

# THE WILLOWS Monthly

## Celebrating Inventor's Month

A close-up photograph of a hand 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 blurred, showing a person's face and a network of dots and lines.

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

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101 Auxiliary Drive  
Bellevue, OH 44811  
Phone: 419.483.5000  
Fax: 419.483.4303

[www.willowsatbellevue.com](http://www.willowsatbellevue.com)

August 2018

# Happy Birthday!

## Residents

John E.	8/03
Edith S.	8/05
Gary S.	8/08
Paul D.	8/10
Wanda S.	8/10
Marjorie V.	8/16
Betty N	8/19
Mary Alice R.	8/21
Phyllis N.	8/22
Thomas W.	8/22
Pat W.	8/27
Wanda S.	8/28

## Staff

Madison O.	8/02
Sean S.	8/03
Tunisha Y.	8/08
Tara B.	8/08
Megan P.	8/09
Paul J.	8/10
Melody B.	8/12
Alana P.	8/15
Nola S.	8/15
Robin B.	8/15
Jim T.	8/22
Tami R.	8/24
Matthew S.	8/27

## Sunday Brunch

We ask that you invite your family to Sunday Brunch Aug 19th from 11 am to 1 pm. Please let Melanie Woodland know how many will be attending in your party by Aug 2nd, so that the dining staff have the proper seating arrangements for you and your family. Reminder that the first two guests are free of charge and any other guests would be \$7.00/person.

## Executive Director Corner



Greetings from The Willows at Bellevue! 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. In addition, 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,

*Christine Greilich*  
Executive Director

## Photo Highlights





# More from Photo Highlights



## Out and About

- *August 01:* Lake Erie Crushers Game (Assisted Living)
- *August 06:* – Bob Evans Fremont (Assisted Living)
- *August 08:* Scenic Drive (Health Center)
- *August 13:* Scenic Drive (Assisted Living)
- *August 15:* Olive Garden (Health Center)
- *August 20:* Outback Steakhouse (Assisted Living)
- *August 29:* Fontana's (Men's Choice) (Assisted Living and Health Center)
- *August 29:* Steak and Shake (Health Center)

## Taste of Town

Taste of town is a program sponsored by our Dining Services. This monthly program allows our residents to enjoy a meal

From local restaurants. This is just another way we keep our residents Connected to their community. This month residents will enjoy a meal from Brad's BBQ.

## Did You Know...?

That you can read the monthly newsletter on-line in addition to the printed copy or rather than receiving it in the mail? Please follow the campus link [www.willowsatbellevue.com](http://www.willowsatbellevue.com) and let Melody Barger know you would like to discontinue the newsletter by mail.

The Private Dining Room can be reserved for Family Members. Please contact Melanie Woodland to reserve for you and your family.



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 A Trilogy Senior Living Community  
 A monthly newsletter serving the residents  
 of The Willows at Bellevue

- Christine Greilich  
Executive Director
- Jamie Summers  
Director of Health Services
- Christy Johnson  
Assistant Director of Health Services
- Brandi Fultz  
Clinical Care Coordinator
- Kelly Straub  
Medical Records
- Megan Pumphrey  
Director of Social Service
- Juli Hermes  
Therapy Program Director
- Melody Barger  
Life Enrichment Director
- Kathy Stokes  
Assisted Living Coordinator
- Amy Cook  
Legacy Lane Coordinator
- Mindy Birkholz  
Business Office Manager
- Mary Robles  
Director of Environmental Services

Stay in the Loop  

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

@BellevueWillows

The Willows at Bellevue

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.

Rey Nevarez, Divisional  
 Vice President: [Rey.Nevarez@trilogyhs.com](mailto:Rey.Nevarez@trilogyhs.com)  
 or at 216-403-6246.  
 Compliance Hotline: 800-908-8618,  
 ext. 2800; or [comply@trilogyhs.com](mailto: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

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

- |                         |                       |                       |                         |
|-------------------------|-----------------------|-----------------------|-------------------------|
| BUTTON<br>CLICK         | DAILY<br>EMAIL        | INVENTOR<br>LETTERS   | ORGANIZED<br>TECHNOLOGY |
| CONNECTED<br>CREATIVITY | EXPERIENCE<br>INSTANT | LIFESHARE<br>MESSAGES | TOOL<br>VIDEO           |