

THE OAKS Outlook



Improving Your Health, One Meal at a Time

How often during a meal do you sit back and think, “What is the exact nutritional value of what I’m eating?” or, “Will this food improve my skin elasticity?” how about, “Will this help my wound to heal?” No? Don’t feel bad.

These aren’t questions that people ordinarily ask themselves at the dinner table. However, before the food we serve ends up on our residents’ forks and spoons, our Dining Services team asks themselves exactly these kinds of questions. In honor of Nutrition Month, we wanted to give you some insights into why the food we serve at our campus is one of our topmost priorities.

Proper nutrition is important at any age, but as you reach your senior years, it becomes more important

than ever. By ingesting the right nutrients, you can help your body fight off infection, heal when it is injured, and maintain a healthy weight, which is key when it comes to preventing wounds such as pressure ulcers. In a recent article published by McKnight’s Senior Living, Paulina Lowkis, MBA, RD, LDN, CDE, a senior product manager with Medline’s Nutrition and Pharmaceutical Division, states, “Nutrition is often the forgotten piece in both prevention and treatment of wounds. It plays a significant role as adequate calories, protein and hydration are needed to keep the patient nourished.”

Expert opinions, and the science behind them, are the reason why we’re invested in both the taste and the nutritional value of the foods we serve. Like many things in life, this is a balancing act. Our chefs challenge themselves every day to create foods that our residents love to eat, and that also provide them

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THE OAKS
AT WOODFIELD

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March 2018

Did You Know?

According to the National Institute on Aging, we require fewer calories as we get older, but the same amount of nutrients! Eating nutrient-dense foods is incredibly important for older adults.

For handy tools to help you make the right eating choices, visit:

www.nia.nih.gov/health/smart-food-choices-healthy-aging

Happy Birthday!

March 03	Larry C.
March 06	Gloria W.
March 08	Walfred W.
March 10	Mary R.
March 16	Dyeanne H.
March 19	Robert H.

Trilogy Triathlon

We are ready for great competition as the Trilogy Triathlon kicks off on March 5th and runs through March 12th! At the Oaks, we are committed to engaging the MIND, inspiring the SPIRIT, and exercising the BODY. Our Triathlon events will challenge all three with activities such as beach ball volleyball, Trilogy FIT, bocce ball, puzzle power, spelling bees, and top-notch team trivia. So don't waste any time signing up! See a Life Enrichment Associate for more details. Ready, Set, Go Team Oaks!

Volunteer News

Giving of your time is a gift that is priceless. Winston Churchill captured the heart of a volunteer when he said, "We make a living by what we get, but we make a life by what we give." Whether you have a specific talent or passion to share or if you want to just come play cards or call Bingo, residents and staff alike would love to have you join us! Contact Life Enrichment Director, Lesa Carver, to share your ideas or to find new opportunities! We LOVE our Volunteers!

Spend an Evening with Us

On Tuesday, March 13th, 6:30 p.m., Clio Cast & Crew will be entertaining us at The Oaks. Don't miss a great evening with friends and family.

Executive Director Corner

Greetings from The Oaks at Woodfield! As winter winds down, I hope you are just as excited as I am to get back outside. One of our favorite things to do at our campus is taking trips to our favorite spots around town, and many of these are best enjoyed in the spring sunshine. A little Vitamin D does wonders for curing the winter blues.

Speaking of vitamins, recently, McKnight's Senior Living published a great article concerning the importance of nutrition when it comes to wound care. As we age, we are more prone to injury and illness, and proper nutrition can help to combat both. John Hall of McKnight's writes, "In the global context of health, good nutrition naturally has long been one of the most powerful

weapons against disease." This is one of the reasons why we take our dining experience so seriously at The Oaks at Woodfield.

It is our goal to provide food that nourishes our residents' taste buds, as well as the rest of their bodies. In this way, we can help prevent side effects of poor nutrition such as weight loss and dehydration, which, according to McKnight's, can lead to wounds such as pressure ulcers. I personally invite you to come experience the Trilogy difference, and dine with us either during our Sunday Brunch this month or any time that is convenient for you. There is always room at our table for company!

Yours in Service,

Ryan Michelson
Executive Director

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 fancy 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 March's Sunday Brunch will take place on March 11th. We will have a touch of the Irish that day. 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 the 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 8th at 12:00. If we're lucky, we'll see you there!

Legacy Spotlight

Singing together and having fun on a sunny afternoon is just the ticket in Legacy Lane.



Enjoying songs with friends!

Taste of Town At The Oaks at Woodfield, we enjoy bringing a local restaurant's flavors right to your table! March 9th, Ruggero's will make an appearance in our dining rooms. Ruggero's is a family owned business located on Corunna Road in Flint. They have been around for over fifty years. When you taste the food, you will know why! Ruggero's just might become your favorite place ever!



Lyn and Daisy working together!

Gearing up for Spring

At the Oaks, we are making the most of the cold and hoping for an early spring! Helping our fine feathered friends is just a start to preparing for spring. Working together was great fun. Just a box of cheerios, some pipe cleaners, and a group of friends made this bird feeder activity incredibly fun not to mention we had a great time reminiscing about all of our encounters with Cheerios! Even more fun was the fact that we could eat some of the Cheerios. Pretty



Cindy and Maxine lending a hand!

soon we will be able to get outside for a little spring cleaning on the patio. We will be ready when the time comes. Spring is the name and planting is our game at The Oaks! Our campus will be in full color soon. We are sharpening our garden tools and gathering our seeds. Come quickly spring!

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. Let us know if you are interested; Life Enrichment staff would love to help you learn about this wonderful service.

Out and About

Oaks Residents enjoy getting out and about twice per week, as long as the weather cooperates! We have such a great time. Whether it's going out to eat, attending a local play, or simply going for rides in the van, we have fun! 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 bus seats 14 and spots are filled based on a first come, first served basis.

Caregiver's Day Off

We appreciate all those who daily care for friends and loved ones. We know you work tirelessly for the sake of those in your care. On March 22nd we would like to do something for you. Contact Tina Olshove at 810.569.1227 for details regarding a day of recharging and relaxation, a day of being encouraged and yes, a little pampered!



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 A Trilogy Senior Living Community

*A monthly newsletter serving the residents
of The Oaks at Woodfield*

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Guest Relations

Kristy Watson
Assisted Living Director

Stay in the Loop  

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

@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

'Improving Your Health' ...continued from cover

with the vitamins and nutrients they need to feel their best. And they take this challenge seriously. So seriously, in fact, that each year we hold a Culinary Olympics, during which our chefs compete against one another to create dishes worthy of a five-star restaurant. These appetizers, entrees, and desserts are judged not only on their presentation and overall flavor, but their nutritional value, as well! Look for these exciting dishes to show up on our menu after these competitions!

We could talk about our talented chefs and the wonderful meals they prepare all day, but when it comes to food, we know that the

proof is on the plate. If you are ever craving a dish that's prepared with skill and served with heart, join us for a meal. We highly recommend popping in for our monthly Sunday Brunch, which, in our opinion, rivals anything you would order at a restaurant! We're also always open to new recipe ideas, so if you or your loved one have a go-to crowd pleaser, let our chefs know. We may even feature it on our menu!



Word Search

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BALANCE
BOOST
CHEF
DIGEST

EAT
FOOD
FORK
FRUIT

GATHERING
HYDRATE
MEAL
NUTRITION

PROTEIN
SPOON
VEGETABLES
VITAMINS