

THE OAKS Outlook



Moving Towards a Healthier You

A lot of people seem to think that the older a person is, the less active they become. Seniors are often depicted as too frail, or too tired, to participate in any activities other than knitting or quietly watching T.V. As a community made up of seniors, it makes us happy to let people know that this is wrong. Sure, there aren't a lot of seniors signing up for the next Ironman triathlon (though Madonna Butler, aka the Iron Nun, finished the Subaru Ironman Canada in 2012 at age 82) but there are plenty of seniors who make it a point to stay active. The key is finding activities that suit their needs and abilities.

At our campus, this is where our **TrilogyFIT** program comes in. With four separate components, TrilogyFIT is designed to increase heart health, strength, flexibility and balance. In honor of Active Aging Week, which takes place September 24th through September 30th of this

year, we're going to give you an inside glimpse of TrilogyFIT and all it has to offer. We'll also be spotlighting a few seniors who inspire us with their dedication to fitness!

We'll start with **HeartFIT**, our program designed to make sure our hearts are at the top of their game. Although we won't be asking our residents to run a 10-minute mile (which, by the way, has only been done by Orville Rogers, who was over 90 at the time) we lead exercises that can be done standing up or sitting down, such as shoulder shrugs, marching in place, toe lifts, and many, many more. It's not uncommon to find an entire group getting their heartrate up either inside to music or outdoors to the tune of birdsong.

StrongFIT, our strength training program, utilizes a number of different props and weights to maintain muscle strength. We may not be on the same level as Ernestine Shepherd, who holds the title of Oldest Female Bodybuilder according to the Guinness Book of World Records, but our curls, rows, and raises have our residents feeling stronger every day.

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AT WOODFIELD

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September 2017

Happy Birthday!

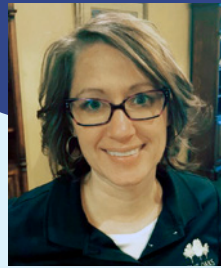
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|--------------|--------------|
| September 02 | Ann E. |
| September 06 | Daisy H. |
| September 06 | David M. |
| September 08 | Monna M. |
| September 16 | Daisy B. |
| September 18 | John K. |
| September 25 | Jeraldine F. |

Volunteer News

What would we do without our Volunteers? They enrich our lives with every moment, gesture, and kind word 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 about instruments and orchestration, instructing art lessons, leading religious inspirational groups, and more. In the past we have enjoyed learning from our volunteers and enjoying the love and talent that they offer and we welcome your talents as well! Contact our Life Enrichment, Alyssa, and she will help find you a meaningful volunteer role. We LOVE our Volunteers!

LifeShare

LifeShare is an innovative, easy-to-use new 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. Let us know if you are interested; Life Enrichment staff would love to help you learn about this wonderful service.



Executive Director Corner

Greetings from The Oaks at Woodfield! I

hope that your September is off to a great start. As for our family at The Oaks at Woodfield, we're busily preparing for a very special Grandparents weekend, including a Saturday Sleepover and Sunday Grandparents Day Brunch!

We're inviting the grandchildren of our residents to dress in their favorite pajamas, slippers and robes and to join us on Saturday, September 9, 2017 for a pajama party! We will have plenty of delicious snacks, kid-friendly crafts, games, movies, and best of all, lots of quality time with their grandparents and great-grandparents. Contact a member of our campus team to

get your registration form, and sign your child up today. On Sunday, September 10, the whole family can join us for our annual Grandparents Day outdoor brunch. There will be lots of yummy food, prizes for the kids, a bounce house, face painting and another fun day filled with special family time.

If you can't make it, don't worry. We always welcome visitors to our campus any day of the week. Our residents love sharing their stories, their knowledge, and their laughter with company, so stop by any time, and feel free to bring the grandkids!

Have a wonderful September!

Yours in Service,
Shanda Schultz
Executive Director

Walk to End Alzheimer's

For a cause near and dear to our hearts, Team Oaks has been working hard to fundraise for the upcoming Walk to End Alzheimer's. You may have seen some of the opportunities around the facility. The walk will take place on September 30 at Creasey Bicentennial Park here in Grand Blanc. To join our team in the fight for Alzheimer's first survivor, look to the front of the building for flyers with details. Questions? Tina Olshove is our fearless Alzheimer's Walk Team Leader and will be happy to provide further information.



One of the ways we have fundraised for the Walk to End Alzheimer's was with a dunk tank. David C. fires away!

Legacy Spotlight

We love September! We love the still warm days and nights. We love the golden hue the sunsets give us this time of year, and we love that it is back to school time for the kids! While we love not having to worry about catching the bus or packing lunches, we still love the books of our school days. All month long we will be celebrating the joy that good books and stories bring us. We will be reading aloud and talking about many of the Classics including 20,000 Leagues Under the Sea, The Wind in the Willows, Oliver Twist, Robinson Crusoe, and the Secret Garden. We will also enjoy many of Agatha Christie's short mysteries. Of course, we plan to dine and read outdoors while we celebrate summer and early autumn. Have a favorite story or love to read? Stop on by and share your love of good literature and great company!

