

# THE OAKS Outlook



## Healthy, Happy Hearts

Back in 1963, at a time when more than half of the deaths in the U.S. were caused by cardiovascular disease, President Lyndon B. Johnson proclaimed February to be American Heart Month. He urged the American public to take an active interest in their heart health, and to support programs designed to improve cardiovascular health. While we agree that programs that promote healthy diet and exercise are key to maintaining a healthy heart and fighting heart disease, at our campus, we also believe that a healthy heart is one that is nourished by meaningful relationships and opportunities to socialize with others.

Many scientific publications support this belief, such as *Greater Good Magazine*, published by UC Berkley. In a recent article, *Greater Good* stated that "...both our health and our social capital tend to decline as we age. We retire from jobs, lose friends and spouses to death and illness, and see family members move out of the area – all of which can sharply reduce daily social interactions and stimulation, which in turn has a direct impact on mental and physical health."

For the good of our hearts, it's important to stay social. That's why we offer so many programs at our campus aimed to meet our residents' needs for socialization and fulfillment. Through our **Living Arts** program, our residents can share stories, express themselves, and learn things about their friends and neighbors by creating art through many different mediums, ...continued on back page



THE OAKS  
AT NORTHPOINTE WOODS

706 North Avenue  
Battle Creek, MI 49017  
Campus: 269.964.4655  
Legacy: 269.924.3896  
Fax: 269.964.4640  
[www.theoakshc.com](http://www.theoakshc.com)

February 2018

**Did You Know?** According to McKnight's Senior Living, "Physical and mental well-being, belonging and recognition, favorite activities and spirituality are key to promoting meaning and purpose in life, according to a series of interviews with nursing home residents published in *BMC Geriatrics*." At our campus, we strive to fulfill these aspects of our residents' lives every day. If you would like to help us care for the hearts of our residents, consider volunteering today. We think you'll find that your heart will thank you. Contact our Executive Director to learn how you can get involved!

# Happy Birthday!

## Residents

|           |             |
|-----------|-------------|
| Helen G.  | February 07 |
| Bessie M. | February 25 |
| Della R.  | February 25 |

*We will celebrate our February birthdays on February 15th at 3:30pm in the 200 ball activity area. The cake is donated by Kindred Home Health. Thank you, Preston!*

## LifeShare

LifeShare is an innovative, easy-to-use service that helps keep residents connected and engaged by allowing you to view and send messages, view photos, view today's activities and menus, read news and weather reports, and play games! Each room has this service available. Website is: [www.lifesharetech.com](http://www.lifesharetech.com). Please inquire with Jeremiah or Kristen.

## Did You Know...?

We work closely with several hospice agencies to give the best possible care for your loved one. If you are interested in adding hospice care to your loved one's care, please contact Andrea in Social Services. Great Lakes Caring, Heartland Hospice and Southern Care, to name a few.

That you can read the monthly newsletter on-line. Please follow the campus link: [www.theoakshc.com](http://www.theoakshc.com) Please follow us on Facebook and Twitter @oaks\_npwoods for up-to-date pictures and alerts. The Private Dining Room can be reserved for special occasions, please contact the front office for more information. If you have more than one guest at meal time, we suggest that you let the front office know so they can accommodate you. Thank you!

Happy Hour is every Friday afternoon either in the dining room. We serve appetizers, beer, wine, and specialty drinks. Entertainment is usually provided.

# Executive Director Corner

Greetings from The Oaks at North Pointe Woods!

As you probably know, the landscape of healthcare, and of senior living, is changing all the time. It's important that providers stay abreast of the latest changes so that we can deliver the best service to our residents and their families. When I am reading senior living publications, I not only come across helpful information but an affirmation that our programs and services are truly helping our residents live life to the fullest.

Recently, McKnight's Senior Living published an article entitled 'Friendships Help Inoculate Residents against Mental Decline.' This article cites a study conducted by Northwestern University researchers that found that seniors who enjoy fulfilling interpersonal

relationships have healthier brains. This isn't the first study that has put forth this claim, and I am betting that it won't be the last.

