

THE WILLOWS Monthly

Don't Take Yourself
Too Seriously

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Make Time
for Family

Focus on
Wellness

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Try
Something
New

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A Year's Worth of Lessons

At the close of every year, we try to take some time out at our campus to revisit our favorite memories from months past. In this edition of our newsletter, we wanted to share with you our five top takeaways from 2017. Besides being great examples of our community culture, they helped to remind us of all the fun we had this past year!

Takeaway #1: **Don't Take Yourself Too Seriously**

Ask any Trilogy employee, and they'll tell you that this is a big life lesson they learn from the men and women who call our campus home. Here, humility and humor go hand-in-hand, whether we're participating in a friendly competition, trying our hand at a new skill, or just getting to know one another. This explains why we always have so much fun!

Takeaway #2: **Make Time for Family**

If you have a loved one at our campus, you know that our doors are always open to family members of all ages. This year, though, we took it to the next level by hosting

our Grandparent's Day Sleepover. Even though our campus was a little rowdier than usual, we loved every minute! Seeing the smiles light up the faces of the young and young at heart made the event one of the highlights of our year.

Takeaway #3: **Focus on Wellness**

Maybe the most important part of our mission as a senior living community is to make sure that our residents feel their best, both mentally and physically. This year, our chefs truly topped themselves with the healthy, mouth-watering meals they created – many with local ingredients! We also amped up our TrilogyFIT wellness program, which focuses on improving heart health, strength, balance, and flexibility. With the right fuel and fitness options, we have helped reduce the risk of heart disease and prevent falls.

Takeaway #4: **Try Something New**

This year we saw residents who had never picked up a paintbrush tap into their inner artist. We also saw people who only dreamed of being chefs prepare and enjoy their own culinary creations. And that was only the beginning! Everywhere we looked, there were more opportunities to teach, to ...continued on back page



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December 2017

Happy Birthday!

December 13	Dorothy E.
December 14	Hal S.
December 18	Emma D.
December 20	Scarlet R.
December 20	Jack D.
December 21	Alma R.
December 24	Dora S.
December 28	Donna D.

Upcoming Events

Christmas Bazaar

December 9th

Come shop from local vendors as well as hand-made items by our residents! All proceeds will benefit the Alzheimer's Association.

Holiday Brunch

December 10th

Enjoy an impressive and delicious meal as a family and enjoy live entertainment featuring the music of Frank Sinatra and Dean Martin. We will also be having a dessert bake sale fundraiser with Brunch to raise money for our Hope for the Holidays Campaign choice, the Alzheimer's Association.

Taste of Town

December 21st

New Year's Eve Happy Hour

December 29th

Come toast the new year with our staff and residents and enjoy live entertainment by Fading World Music!



Executive Director Corner

Greetings from the Willows at

Howell! Welcome once again to that special time of year that can be equal parts magical and stressful. Whenever I find myself in danger of slipping into that winter slump, I try to focus on one uplifting memory from the past year. This year, I have a lot to choose from. From our Trilogy Cruise Line Theme Weeks and our Grandparent's Day Sleepover to all of the wonderful Family Nights, Sunday Brunches, and many, many, fun outings, it's hard for me to pick one memory to focus on, and that's a great problem to have!

Perhaps just as satisfying at revisiting these past memories is knowing that there are still many more to come. Our

campus undergoes a beautiful transformation this time of year, and I consider myself extremely lucky to be a part of it. I encourage you to stop by anytime you can to soak up some of the holiday cheer that will fill our hallways.

Although we are incredibly fortunate at our campus, there are many who struggle this time of year. Through our Hope for the Holidays fundraising campaign, we've been collecting funds to benefit Alzheimer's Association. In this way, we hope to spread some of this season's joy to those who need it most. If you are interested in donating, please contact a member of our campus team.

Have a happy December!

