

THE OAKS Outlook



Free Yourself from Worries – Keep it Simple!

Our worries are like weights we wear around our necks. The more we have, the harder it is to enjoy even life's simplest pleasures. Whether you're a caregiver or a senior, it's easy to get caught up in worrying about what needs work, what could break, or who will be there if something goes wrong. According to the famous philosopher Thoreau, the key to stopping this cycle of worry is to, "Simplify, simplify." But how?

That's where our campus comes in. When you or your loved one call our campus home, we take on your worries so you can spend less time dwelling on them. Constant house and lawn upkeep are things of the past, and instead of bending over backwards to chase dust bunnies, you're free to spend your time doing things you love to do. If you're one of our residents, this may mean joining friends for a trip into town, grabbing a brush and canvas and tapping into your inner artist, or tapping your feet to a live

performance during one of our Happy Hours. If you're a caregiver, this means that your time with your loved one can be spent making memories instead of making lists of what needs to be done.

For many, mealtimes often become triggers for stress rather than occasions to be enjoyed. Cooking for a family is never a simple task, and as we age, even cooking for ourselves can become a challenge. Thanks to our Dining Services team, the most complicated thing our residents have to do at breakfast, lunch, or dinner is decide what they're having – we take care of the rest. Of course, every meal tastes better when you know there are no dishes to be done afterwards!

Perhaps the most complicated and pressing worries seniors and their loved ones face have to do with their health. Stairs that seemed like no big deal ten or even five years ago can become a dangerous obstacle, and both parties may fear what would happen in the case of a fall or an unexpected illness. It's far easier to deal with

...continued on back page



THE OAKS
AT WOODFIELD

5370 East Baldwin Road
Grand Blanc, MI 48439

Phone: 810.606.9950

Fax: 810.606.9951

www.theoaksatwoodfield.com

July 2017

Happy Birthday!

July 07 Patsy H.
July 08 Evelyn R.
July 09 Lyle F.
July 17 Warren G.
July 19 Gary R.
July 21 Louise C.
July 21 Martha F.
July 23 Lee W.

Volunteer News

Do you love music? Painting? Literature? Building things? Consider sharing your passion with our residents! 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. We love volunteers! We welcome individuals to gain experience while engaging with our residents. 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.

Anchors Aweigh!

We're casting off for the Caribbean! Trilogy Health Services has reserved a 7-day luxury cruise for residents and their family members! This fall, Holland America Cruise Line's ship, ms Oosterdam, will cast off on November 4 from Fort Lauderdale and make stops at Amber Cove, San Juan, St. Thomas, and Half Moon Cay. See Alyssa, your Life Enrichment Director, for costs and more details!



Cheri teaches "Spider Pose" during chair yoga.

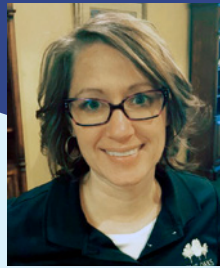


Angie and Tootie staying fit while gardening!



Lori and Jen rocking out the gardening party!

Executive Director Corner



Greetings from The Oaks at Woodfield and happy July! I hope you're staying cool this month, and finding some time to pursue some outdoor activities – I know we'll be out and about a lot at The Oaks at Woodfield!

In addition to celebrating our country's Independence Day this month, we will also be celebrating the results of our Independence from Hunger Food Drive!

Every year I am overwhelmed by the outpouring of support and generosity from our staff, residents, families and community members and I would like to thank everyone who donated. Together, we can make a positive impact on the lives of many, and that is what we're all about.

If you're not already a subscriber to our blog, Living with Purpose, I encourage you to do so today! We're always posting inspiring stories, helpful advice, and tons of exciting news from our campuses all over the Midwest. Whether you're looking to laugh, to learn, or just enjoy a good story, you'll find it all at www.lwptoday.com! You can also follow our campus on Facebook and Twitter to keep up with all the fun things we do every day.

I can't wait to share our campus story with you, and invite you to come help us write it by joining us for an event, volunteering your time, or just stopping by to say hello.