At our campus, we have always prided ourselves on the opportunities for socialization that we provide our residents, from hosting fun (and delicious!) Happy Hours, to group outings around town and special events such as our Theme Weeks, one of which is taking place this month! Make sure that you're following us on Facebook and Twitter for pictures of these wonderful events. After all, it's one thing to read a study about the benefits of socialization, it's another thing to see the benefits for yourself!

Happy February!

*Jeremiah Johnson*  
Executive Director

**Sunday Brunch** The next Sunday Brunch will be February 18th from 11:30-1pm. Each resident can have up to 2 guests eat with them for free and each additional guest is \$10 and a voucher/sticker is required. Reservations are essential and must be done prior to 5pm on the Thursday before brunch. Please see the front desk to make a reservation and to get your stickers/vouchers for the brunch.

**Out and About** Even though the weather has been terribly cold, we have still been able to enjoy so many fun trips lately! We shopped at Dollar Tree, Meijer and Khol's, we had a fun-filled afternoon of gambling at Firekeepers Casino; we spent an afternoon at the Battle Creek Federal Center, and an evening of dancing at the Kool Center. We enjoyed lunch at Panera Bread and coffee at Barnes and Noble.

We have several fun outings planned for February including going out to eat, shopping and to the movies. Most of our outings require the resident to bring their own money. We offer an opportunity to open up a trust fund for your loved one to have easy access to their money for such outings. Please see the Business Office Manager, Jessica Greene, with questions.

**Volunteer News** Are you cleaning out your closets this winter? Do you have items that are no longer of use to you? Please consider donating items to the Life Enrichment Department. We could use items such as jewelry, figurines, stuffed animals, small furniture pieces, perfume/lotions, games, puzzles, books, etc. for our Penny Auctions and Bingo prizes. Thank you.



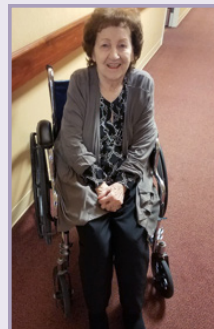
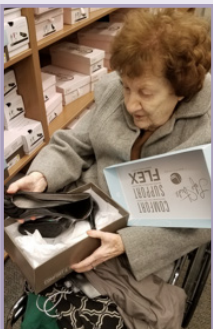
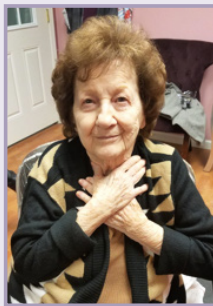
**Family Event: *An Elvis Christmas*** The next family night will be an Easter Egg Hunt on March 18th coinciding with our monthly brunch. Mark your calendars! Tell the grand kids and great grand kids!



**Themed Dinner** Our next Theme Dinner will be My Fair Lady on February 22nd at the evening meal. This is a special meal for the residents. If you would like to join us, you are welcome to do so. The cost is \$5 per guest and a meal ticket is required. Please inform us that you will be attending, so that we can accommodate you. You don't want to miss the great voice of Tyler Garth before the dinner at 3:30.

**Additional Information** In addition to weekly visits by our Catholic Church volunteers, we offer a **monthly Catholic Mass Service. It is the last Thursday of the month at 2:30pm.** Thank you to St. Phillips for volunteering your time to help spread His word. **We also added a monthly Rosary Prayer group the 2nd Monday of the Month at 10:30am.** A special thank you to Deb Blazewski for volunteering to lead this group. **We continue to offer Methodist services every Sunday at 3pm in our Legacy, Bible Stories every Monday at 10am and Bible Study and Hymns the last Friday of every month at 1:30pm.** We are offering daily Mindful Moments groups for our low functioning residents. It is a wonderful sensory program. Ask your Life Enrichment Associate for details.

