

THE WILLOWS Monthly

New Year Goals

It's the New Year, and a lot of people are stressed out.

Why? Because they've made their resolutions and they're determined to stick to them.

They travel in packs to gyms where they run and sweat and stretch until they don't feel well. They head to health food stores and pack their carts with a variety of healthy foods that may get eaten, or, more often than not, will find a quiet, dark place in the corner of a cabinet, never to be heard from again. They set lofty goals and get depressed when it turns out they might not be as easy to reach as they thought.

At our campus, we also believe in making resolutions. But we've learned from experience (and from wise advice given to us by our residents) that setting goals that stress you out is no way to kick off a new year. So instead we focus on creating goals that we can all enjoy achieving together, and that are fun to pursue on top of that!

Here are a few we've made for 2018:

Goal #1: Make New Friends

Whether we bond with someone over a mutual love of music (and handcrafted appetizers) during Happy Hour, engage in a bit of friendly competition at the yearly Trilogy Olympics, or share a seat on one of our excursions into town, meeting new friends is easy when they're also your neighbors. We're excited to continue traditions like our famous Themed Dinners and Artisans program, and to expanding our circle even wider by inviting friends and family to join us.

Goal #2: Take a Trip

A lot of people think that once you move to a senior living community, your time for fun trips is at an end. Ask that to someone who went on one of last year's companywide trips (which included retreats to gorgeous natural landmarks and hotels, along with an all-inclusive Caribbean cruise) and you'll discover that that's not the case. This year we've made the commitment to get bitten by the travel bug again, and we can't wait to see where we end up.

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www.willowsatbellevue.com

January 2018

Happy Birthday!

Residents

Fran M.	1/05
Marlene V.	1/06
Rosemary K.	1/06
Beth L.	1/12
Mary Ann S.	1/19
Mary Alice K.	1/23
Harriet S.	1/23

Staff

Tiffany G.	1/02
Brandi M	1/04
Jamie S	1/07
Casie H.	1/09
Katie W	1/19
Kelly S	1/20
Shy N	1/21
Jennifer S	1/22
Barbara S.	1/25
Toni H	1/30

Sunday Brunch

We ask that you invite your family to Sunday Brunch January 21 from 11 am to 1 pm. Please let Melanie Woodland know how many will be attending in your party by January 15 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, and Happy New Year! I hope that you found yourself surrounded by those you love over the holiday season. I would like to thank everyone who donated their time, talent or treasure over these past months. Even if you just stopped by our campus to participate in an activity or visit with a loved one, your presence made a difference and brightened someone's day!

The New Year is a great time to recommit to healthy habits and challenge ourselves to set the bar even higher. In that spirit, I would like to take a moment to recommit to you, our family members, residents, and friends,

on behalf of the team at The Willows at Bellevue. In 2018, we remain committed to exceeding your expectations. We promise that we will keep searching for new ways to enrich the lives of those we serve and make a positive impact in the community we call home. We're excited about everything 2018 has in store, and can't wait to make twelve more months of memories we can cherish for years to come.

It is truly our pleasure to serve the Bellevue community. If you have any suggestions regarding how we can continue to improve, please do not hesitate to let us know. Thank you again for your support of The Willows at Bellevue!

Yours in Service,
Christine Greilich
Executive Director

Activity Photo Highlights



Mary and her family are enjoying their time together!

More Activity Photo Highlights



Jan and Joyce is enjoying Sunday brunch!



Our chef Bailey is carving a turkey for Sunday Brunch



Betty finished pieces of art



We celebrated our great customer satisfaction scores with a candy bar for our employees Alana Prosser and Kayla Bowers

Out and About

- January 03:
Scenic Drive (Health Center)
- January 08:
Panera Bread
(Assisted Living)
- January 10:
Twin Lakes (Health Center)
- January 15:
Quaker Steak and Lube
-Men's Choice (Assisted Living & Health Center)
- January 17:
Red Lobster (Health Center)
- January 22: Bob Evans
-Fremont (Assisted Living)
- January 24:
East of Chicago (Health Center)
- January 29:
Applebee's (Assisted Living)
- January 31:
St. John's Preschool (Health Center and Assisted Living)

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 Fontana's .

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 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 Greulich
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
or at 216-403-6246.
Compliance Hotline: 800-908-8618,
ext. 2800; or comply@trilogyhs.com

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'Resolutions'

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Goal #3: Embrace a Lifestyle of Wellness

At our campus, wellness is a way of life, which is why it's so easy to keep this resolution year after year. While we take great pride in the nutritional value of the food we serve, we also understand that indulging in a slice of warm, home baked goodness is great for the spirit. And while we believe that exercise is important at any age, we make sure that our fitness activities can be enjoyed by people of all mobility levels.

These three goals are just the beginning, but we think you'll

agree that they're enough to get us started. If you have a loved one at our campus, or are thinking about switching out your resolution for something a lot less stressful and a lot more fun, stop by and see us. We would love to pursue our goals with you!



Word Search

L	K	H	Q	G	F	H	O	B	U	N	I	P	T	X	K	Q	N	U
W	I	U	W	L	L	D	E	R	D	E	A	T	R	P	U	G	G	Q
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EIGHTEEN
EMBRACE
EXCURSION
FRIENDS

FUN
GOALS
HAPPY HOUR
HEALTH

LOFTY
MIDNIGHT
NEW YEAR
RESOLUTIONS

SPIRIT
STRESS
TRAVEL
TRIP