

THE WILLOWS Monthly



A New Year, A Fresh Start

This past month has been filled with all of the best holiday trappings – plates piled high with mounds of buttery mashed potatoes and thick slabs of pie, early evenings, late mornings, and afternoons spent napping, snacking, or snuggling up with a blanket and a heartwarming movie.

‘Twas the season for treating yourself, and indulging in your favorite things are what the holidays are all about! Give it a few weeks, though, and you may have started to feel sluggish, anxious, and even more tired than you were before the holidays began. Thankfully January is here, and it’s brought with it an excuse to start fresh: The New Year!

Making New Year’s resolutions can be stressful. More often than not, we don’t live up to the ambitious goals we set for ourselves. So how can we help ensure our success? We believe that when it comes to resolutions, it’s best to keep it simple. You don’t have to transform completely, and you don’t have to go far to find ways to improve and

enrich your life and the lives of those around you.

Volunteering at our campus is a great way to keep spreading cheer long after the holidays. This time of year can be difficult for many, and something as simple as visiting with someone who may be feeling lonely can have a big impact. We’re always looking for volunteers of all ages, and we welcome anyone with a kind heart, a desire to give, and time to share with others.

Our campus is also serving up the perfect remedy for the fatigue that comes with days of heavy holiday fare– fresh, delicious food that won’t weigh you down. The thought of a salad bar or fresh fruit after weeks of stuffing and gravy may throw you for a loop, but trust us when we say that there’s nothing quite like some Vitamin C to get you back to feeling like yourself again. If you’re searching for something more filling, our chefs are always crafting dishes that are as nutritious as they are delicious. Spending most of your winter on the couch may sound appealing at first, but joining us for an outing or activity will provide a sense of purpose and belonging that you won’t find amongst the cushions.

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www.willowsatbellevue.com

January 2019

Happy Birthday!

Residents

Dora M.	1/02
Fran M	1/05
Marlene V.	1/06
Rosemary K.	1/06
Beth L.	1/12
Bernita S.	1/19
Eugene R.	1/20
Patricia H.	1/20
Harriet S.	1/23
Ernest Y.	1/24

Staff

Tiffany G.	10/2
Jamie S.	1/07
Hiasin R.	1/07
Katie H.	1/17
Katie W.	1/19
Shy N.	1/21
Jen S.	1/22
Barb S.	1/25
Ryan M.	1/26
Toni H.	1/30

Sunday Brunch

We ask that you invite your family to Sunday Brunch January 20th from 11 am to 1 pm. Please let Melanie Woodland know how many will be attending in your party by January 8 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 do-nated their time, talent or treasure over these past months. Even if you just stopped by our cam-pus 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 mem-bers, residents, and friends, on behalf of the team at The Willows at

Bellevue. We promise that we will keep searching for new ways to enrich the lives of those we serve and make a positive impact on the community we call home. We're excited for everything 2019 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, or if you would like to volunteer at our community, 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

Photo Highlights



More Photo Highlights



Out and About

- 1/02 Berardi's Family Kitchen Health Center Center
- 1/07 St. John's Preschool
- 1/09 Outback Steakhouse Health Center
- 1/14 Applebee's – Fremont Assisted Living
- 1/16 Chili's Grill and Bar Health Center
- 1/21 Twin Lakes Assisted Living
- 1/23 Bob Evans Health Center
- 1/28 Track's End Men's Group
- 1/30 Applebee's – Fremont Health Center

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.

Taste of Town 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 Copper Top is Taste of Town.



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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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'New Year'

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Whether we're checking out
 a local restaurant, exploring
 a nearby museum, or tapping
 into our inner artist, we
 always have a great time!

So this month, make
 a resolution to live life
 inspired. Touch the lives
 of others, savor new flavors,
 and make it a point to get
 in on the fun at our campus.
 We think you'll find that
 a fresh outlook helps melt
 away holiday stress just as
 much as one more piece of
 pie and a long winter's nap.



Word Search

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

ARTIST
 ENRICH
 FRESH
 GOODIES

HOLIDAY
 IMPACT
 IMPROVE
 JANUARY

LIVES
 NAP
 NEW YEAR
 RESOLUTIONS

SLUGGISH
 STRESS
 VOLUNTEER
 WINTER