

WESTLAKE *Whisperings*



Lift Your Spirits This Fall!

Fall is a difficult season for some to savor. The beautiful leaves burning with color, the crisp morning air, the earlier evenings, all signal that winter is on its way, bringing with it longer nights, later mornings, and for some, depression that can last for months on end.

The change in seasons inspires many to stay indoors, avoid social situations, and curl up in front of the television with a snack and a warm drink. While this is good in small doses, it is important to remember that those interactions that fall and winter inspire us to avoid are pivotal in fighting off the blues.

During the darker, chillier months, our circadian rhythms, or the cycle by which our bodies regulate our sleeping patterns, can be thrown for a loop. This can lead to an overproduction of the hormone melatonin, which in turn can intensify feelings of sluggishness and depression. In some more extreme cases, this can lead to Seasonal Affective Disorder, a type of depression

that can cause extreme lethargy, weight gain, and overwhelming feelings of worthlessness.

Thankfully, there are plenty of ways that you can enjoy the transition from fall to winter while building healthy habits that will greatly benefit you as the leaves fall and the landscapes change from vibrant to stark.

If you feel like you do not get enough natural sunlight during the fall and winter, it may be smart to invest in a “sunbox” light, which mimics the natural light of the sun. In many cases, these lights have been shown to reduce feelings of lethargy and sadness during darker months.

It is also important to maintain your social habits during this time of the year. Throughout the month, our Life Enrichment team will be hosting a wide range of activities and programs to help keep your spirits up. Join us for a trip into town during our *Out and About* program. Take up a new art project during *Artisans*. Participate in an exercise class that’s just your speed during *Vitality*, or just mix and mingle with your friends during *Happy Hour*. Continuing to interact with other people, especially those you care about, is important

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Westlake
Health Campus

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Commerce Township, MI 48382
Campus: 248.363.9400
Legacy: 248.387.8309
Fax: 248.363.8028
www.westlakehc.com

October 2018

Happy Birthday!

Residents

9/2	Evelyn H.
9/8	Barbara E.
9/10	Flo S.
9/12	Caroline P.
9/12	Betty P.
9/17	Al G.
9/18	Donna J.
9/24	Helen B.



Friendly Reminder

The campus and its grounds are non-smoking. Please refrain from smoking on the property—including the parking lot and from discarding of cigarettes on the grounds.

Door Usage

Families are not to use the hallway doors to enter or leave the campus. Instead, use the main entrances only.

Guest Driving

Please slow down when driving through the parking lot and the roads near the villas.

Popcorn Wednesdays

Come get popcorn from Life Enrichment every Wednesday Afternoon. Free of charge to residents and guests...50 cents for staff.

Lost and Found

We have a lost and Found rack in the laundry room. Please come see us if your loved one is missing any clothing items.

Massages

Schedule your massage appointment for September with Massage therapist Kate Young, LMT.

\$65 for 1hr massage

Executive Director Corner

Greetings from Westlake Health Campus! It's hard to believe that spring and summer have come and gone, and that fall is upon us once again! For many, this is their favorite time of year, and we make sure to take advantage of the cooler days and pleasant nights at our campus. Join us any time for some warm cider and friendly company in our courtyard!

This month marks another Theme Week celebration at our campus. We'll be wrapping up our Trilogy Does Broadway series with the timeless classic, Beauty and the Beast. Don't be alarmed if you stop by to find our employees dressed as inanimate objects come to life, as

Belle, or even as the Beast himself! And if you aren't already following our campus on Facebook and Twitter, make sure to do so soon. We'll also be posting pictures from our Divisional Retreat.

Social media is a wonderful way to keep up with what is happening at our campus, but visiting us in person is even better! I hope you find some time this month to do just that. We look forward to seeing you.

I hope you have a wonderful October!

Yours in Service,

Mary Ward

Executive Director

Resident Spotlight: Evelyn H.



We would like to introduce you to Evelyn H., one of our residents in the Health Campus area. Evelyn is an absolute sweetheart; she never fails to light up a room with her sunny personality. She recently celebrated her 100th Birthday on September 2nd. Family and Friends gathered to celebrate her special day!

Upcoming Events

- **October 27th**
from 3-4pm Trick or Treating
- **October 31st**
Pumpkin decorating and costume contest

Please Label Clothing

If you bring in any new items (clothes, blankets, shoes, slippers) for your loved one, please bring them down to the laundry room so that they can be labeled. You may leave them in a bag with the resident's name and room number if no staff is present in the laundry room at the time. If you do not want one of our company labels, you may choose to use permanent marker (available in the laundry room) to identify the item by writing your loved ones initials on the clothing tags. This will help us ensure safe keeping of personal items.



