

THE OAKS Outlook

Celebrating Inventor's Month

A hand is shown typing on a laptop keyboard. Overlaid on the image are several social media icons: an envelope with '18', a thumbs up with '59', a speech bubble with '42', a person icon with '12', and a heart with '35'. The background is a blurred image of a person's face.

August is Inventor's Month – a time to celebrate those who have changed our world for the better with their bravery and creativity. The past hundred years have been a time of constant invention, and over the past decade, it has seemed like there has been a new invention every week. With all of this new technology, our world is changing quickly, and many seniors are finding it difficult to keep up. However, many inventors have created technologies that benefit seniors by making life simpler – from helping you get organized, to keeping in touch with those you love, or even more fully enjoying your free time.

Trilogy is utilizing one of these helpful inventions at every one of their campuses: LifeShare. Familiarizing yourself with this technological tool can have a powerful, positive impact on your life. Through LifeShare, family members and loved ones can send messages, pictures, and even videos. Grandparents can watch their grandchildren blow out the candles on their birthday cake from hundreds of miles away. Friends

and family members separated by states or countries don't have to wait for the post office to deliver their letters; they can send them instantly with the simple click of a button. Special moments can travel over mountains, across oceans, and arrive right in your room for you to experience them. LifeShare can also be used to brush up on the daily news, check the weather, play games, and remind you of important events.

Besides LifeShare, there are a variety of other senior-friendly technologies out there, waiting for you to take advantage of them. There are so many, in fact, that learning about them may feel overwhelming. You may not know where to begin! Thankfully, this is where our Life Enrichment team comes in. They're here to help provide you with ongoing education on topics that interest you, including technology. Let a member of our team know a tech topic that you would like to learn more about, and they will be happy to schedule a speaker, host a how-to class, or arrange another fun, educational event. Before you know it, you'll be showing your grandkids how to operate their phone, not the other way around!

All of these inventions have been created so that they are easy to

...continued on back page



THE OAKS
AT WOODFIELD

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August 2018

Happy Birthday!

August 16	Catherine K.
August 23	Jean H.
August 24	Patricia M.
August 26	Steven T.
August 29	Deborah R.

Sunday Brunch

This month's brunch is a fabulous Mexican Fiesta!!! August 12th is the day. Eating with friends is the way!!! 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, August 9th at 12:00. Counting the days "Uno, Dos, Tres!!"

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. LifeShare is a great way to keep in touch!

Taste of Town

At The Oaks at Woodfield, we enjoy bringing a local restaurant's flavors right to your table! On August 10th, we are pleased to have Leo's Coney Island providing the meal! Who doesn't like a great hot dog? Call 810.606.9950 for a reservation.

Executive Director Corner

Greetings from The Oaks at Woodfield! Did you know that we offer a full range of rehabilitation services right on our campus grounds? Thanks to the talented (and dedicated) people at Paragon Rehabilitation, we're able to offer physical, occupational, and speech therapy in our state-of-the-art therapy gym. Therapy can make a world of difference, whether you're recovering from surgery, a fall, or an illness. And, according to a recent study, it is wonderful for seniors with limited mobility.

Research by Florida State University suggests that stretching four to five times per week "can improve the function of arteries in the muscles of the lower legs and increase the number of capillaries within stretched muscles." If you're unsure of what stretches

to perform, or what stretches will benefit which muscle groups, simply ask one of our therapists! They'll be glad to show you stretches you can perform at home.

Through our Vitality program, we also offer wellness options like strength training, chair yoga, and others at least 3 times a week. We're always looking for volunteers with a passion for fitness to help lead classes. If this sounds up your alley, contact a member of our Life Enrichment Team today!

I hope you have a wonderful August, and that you find some time to pay us a visit. We look forward to seeing you!

Yours in Service,
Ryan Michelson
Executive Director

Coming Soon: Massage Therapy Program



Who: Elder Massage Specialist Marty Howland.

17 years experience working with the senior population, frail elderly,

handicapped individuals, amputees, and anyone that has a difficult time getting out of his or her wheelchair or bed.

Dementia, Parkinson's residents, and Hospice residents are also well served.

What: Massage with a plan developed for each client with specific goals in mind. These may include increased circulation, improved skin integrity, better flexibility, and more comfort due to less pain.

Where: Right here at The Oaks! Massage can be done in the resident's room, in a hospital bed, a regular bed, a wheelchair, a recliner chair; or if the residents

are able, they can come to a designated spot in the facility and massage would be done on a massage chair if desired.

