



WOODBRIDGE

HEALTH CAMPUS

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

Edith B.	9/05
Betty C.	9/08
James M.	9/26
Randy K.	9/30

Staff

Michael H.	9/05
Silvia H.	9/09
Jordan J.	9/09
Kerynne S.	9/10
Betti N.	9/13
Kiera R.	9/14
Haley Y.	9/15
Heaven J.	9/27
Kyra L.	9/27
Brenda S.	9/28
Lori R.	9/30

Executive Director Corner

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,

Alma Nieves

Executive Director

Upcoming Events

Please join us on Thursday, September 8th at 1pm we will have our inauguration of our Veterans Garden

Family Brunch

Family Brunch is the second Sunday of the month from 11:30am to 1:00pm. Please RSVP by calling 574-753-3223

Artisan Program

Our residents love to create new masterpieces in our Artisan program. As your visiting your loved ones please be sure to stop by the activity room to check out our wonder display of art work.

Happy Hour

Every Friday in the Assisted Living Dining Room from 3:00p.m.-4:30p.m.

Photo Highlights



Beauty and the Beast group Live A Dream

More Photo Highlights



Angele was excited to see her great granddaughters in the play Beauty and the Beast.



Josephine was proud of her great granddaughter who was in the play Beauty and the Beast



Noah was overwhelmed but the kindness of everyone on his Birthday



Janne enjoyed her epic Birthday.



Ruth Ann was so excited for her birthday and all the decorations



Freddy and Madaline gathering a basket of goodies from the garden

Volunteers Needed

Volunteers give the gift of time. Families and residents make GREAT volunteers! As a volunteer, you become part of the Trilogy team! So why volunteer? There are tons of benefits, including developing new skills, personal satisfaction, new friendships, longer lifespan, and so much more!

Suggested ways to volunteer include but are not limited to:

- Assisting with crafts
- Calling/ assisting with Bingo!
- Sharing a special skill with our residents, such as knitting or crocheting
- Assisting on outings

If you are interested in becoming a volunteer, please contact our Life Enrichment Director, Jill McMinn, at 574-753-3223 or jill.mcminn@woodbridgehc.com

Family Night

Please join us for Family Night/ Happy Hour on Friday September 2, from 3pm-5pm. Enjoy music from Cowboy Roy and some delicious treats from the Dietary Department.

Did You Know...?

We are always accepting your donations of art/craft supplies and bingo prizes(Knick knacks, word search books, Kleenex, hygiene items). We are accepting our Wonderful Volunteers back into the campus. Please contact the Life Enrichment Department with any questions.



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woodbridgehc.com |

Alma Nieves
Executive Director

Angel White
Director of Health Services

Jill McMinn
Life Enrichment Director

Jodi Shively
Director of Social Services

Sarah Putnam
Director of Assisted Living

Kathy Evans
Director of Legacy

Holly Leffert
Therapy Club Director

Courtney Hanson
Community Service Rep.

Mike Huffer
Director of Food Services

Rhett Mast
Director of Plant Services

Donna Foster
Environmental Services

Allison Krpan
Business Office Manager

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

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?

SUDOKU

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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
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ATTRACTIONS
CAMP
CELEBRATE
COLOR

CONNECT
EXPERIENCE
FAMILY
FLOWERS

GARDEN
GROW
HORTICULTURE
LIFESTYLE

OUTINGS
RETREAT
TRIPS
VARIETY