranquil country setting.



## Knock Out Hunger

We are beyond excited to announce our annual Trilogy Food Drive. We have replaced Independence from Hunger with the new KNOCK OUT HUNGER through the Care Shelf. KOH food drive directly supports Trilogy campus's food shelves by providing non-perishable foods that can go straight onto the shelf, and monetary donations for the Care Shelf will go to support the program.



## Artisan Program

We have some spectacular Artisan planned for the month of September! Check your calendar and join us for Jungle Scratch Boards, Veggie Art, and Andy Warhol Inspired Art.

Looking back to August we had such a wonderful time learning Chinese Brush Painting with Pat. She instructed so elegantly with her encouragement and demonstration!



## CAMPUS IN COLOR

What a beautiful garden we had this year! Lots of good times and laughs were had. Soak up the last bit of warm weather we have and let's enjoy our bounty of vegetables as we harvest.



## Theme Dinner

Next year we will be **Laughing Through the Decades/Sitcoms!** We're going back in time to re-live **Happy Days, Gilligan's Island, Lavern and Shirley, and the Golden Girls!**

## Community Connections

Come visit our friend **Angelo** from **East Lansing Mobile Library**. He comes the last **Tuesday** of every month at **1 p.m.** he is set up in the **Assisted Living Room**.



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A Trilogy Senior Living Community

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517-203-4042

willowsateastlansing.com |

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Executive Director

Colleen Cullen  
Director of Health Services

Staci Fillingham  
Christy Crandell  
Community Service Representative

Alyssa Walden  
Customer Service Specialist

Scott Schultz  
Director of Plant Operations

Michelle Nkurikiyinka  
Life Enrichment Director

Jason Dombrowski  
Director of Environmental Services

Cheryl Workman  
Business Office Manager

Douglas Lobdell  
Legacy Neighborhood Director

Tywanda Davis  
Social Service Director

Steve Toomey  
Director of Food 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](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?

## SUDOKU

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7	3	8		6	4	9		
	4		7	9	8		6	
					6		9	
4	9	5		7	2		3	
				1	5	2	4	8
1	8	3		5	7	4		9
2					9	5		
9				3	1			7

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

## Word Search

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

ATTRACTIONS  
CAMP  
CELEBRATE  
COLOR

CONNECT  
EXPERIENCE  
FAMILY  
FLOWERS

GARDEN  
GROW  
HORTICULTURE  
LIFESTYLE

OUTINGS  
RETREAT  
TRIPS  
VARIETY