



THE WILLOWS  
AT OKEMOS

*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

Elaine M.	September 22
Merileen H.	September 24
Yvonne Y.	September 26

## Staff

Lora D.	September 02
Trinity B.	September 03
Peri W.	September 04
Lisa F.	September 15
Lilian S.	September 23
Carly F.	September 24
Sharkira W.	September 29



## 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,

*Jen Flood*  
Executive Director

## O Great One

Congratulations to Senait, for being our July OGO! Senait consistently puts the need of our residents first and foremost. She is a great asset to our CRCA team! We are very lucky to have such a hard-working person, serve our campus.



## Happy Hour

Live Entertainment is BACK! Please join us Fridays from 2-3pm, in the Health Care Dining Room for live entertainment, drinks, and more! We look forward to seeing you!

This month's entertainers:

September 2: Lee Piper  
September 9: Jay Hill  
September 16: Jim Herrmann  
September 23: Rod Birkhart  
September 30: Nat and Ty

## Sunday Brunch

Please join us, Sunday September 11th for our Grandparents Day Brunch!

This Brunch will be a HUGE event! We will be hosting this event outdoors, with a bounce house, clowns, live entertainment, by Alex Mendenall, and raffle prizes!

Each resident is allowed 2 visitors for free; visitors must show proof of vaccination.

Please contact Life Enrichment if you have any questions.

## VOLUNTEERS NEEDED

What would we do without our volunteers? They enrich our lives with every moment, gesture, and kind words they offer. 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 instruments and orchestration, instructing art lessons, leading religious/inspirational groups, and more. If you or someone you know is interested, please contact Life Enrichment for more information!



# LIVE A DREAM

In July, we had the opportunity to attend a Detroit Tigers Game, as a group Live A Dream. There were 8 other campuses that joined ours, and we ALL enjoyed a Tigers WIN! Thank you, Trilogy, and the Live A Dream team for making our residents wishes come true!







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

*Jen Flood*  
Executive Director

*Brenda Palmer*  
Director of Health Services

*Lisa Flanders*  
Assistant Director of Health Services

*Deb Munro*  
Business Office Manager

*Brandy Fales*  
AP/Payroll Manager

*Trista Czapl*  
Social Services Director

*Casey Bernaiche*  
Therapy Program Director

*Shon Allen*  
Director of Food Services

*Emily VandeWiele*  
Life Enrichment Director

*Jess Pathfinder*  
Director of Environmental Services

*Josue Pineda*  
Director of Plant Operations

## 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)*

*Newsletter Production by PorterOneDesign.com*

# 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