When: The massage therapist will be available on a designated day of the week, and a schedule will be posted. Residents may sign up for a specific time period, much like getting a hair appointment. Massages are about 30 minutes long and include oils and lotions for skin care. We also offer aromatherapy according to the clients' wishes. All of these services will be included in the basic massage price. For the residents' convenience, an invoice would be submitted to the business office for billing.

How: You can set up your appointments with the Life Enrichment Department here at The Oaks. They will have a list of available times and costs.

Did You Know...? "A relaxing massage can help improve sleep? Also, skin care is a huge concern with the frail elderly. The oils and lotions that we use are all natural and help the skin to increase integrity to avoid tears and bumps. Use of oils and quality lotions on a regular basis will stop the dry flaking skin that we see so often and helps prevent cracking heels and fingers. Massage also helps medication get circulated much more efficiently. The massage experience should give people some pleasure, comfort and special attention that everyone seems to enjoy. A mini-vacation!" - Marty Howland, Elder Massage Specialist

Live a Dream? Absolutely!!



It's a "Dream Come True" for resident Steve T. Steve's love for ambulances was evident from the moment he arrived at The Oaks! When asked when his love for ambulances started, he stated, "I have enjoyed them for a while." The more we talked with Steve, the more we knew that this dream was not only possible, but probable! We could do this!! We had to do this...for Steve!

We reached out to our very own Patriot Ambulance Services to find out what could be done to make Steve's wishes become a reality! Slowly but surely things started to fall into place. Then the most wonderful gift was given. Thanks to the amazing Patriot Ambulance Service executives and staff, a day at the Patriot Ambulance

Headquarters was born—everything from breakfast cooked by Patriot Supervisor Doug to a chat with Eric, Patriot's 911 technician! Wait... That's not all. How about a ride in the ambulance? Talking on the radio? No problem. A tour of the Emergency Room? Absolutely. The day got better and better for Steve. He got to ride next to the driver. He got to simulate being a patient. He got a tour of the Patriot ambulance fleet! It was a wonderful day to say the least as a result of the generosity of the Patriot Ambulance Services. Before Steve left, he was showered with gifts of a blanket, patch, and hooded sweatshirt compliments of Patriot. What a great day! We would like to give a special thanks to Jeff, Doug, and Emily of Patriot Ambulance Services for truly giving Steve a "Dream of a Lifetime".

Do you know someone that has a dream? Anything's possible (Well, almost anything.) Talk to a Life Enrichment Associate. We are ready to make another resident's "Dream Come True!"



Legacy Spotlight

In Legacy Lane, we are enjoying the art of Paper Mache'. This fantastic project facilitated by Life Enrichment Associate Sam was well received by residents. They created, painted, and enjoyed putting the finishing touches on these amazing designs!

Out and About

Have a neat place to visit? Contact a member of our Life Enrichment team to share your ideas. 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! Our bus only seats 14, and spots are filled based on a first come, first served basis. So check your activity calendar for all the great events, talk to a Life Enrichment Associate for details, sign up, and come with us!!

Volunteer News

Call today. 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, 810.606.9950, to share your ideas or to find new opportunities! We LOVE our Volunteers!

Mark Your Calendar

Talk to a Life Enrichment Associate for more details.

- August 3rd - Trilogly Food Truck in town
- August 13th - Banana Split Social to kick off Theme Week "South Pacific"
- August 16th - Theme Dinner "South Pacific"
- August 28th - Family Night "Movie Under the Stars"
- August 30th - Spaghetti Dinner Fundraiser



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 A Trilogy Senior Living Community

A monthly newsletter serving the residents of The Oaks at Woodfield

- Ryan Michelson
Executive Director
- Lindsay Lloyd
Director of Health Services
- Bridget Burghardt
Director of Food & Dining Services
- John Smith
Head Chef
- Lesa Carver
Director of Life Enrichment
- Jennifer Flood
Director of Social Services
- Tina Olshove
Customer Service Representative
- Josie Deland
Customer Service Specialist
- Amanda Allen
Director of Environmental Services
- Lori Bowie
Rehabilitation Director
- Rhonda Smith
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

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'Inventor's Month'

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learn, and easy to use, every day. It can be overwhelming living in a world with so many screens, but once you dip your feet in, you'll be surprised at how technology can improve your quality of life. Take some time this month and check out LifeShare, or any number of

new inventions that pique your interest. Share what you learn with your friends and family members. Before you know it, you'll be a pro, and our tech-based world will transform from a place to fear, into a place to explore.

Word Search

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BUTTON
CLICK
CONNECTED
CREATIVITY

DAILY
EMAIL
EXPERIENCE
INSTANT

INVENTOR
LETTERS
LIFESHARE
MESSAGES

ORGANIZED
TECHNOLOGY
TOOL
VIDEO