Out and About

Although the hustle and bustle of families going back to school often changes the tone of summer relaxation, it doesn't change anything for us! It's still summer and we are going to soak up every last bit! August highlights included traveling to the zoo with foraging treats we made for the animals as well as a beachball volleyball competition against the Willows at Howell facility at Seven Lakes State Park. We enjoyed a pontoon boat ride at Kensington Metropark and a big



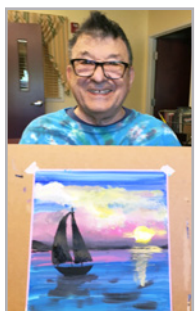
crowd at Cracker Barrel! We want your ideas for places to visit! Contact a member of our Life Enrichment team to not only share your ideas but to reserve your spot for outings. Our 14-passenger bus goes out twice per week and spots are filled based on a first come, first served basis. Let's roll!

◀ *Norman and Shirley show off their catch on this beautiful day at the lake!*

Grandparent's Day

A recent study from the University of Oxford reports, "With changing family patterns, increased life expectancy, growing numbers of dual-worker households and higher rates of family breakdown, grandparents are now playing an increasing role in their grandchildren's lives. Research by Professor Ann Buchanan from the Department of Social Policy and Intervention showed that a high level of grandparental involvement increases the well-being of children. A study of more than 1,500 children showed that those with a high level of grandparental involvement had fewer emotional and

behavioural problem." (Source: <http://www.ox.ac.uk/research/research-impact/grandparents-contribute-childrens-well-being>). Here at The Oaks, this comes as no surprise. We know the value of this amazing generation! We love our grandparents and great-grandparents and many of the staff and residents here have become like family. Familial ties or not, we extend our thanks to you this month as we celebrate Grandparents! Thanks for your love, your words of wisdom and kindness, and for showing younger generations how to live fully. Thank you for inspiring those you come in contact with every day!



◀ *Louis proudly displays his painting that he created during a therapeutic session called "Art Without Boundaries." See our Life Enrichment Director, Alyssa, for more details.*



Activity Highlights

◀ *June and Joan dance backup to "My Girl," performed by Holly and Claudia, during Team Oaks' Lip Sync Battle.*



◀ *Wave hello to the cast and crew of our most recent stellar drama club performance, "Little Orphan Annie." Drink your Ovaltine!"*

Live a Dream

Here at The Oaks, we want to show our love by treating individual residents to special days or special events. Sometimes a "dream" isn't something especially noteworthy or fantastical but something small and personally meaningful. We are looking for residents that have a potential "dream" they wish to be granted! In the past, we have thrown special anniversary dinners, taken people on hot air balloon rides, plane rides, professional baseball games, swimming at a local therapy pool, to a special wedding, and many more! If you or somebody you know is interested in living out a wish, please let any Life Enrichment staff member know!

Sunday Brunch

We are celebrating Grandparents this month! Please plan to attend our annual Grandparents Day Celebration! At this outdoor event, our fabulous dining services staff will feature favorite picnic foods and Chef Bridget even stays up all night roasting the pig! Bring the whole family as there will be outdoor activities for the children, as well. This event will take place September 10, from 11:00-2:00. Each resident will receive two meal vouchers free of cost, and each additional guest will need to purchase a meal ticket for \$7.00 each. Meal vouchers are non-transferable and Brunch tickets must be purchased for that month's Brunch only; regular meal tickets will not be honored for the Brunch meal. Please RSVP to Bridget, Director of Food Services, with total number of guests and time you would like to reserve, either 11:00 or 12:00, by Thursday the 7th at 12:00. See you there!



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 A Trilogy Senior Living Community
A monthly newsletter serving the residents of The Oaks at Woodfield

- Shanda Schultz
Executive Director
- Lindsay Lloyd
Director of Health Services
- April Taylor
Asst. Dir of Health Services
- Bridget Burghardt
Director of Food & Dining Services
- John Smith
Head Chef
- Alyssa Spicer
Director of Life Enrichment
- Jennifer Flood
Director of Social Services
- Tina Olshove
Customer Service Representative
- Jennifer Perkins
Customer Service Specialist
- Amanda Allen
Director of Environmental Services
- Lori Bowie
Rehabilitation Director
- Rhonda Smith
Guest Relations

Stay in the Loop  
Keep up with latest campus news and happenings by following us on your favorite social networks!
[@OaksWoodfield](https://twitter.com/OaksWoodfield)
The Oaks at Woodfield

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
Newsletter Production by PorterOneDesign.com

'A Healthier You'

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During **FlexFIT**, we tap into our inner Tao Porchon (who at 98 can strike yoga poses that make us sore just by looking at them) and perform gentle stretches that increase flexibility and help our residents cut down on the stiffness that can cut in on their good time.

Our **BalanceFIT** program is key to fighting falls, and although we may not be walking over 600 feet across a tightrope like Ivy Baldwin (who completed the task at the age of 82), our balance exercises will help those who call our campus home navigate life's obstacles with confidence.

At our campus, our residents are our top priority, which is why we invest in their mental, spiritual, and physical wellness. If you are interested in learning more, or if you would just like to stop by and join in, we welcome both your calls and your visits. After all, the journey towards wellness is always better with friends by your side.



Word Search

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ACTIVE
BALANCE
FLEX
HEALTHY

HEART RATE
MARATHON
MILES
MOVING

MUSCLE
PHYSICAL
PROGRAMS
RUN

STEPS
STRENGTH
STRETCH
WELLNESS