

THE OAKS Outlook

It's All Fun and Games



November is traditionally a month to reflect and give thanks, and at our campus, we have so much to be thankful for. Near the top of this long list is our ability to have fun! If you follow our campus or Trilogy Health Services on Facebook or Twitter, you've undoubtedly seen pictures of residents and staff members playing a variety of games – from cards to board games and everything in between.

Besides the obvious fact that everyone loves having fun, we encourage our residents to enjoy these activities because it's good for their health!

Thanksgiving week is also National Game and Puzzle Week, so we want to spend some time in this month's newsletter talking about how playing games and solving puzzles can benefit both our brains and our bodies. Many great minds of our age believe that playing games such as cards can help keep your mind sharp. For example, did you know that

highly successful entrepreneurs such as Warren Buffet and Bill Gates are avid Bridge players? A 2014 study by the University of Wisconsin backs up Buffet and Gates' love of Bridge. Data collected in the study found that playing card and board games can help seniors' brains perform at the top of their game.

Besides the brain benefits, playing games is a great way to make new friends and fond memories. Socialization is an important factor when it comes to preventing depression, and gathering around a table to play a board game or solve a puzzle is the perfect way to spend an afternoon. Whether you play with friends your own age or invite members of a younger generation to join in, there are games for every personality and age group.

If young children are involved, it's a good idea to stick with simple card games, such as Uno or Go Fish. If you're among a group of card sharks, more complex games such as Bridge or Spoons may be right up your alley. Rules for any of these games can be found online

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THE OAKS
AT WOODFIELD

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www.theoaksatwoodfield.com

November 2018

Happy Birthday!

November 9th	Betty T.
November 12th	June S.
November 14th	Helen P.
November 22nd	Bert B.
November 28th	Vernon H.
November 29th	Nancy P.

Sunday Brunch

Make plans now to attend our next Brunch on Sunday, November 11th. It's all about **THANKSGIVING AND ALL THE TRIMMINGS!** Talk to a Life Enrichment Associate for more details. Each resident will receive two meal vouchers free of charge, 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, November 8th at 12:00.



Be Our Guest!

Executive Director Corner

Greetings from The Oaks at Woodfield! I hope you are as excited as we are for the onset of the holiday season! Our chefs can't wait to start whipping up our residents' favorite holiday dishes, and our Life Enrichment team has tons of fun activities planned for this month. If you need a break from holiday shopping (and the stress that goes with it) stop by our campus for a meal or a visit!

I always try to take some time out during November to look back on the past year and try to count all the memories and experiences that I am thankful for. It's hard to do, especially when I start thinking about all the wonderful experiences I have been blessed to be a part of at The Oaks at Woodfield. I am full of memories that I'll cherish for a lifetime,

thanks to a staff that is dedicated to exceeding expectations and residents whose stories and smiles are a huge reason I look forward to coming to work. Just scrolling through our campus Facebook and Twitter pages takes me on a heartwarming trip down memory lane. I highly recommend it!

Besides the fantastic people who live and work at our campus, I'm also thankful to our family members who have entrusted us to care for their loved ones, whether for a few days, weeks, months or years. Thank you for allowing us to become a member of your extended family. We look forward to celebrating the upcoming holidays with you!

Have a great November!

Ryan Michelson

Executive Director

Legacy Spotlight



It's FALL Y'ALL in Legacy

Smile of the Month



Coming Soon Monday, November 19th at 2:30 p.m. in Town Square. The Oaks' Resident Drama Club will be performing "The Royal Wedding" from the Burns & Allen Radio Broadcast



Lip Sync Battle Winners, Kim and Mike. It's a Whole New World!"

Out and About

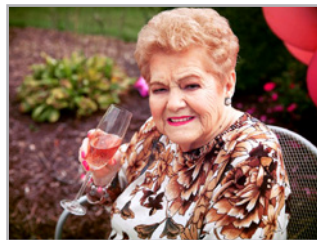
Have a neat place to visit? Contact a member of our Life Enrichment team to share your ideas. Oaks residents enjoy getting out and about twice per week, as long as the weather cooperates! We have such a great time. Whether it's going out to eat, attending a local play, or simply going for rides in the 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!!



