



WELLBROOKE
OF WESTFIELD
A Trilogy Senior Living Community

News

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

| | |
|-----------|--------------|
| Janet D. | September 04 |
| Lyda C. | September 09 |
| John G. | September 09 |
| Larry S. | September 09 |
| Morris B. | September 22 |

Staff

| | |
|-------------|--------------|
| Djeye L. | September 01 |
| Marsha C. | September 05 |
| Kylie A. | September 09 |
| Kathleen R. | September 10 |
| Roger P. | September 14 |
| Lisa M. | September 17 |
| Naomi C. | September 20 |
| Shaun W. | September 20 |
| Alexis C. | September 25 |
| Charles A. | September 27 |
| Dallas H. | 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,

Scott Piotrowicz
Executive Director

10 Reasons Wellbrooke of Westfield is a 10!

- 1. Live a Dreams:** Resident Angela J speaks frequently about how much she misses getting dressed up and spending a night out on the town with her loved ones. With the help of the Live a Dream Foundation we were able to treat Angela to a shopping spree, beauty services, and a fun night spent with her two children, SSD Anita, and LED Alyssa! Her son was even able to surprise her by coming to visit all the way from Atlanta! The group attended a play followed by an upscale dinner and an evening stroll through downtown Noblesville! Thanks to Live A Dream for making these experiences possible!
- 2. Resident Outings:** Did you know we do at least 2 outings a week?! Sometimes we cruise for ice cream and some times we go visit a cool new location in town.
- 3. Best Therapist Around:** In need of a little extra strengthening? Our inhouse therapists are top notch. Not currently getting therapy? No problem, our life enrichment team offers vitality programs 5 days a week!
- 4. Theme Dinners:** We host exciting theme weeks each and every quarter. Residents get a week long of fun themed programming and top it off with a delectable 5- star dinner!
- 5. Excellence in Culinary Services:** We have executive chefs who prepare our happy hours, brunches & Theme dinner meals.

6. Volunteers: We have some of the best volunteers around who give the gift of time to our residents.

7. Life Long Learning Programs: Did you know we offer weekly life long learning programs? It's never too late to learn a new skill and we at Westfield, know how important that is. This is why we offer ever changing life long learning programs.

8. Music to my Ears: Did you know we offer residents opportunities at least 3 times a week to listen to music of their interest? Music is the strongest tie to memory, which is why we strive to bring in live musical opportunities to you and your loved one.

9. Best Friends Approach To Care: Our staff are well-trained in dementia care, utilizing the Best Friends Approach to care.

10. Activities- Life Enrichment: Our activity staff love to have fun! We hope you have enjoyed all the fun we have had as well.





WELLBROOKE OF WESTFIELD

A Trilogy Senior Living Community

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317-804-8044

wellbrookeofwestfield.com | [t](#) [f](#)

Scott Piotrowicz
Executive Director

Kellie Dickerson
Director of Health Services

Emily Goforth
Assistant Director of Health Services

Alexandra Kacer
Customer Service Representative

Robin Jacquette
Business Office Manager

Melissa Horan
Director of Rehabilitation Services

Anita Bryant
Social Services Director

TBD
Life Enrichment Director

Chef Christopher Claire
Director of Food Services

Dallas Hammond
Director of Plant Operations

Bryan Mason
Director of Environmental Services

Nikki Aber
Assisted Living Director

Bri McCleary
Legacy Lane Coordinator

Stay in the Loop [t](#) [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*

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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