Yours in Service,
Shanda Schultz
Executive Director

Independence From Hunger

Independence From Hunger is a company-wide drive aimed at helping to provide food for people in our own communities. To promote a spirit of giving and inspiration, Trilogy Health Services has made this drive into a contest between campuses. What a neat way to inspire us to give! Let's offer one more big push through the final weeks of this drive and bring in as many non-perishable food items as we can; Independence From Hunger ends July 15! Let's get together to help our families through our local food bank, FISH!

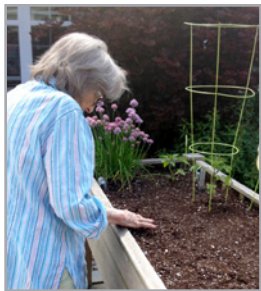
Family Night

It's almost time for Movie Under the Stars! Last year, our outdoor movie event was such a hit and so enjoyed by all ages that we've decided to do it again this year! What movie would you like to see on the big screen outdoors? Our Life Enrichment Department would love to hear your suggestions! Our next Family Night is scheduled for August 22: remember mark your calendar and invite your families!

Senior Health & Fitness Day

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!



Ann E. tends to the new bean and snap pea seeds.

Legacy Spotlight The heat is on this summer, and we have all sorts of fun ways to beat the heat this July on Legacy Lane! We are keeping our cool (pun intended) by going out for frozen treats, eating popsicles on our patio, dining al fresco, spending time lakeside at a local park, and even a water balloon toss! Our Creative Cooking Club has us whipping up all kinds of cool creamy dips to enjoy! You can often find us in our colorful courtyard watering our vibrant blooms. If you find the heat getting to you, why then stop by Legacy Lane and hang out with the coolest people around town!

Sunday Brunch Do you ever take a moment to think about our Dining Services Staff and the beautiful brunches they put on every month? That is twelve times a year! Many of them are extra extraordinary for occasions that occur throughout the year. Consider passing on words of appreciation and encouragement to this department that works so hard to enrich our lives through delectable tastes, mouthwatering smells, and attractive sights. Once again this month they will make a special effort to provide us with a summer barbecue! Please invite your loved ones to share in this very special day, July 16 from 11:00-1:00. 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 13th at 5:00. Look to reservation cards the day of the meal to indicate where your family's place is reserved. Families without reservations will be seated as tables become available. Hope to see you there!

Out and About

When was the last time you were in a tree house? Do you have memories as a child spent in a treehouse or climbing trees? Did you ever think that you'd enjoy a treehouse in your golden years? Residents here at The Oaks got to do just that last month! For-Mar Nature Center and Arboretum, part of Genesee County Parks, offers a barrier-free tree house here in Burton! This outing is just one example of the wonderful, fun, amazing things our community has to offer. We are taking full advantage of summer and plan to go mini-golfing, out for ice cream, and other favorite past times. Do you have recommendations for outings? We are always looking to venture to wonderful, new places! We go out in our wheelchair friendly van twice per week and can accommodate up to 14 per outing. Spots fill up quickly, so be sure to let Life Enrichment staff know when you plan to attend any of our trips.



This beautiful group picked out all of our beautiful blooms for Campus in Color!



For-Mar's barrier free treehouse made for a truly special memory!



Oaks residents met with folks from The Willows at Howell at Firekeepers Casino in Battle Creek!

Did You Know...? Do you ever see staff members buzzing around the building and wonder about them? What does she like to do for fun? Does he have a family? How would she spend a million dollars? I wonder if he has a fun hobby to share? All year long, we have enjoyed "Resident Spotlight", where we get to hear life stories, lessons, and wisdom from fellow residents. This summer, we decided to hear from some of our staff so that we can get to know them better, too. Join us Fridays at 1:15 in Town Square as we gain a few moments when we can hear a little bit more about some of our fabulous staff here at The Oaks!

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. Also join us Sunday afternoons in Town Square at 2:15 for fun LifeShare games like name that tune!

Beach Volleyball Competition

Our friends at The Willows at Howell have challenged us to a beach volleyball contest! Watch your calendars: Team Oaks will practice our volleyball skills throughout July so we can be ready for the big match! Team Oaks and Team Willows will face off at Seven Lakes State Park in August along with a delicious picnic, even better company, and a wonderful chance to make new friends!