Bert is living a dream!

Live a Dream

Do you have someone in mind? Talk to a Life Enrichment Associate. We would love to make a dream come true. Whether it's an ambulance ride, a photo shoot, or a family reunion, we want to help. We can help! Let us know!!



Family Night with LifeShare

Tuesday, November 27th, in the Town Square, from 6 p.m. – 8 p.m.

Every family member in attendance will be entered in a drawing for a beautiful door prize basket.

- LifeShare Demonstrations
- Meet Hayden from LifeShare.
- Goodies/Refreshments
- Game stations
- Door Prize (drawing at 7:45 p.m.; everyone who attends is entered in the drawing)
- Give-Aways

What is 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.

Hayden and the Life Enrichment staff would love to help you learn about this wonderful service. LifeShare is a great way to keep in touch! Plan to attend. Plan to be amazed! See you at Family Night!

Volunteer News

Helen Keller stated, "Alone we can do so little; together we can do so much." Consider volunteering at The Oaks. With the holidays right around the corner, we welcome friends, families, and groups to join us to encourage and support each resident. Whether you have a specific talent or passion to share or if you want to just come play, residents and staff alike would love to have you join us! Contact me at 810.606.9950, to share your ideas or to find new opportunities!

To our current volunteers, we say, "Thank You" for your dedication, your love, and your support! You make a difference here at The Oaks! You are amazing!

Sincerely, Lesa Carver

Give the Gift of Massage Therapy

Wondering what to get your loved one for the holiday?

How about a massage with our very own massage therapist Marty Howland? Contact a Life Enrichment Associate to set up and/or purchase a gift certificate for an appointment. Residents can schedule the following:

- 15 minute neck massage
- 30 minute neck massage
- 15 minute foot massage

Marty is a licensed massage therapist with over 17 years experience in working with seniors. Take advantage of this service. For your convenience, billing is handled through the business office.

Thank You!

To all our Veterans, we want to say "Thank You" for your service and your sacrifice! We are most appreciative of all you have done for this great country. Your dedication and devotion will never be forgotten! On Friday, November 9th we will be honoring the Veterans and recognizing spouses right here at The Oaks at Woodfield. Please join us at 2:00 p.m. in the Health Care Dining Room. Thank you to Kindred at Home for making this possible. If you have any old photos, please bring them. We will have a memory table set up that day.

Again to all of our military men and women, thank you for your service.

Taste of Town

Latina's wonderful food will be here on Friday, November 9th. Come have lunch with us. Meal vouchers can be purchased in the business office. Call 810.606.9950 for a reservation. Enjoy a Taste of Town experience with a resident.



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 A Trilogy Senior Living Community

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

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Bridget Burghardt
Director of Food & Dining Services

John Smith
Head Chef

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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

Nina Vandriessche
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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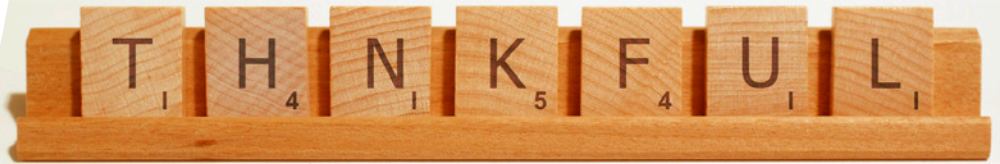
'Fun and Games'

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(or often in the head of someone present)! Many families also have their own card games that they pass from generation to generation – if you remember a game you enjoyed from your childhood, share it with your family and friends, or stop by our campus and teach it to our residents.

We're always looking for people to join in on the fun happening at our campus every day, and

November is the perfect time to get involved. Ask a member of our campus team how you can play a part in our activities, or bring your favorite game (or deck of cards) to our campus and invite our residents to play. It's the perfect way to keep your mind sharp, make new friends, and brighten someone's day – what wonderful things to be thankful for!



Word Search

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

BACKGAMMON
BINGO
BRIDGE
CARDS

CHESS
CRIBBAGE
DICE
DOMINOES

EUCHRE
FAMILY
FRIENDS
GAMES

HEARTS
PUZZLES
RUMMY
THANKFUL