Yours in Service,
Kathy Russell, RN, NHA
Executive Director

Remembering Thankfulness Around the Holidays and Always

LIFE ENRICHMENT CORNER BY NICOLE COLLEY, LED

It is especially around the holidays that we tend to think about all that we are thankful for and how much our family, friends and community mean to us. What is difficult is to remind ourselves daily to be thankful for those same blessings. What are you thankful for this holiday season? Who or what in your life do you love most? Take a few minutes to meditate on your blessings. "It's not happy people who are thankful; it's thankful people who are happy." –Anonymous



Out and About

We have had so many fun outings this past month! We enjoyed shopping at Meijer and Carson's; we had fun at Erwin's Apple Orchard and went to see "Sister Act" put on by the Pinckney Players; we learned about the solar system at Michigan State University's Planetarium; we ate out at Bob Evans and went bowling at the local Bowl-E-Drome! Fall was packed with new and exciting things!



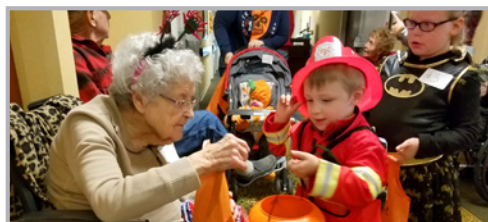
Special Announcements

We will again be creating an Angel Tree for our facility at Christmas time this year. As the decorations begin to go up after Thanksgiving, keep an eye out for the tree with all of our residents' names. Each tag will have a resident name on one side and their Christmas gift request on the other. There will be a designated date and location to return the gift so that Santa can pass out all the gifts at Christmas time! Help us make our residents' holiday extra special this year!

We will be looking for lots of groups to Christmas carol again this year through our halls at the Willows. If you or anyone you know enjoys singing or you know any church groups, girl scouts, etc. that would enjoy this activity, contact Nicole Colley!

Halloween Fun!

We had a few fun Halloween events this year. We had a costume party at Happy Hour the Friday before Halloween and we also invited the community in to trick or treat on Halloween day! Both were a blast!



Live a Dream

Mary has always been a huge fan of Disney. While her family would have loved to take her to Disneyworld, they had decided that the travel would be too much for her. We decided to try and get her the next best local option and take her to Disney on Ice at the brand new Little Caesar's Arena in Detroit! She had such a fun day getting to see so many Disney characters and being spoiled by staff and family alike!



Continuing the Arts as we Age: What is Art Without Boundaries (or Mneme Therapy)?

Mneme Therapy is uses everyday pleasures such as singing, movement, painting and storytelling in a unique combination to stimulate dramatic changes in the brain. Although our goal is to provide a rewarding experience, documented testimonies show significant improvement in some clients in verbal skills, mobility, combativeness, spatial acuity, understanding instructions plus much more!

To read more about this program, check out their website at www.artwithoutboundaries.com. If you would like for your loved one to try this program, please call The Willows and ask for Nicole Colley.



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A Trilogy Senior Living Community

A monthly newsletter serving the residents of The Willows at Howell

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Diane Long
Director Environmental Services

Neil Palmer
Director of Plant Operations

Stay in the Loop

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

@Willows_Howell

The Willows at Howell

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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'Lessons'

...continued from cover

learn, and to grow. Visit our blog, www.lwptoday.com to read about some of the amazing firsts that took place at Trilogy campuses across the Midwest!

Takeaway #5: Be Grateful

It's something that everyone should try to do each day. At our campus, it only takes one look around to remind us of everything we have to be grateful for. When we hear our

residents laughing at the dinner table, or see them introducing their family to the friends they have made, our hearts are filled with gratitude. For everyone here at our campus, it's an honor to know, and to serve our residents. The gifts they've given us this past year outweigh any that could be bought in a store. We'll always cherish the memories we have made, and we can't wait to see what 2018 brings!



Word Search

W	K	V	Y	E	A	R	J	K	O	W	Z	N	O	H	Y	H	P	H
V	U	L	F	R	I	E	N	D	S	T	Z	W	R	P	K	O	M	J
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ARTIST
BALANCE
CULTURE
FAMILY

FRIENDS
GRATEFUL
HEARTS
HOLIDAY

LESSONS
NEW
ORNAMENT
PROGRAMS

SKILL
TRILOGYFIT
WELLNESS
YEAR