Taste of Town

Do you have a craving for food from a local restaurant? Every month we try to bring some of Grand Blanc community's cuisine in house to provide for our residents. This month, we will bring in Kentucky Fried Chicken for residents to enjoy here in the building. In the past, we have enjoyed Olive Garden, Fish and Chips from Leo's, Papa John's Pizza, Whitey's Fish and Chips, Halo Burger, Ruggero's, King Arthur's pasties, McDonald's, Taco Bell, Chinese food, and more. What would you like to have brought in for you to enjoy? Any suggestions are appreciated and can be given to Bridget, our Director of Dining Services, or Alyssa, our Director of Life Enrichment.



THE OAKS AT WOODFIELD

5370 East Baldwin Road
Grand Blanc, MI 48439

Phone: 810.606.9950

Fax: 810.606.9951

www.theoaksatwoodfield.com

 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
- Kristy Watson
Director of Assisted Living
- 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

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 the Divisional
Vice President or our Compliance
Line. Cindy Kasper, Divisional Vice
President: Cindy.Kasper@trilogyhs.com
Compliance Hotline: 800-908-8618, ext.
2800; or comply@trilogyhs.com

Newsletter Production by
PorterOneDesign.com

'Keep it Simple'

...continued from cover

the unexpected when you're
surrounded by professionals
that you know and trust, who
are ready to help whenever
they're needed, day or night.

Everyone can agree – the less
worries you have, the simpler
life can be. And the simpler life
is, the easier it is to be happy.
That's what we're all about
at our campus – happiness.
Serving seniors and their
families is both our purpose
and our passion, and we love
what we do. If you know
someone who is searching for
a way to simplify life, both for

themselves and for their loved
one, send them our way. We'd
be happy to show them how
easy it is to do so.



Word Search

G	H	L	A	Z	E	W	U	B	S	I	M	P	L	I	F	Y	W	D
O	B	S	T	A	C	L	E	D	S	J	C	F	M	F	Q	L	F	I
G	W	E	Z	F	I	S	H	I	N	G	M	I	S	K	I	V	J	S
S	V	G	A	X	Y	P	M	E	P	I	Q	P	H	Q	P	Z	D	H
X	B	M	W	C	M	Q	N	L	A	M	L	P	A	O	T	H	G	E
T	K	C	H	R	X	O	Y	L	I	E	W	T	P	O	P	L	P	S
S	O	N	T	G	C	C	R	Q	N	M	O	H	P	D	E	W	P	U
E	B	M	R	E	I	B	H	R	T	O	R	O	Y	Z	C	V	A	M
Z	X	C	Q	S	A	P	A	S	I	R	R	H	H	K	H	S	O	
T	K	Q	S	U	V	G	O	Q	N	I	Y	E	O	N	B	M	S	D
D	M	L	A	C	V	V	Q	A	G	E	F	A	U	M	C	S	I	Q
B	S	T	O	O	W	M	R	I	W	S	R	U	R	P	U	N	O	P
Q	Y	A	A	K	Q	K	E	V	X	L	E	S	J	G	C	E	N	M
D	H	G	L	F	P	H	R	H	K	S	E	N	I	O	R	S	I	Y
R	S	T	A	I	R	S	I	W	H	B	M	R	C	S	R	O	E	Q
C	L	N	H	T	E	Y	O	J	B	U	Q	W	I	M	V	X	G	E
J	L	A	W	N	T	F	E	C	O	O	K	I	N	G	K	U	Q	V
U	G	V	O	H	C	F	R	I	E	N	D	S	T	G	S	C	J	X
X	R	P	Z	F	N	H	O	T	I	T	A	S	K	S	Q	V	N	X

COOKING
DISHES
FISHING
FRIENDS

HAPPY HOUR
LAWN
MEMORIES
OBSTACLE

PAINTING
PASSION
SENIORS
SIMPLIFY

STAIRS
TASKS
THOREAU
WORRY-FREE