Ponny M. and Bob D. in the Library

Please Come Check Out Our Library!

A former resident, Ponny Morris has been diligently working on creating a great library space for the residents at Westlake. It is in the Activity Room near the Assisted Living dining room and looks beautiful. No need to check books out, just borrow and return at your leisure or keep and enjoy!



Volunteer Spotlight: Ava

We'd love to introduce you to our wonderful volunteer, Ava! She is the granddaughter of Charles E., one of our residents in Assisted Living. Ava helps with bingo during the week and has quickly become an essential part of our bingo games. She is amazing and the residents all love her. If you see her say hello!

Snapshots of Westlake

We have been having a great time this summer, spending lots of time making memories and making friends. Here are some photos of some of the fun we have been having out and about in the community and in our own backyard!



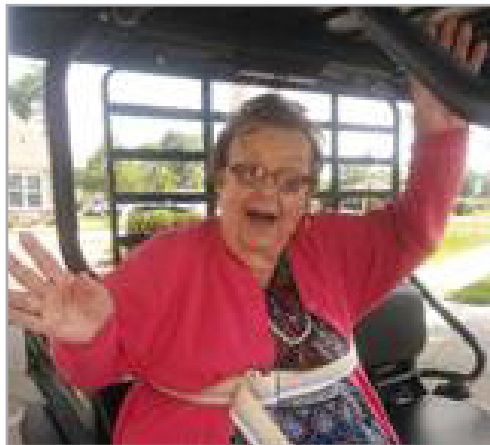
The residents enjoying a beautiful boat ride in Kensington Park.



Legacy residents enjoying good company and sunny weather.



Juanita J. and Margarent L. enjoying a ride on the golf cart.



Shirley M. living her dream of riding in a golf cart again!



Tom M. and his family cheering for the Tigers!

LifeShare Program



Joe is a volunteer at Westlake. You will find him doing conversations and crosswords with the

residents on Tuesday afternoons. He is also helping residents to utilize our LifeShare Program. Please say "hi" and let Joe know if you would like help getting LifeShare set up in your room.

Resources

There are plenty of resources available for residents and community members that are visually impaired. See a Life Enrichment team member for information on receiving free books on tape.

Life Enrichment is also happy to help provide magazines, books, adult coloring, word puzzles, jigsaw puzzles and other leisure resources as needed.

Out and About

We take the residents on outings each week. Assisted Living and Health Campus typically goes out on Tuesdays and Thursdays. Legacy goes out on Friday's. It would be helpful if you could leave money for your loved on in an account at the business office to use for outings. Many of them are free, but sometimes we go shopping to to the museum. We are also always looking for volunteers to help us on these outings. If you are avaiable to attend with your loved one please let Life Enrichment know! See the calendar or Life Enrichment for more information on where we are going each week!

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 **A Trilogy Senior Living Community**

A monthly newsletter serving the residents of Westlake Health Campus

- Mary Ward
Executive Director
- Miranda Hicks
Associate Administrator
- Rick Gasperowich
Director of Plant Operations
- Kim Penn
Director of Environmental Services
- Lyndsey Rodgers
Director of Social Services
- Suzanne Poling
Business Office Manager
- Megan Campbell
Life Enrichment Director
- Marissa Jao
MDS Coordinator
- Casey Bernaiche
Therapy Director
- Charles Taylor
Director of Dining Services

Stay in the Loop  

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

@WestlakeHC
 Westlake Health Campus

In our recent surveys, several families expressed a desire to call The Legacy directly. We are happy to announce that because of your feedback, our Legacy now has its own number! Please look for our new Legacy number in our contact information.

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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'Lift Your Spirits'

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when it comes to maintaining a healthy body and mind.

This time of year is also a great time to reach out to people who you see are struggling. Maybe you have a neighbor who has seemed down, or a close friend who hasn't been themselves; it can make a huge difference in the lives of those who are battling depression if you simply ask how they are feeling, provide them with a listening ear, and encourage them to interact with the rest of your community.

Whether you share a chat among the falling leaves with a friend, read a book while under the glow of your "sunbox" light, or participate in an activity or outing, make sure to savor everything that fall has to offer, and don't forget that you are surrounded by people who care.



Word Search

T B B S R C X A M D W X U L O T P J F
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| AUTUMN | CYCLE | HEALTH | SEASON |
| CIRCADIAN | ENRICHMENT | LISTEN | SUNBOX |
| COLORS | FALL | MIND | VITALITY |