**Live a Dream** Does your loved one have a dream that they want fulfilled? We can help. Just inquire with any Life Enrichment Staff. *We just fulfilled Barb S.'s dream to attend her granddaughter's wedding.* We took her to get her hair done. We took her shopping to pick out a new outfit to wear, we took her shopping for a gift and then brought her to and from the wedding. She enjoyed seeing all her family and friends. It was a wonderful experience for her and her family. Thank you to Markeeta, LEA, who spend the entire day with Barb. We appreciate you!



## Legacy Spotlight

During this freezing weather surrounding us, come in and warm up at the Legacy! Our winter ball was a magical experience as residents, friends, and family all had a wonderful time dancing the night away. Come experience the fun by: winning a prize at Bingo, create a masterpiece in baking or crafts, and sing your heart out to our daily rhythms program! The Legacy welcomes volunteers with open arms! Please remember to come and visit your loved ones as love is in the air this Valentine's day. From our house to yours wishing you love, warmth, and happiness!

## Entertainment Line-Up

**February 02:** Bob DeYoung at 2:30 pm (Happy Hour Music)

**February 03:** Morris Banks at 3:00pm (Gospel Music)

**February 06:** Jerry Ball 10:00am HC, 11:00am Legacy (Sing Along)

**February 09:** Paul Freeburn at 2:00pm (Happy Hour Music)

**February 10:** The Donnell's at 1:00pm (Gospel Music)

**February 13:** Martin Zyla at 1:00pm (Variety of Songs)

**February 16:** Paul Freeburn at 2:00pm (Happy Hour Music)

**February 20:** Jerry Ball at 11:00am Legacy ONLY (Sing Along)

**February 22:** Tyler Garth at 3:30pm ("My Fair Lady" Theme Dinner Entertainment)

**February 23:** Doug Smith (Happy Hour Music)

Music therapist, Janice, will also be here dates and times TBD



706 North Avenue  
 Battle Creek, MI 49017  
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 Legacy: 269.924.3896  
 Fax: 269.964.4640  
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 A Trilogy Senior Living Community

A monthly newsletter serving the residents of The Oaks at North Pointe Woods

Jeremiah Johnson  
 Executive Director

Kim Montgomery  
 Director of Health Services

Kristen Maly, CTRS  
 Life Enrichment Director

Amanda Mort  
 Legacy Neighborhood Director

Andrea Barker  
 Social Services Director

Jessica Greene  
 Business Office Manager

Danielle Blowers  
 Human Resources/Payroll

Sharita Wade  
 Customer Service Specialist

Brittany Nacy  
 Guest Relations

Jamie Pancost  
 Customer Service Representative

Stay in the Loop  

Keep up with latest campus news and happenings by following us on your favorite social networks!

@Oaks\_NPWoods

The Oaks at NorthPointe Woods

The Legacy at the Oaks

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 our Compliance Line.

Compliance Hotline: 800-908-8618, ext. 2800; or [comply@trilogyhs.com](mailto:comply@trilogyhs.com)

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# 'Hearts'

...continued from cover

and during our famous **Theme Weeks** (one of which takes place this month!) we go all out to create an immersive experience for our residents based on a theme. During a time in life where many may feel stressed or lonely, coming together to play games, dress up, and share a show-stopping meal has a way of sparking conversations, laughter, and friendships. This year we'll be celebrating classic Broadway musicals, starting with *My Fair Lady*. These programs are just the tip of the iceberg; visitors to our campus will find our residents exercising, besting one another in trivia, learning new skills, and even

listening to live music, depending on the day! Contact our Executive Director to learn more!

Heart health depends in large part on what we put in our bodies, which goes far beyond the food we eat. Throughout our lives, we gather happy moments, make cherished connections and thrive in the company of others. In doing so, we are caring for our hearts.



## Word Search

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ACTIVITY  
 ART  
 CARDIO  
 EXERCISE

EXPRESSION  
 FEBRUARY  
 GAMES  
 HEARTS

LONELY  
 MEAL  
 MUSIC  
 PINK

RED  
 SKILLS  
 STORIES  
 VALENTINE