

WESTLAKE *Whisperings*

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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**Westlake**
Health Campus

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Fax: 248.363.8028
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January 2018

Happy Birthday!

Residents

January 01	Dorothy J.
January 03	Yvonne M.
January 05	Ethel S.
January 10	Julia A.
January 20	Ernest L.
January 27	James A.
January 27	Beverly R.
January 28	Dolores K.

Friendly Reminder



The campus and its grounds are non-smoking. Please refrain from smoking on

the property or discarding of cigarettes on the grounds.

Book 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, adult coloring books, word puzzles, jigsaw puzzles and other leisure resources as needed.

Popcorn Wednesdays

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

Executive Director Corner



Greetings from Westlake Health Campus 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

Westlake Health Campus 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 Commerce 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 Westlake Health Campus.

Yours in Service,
Emery Dumas, LNHA
Executive Director

Happy Hour: *I Mustache You a Question*

We had a themed Happy Hour "*I mustache you a question*". Join us for Happy Hour every Friday at 3pm.



Snapshots from Westlake

We had a wonderful Veteran's Day celebration sponsored by the American Legion and Custom Home Health.



The Twelfth Day of Christmas

The last day of the Twelve Days of Christmas falls on January 6, and in Ireland it doesn't end with twelve drummers drumming, but with Nollaig na mBan, or Women's Christmas, or Little Christmas, as it's also known. This is the day the Christmas decorations come down and (finally) the women of the house get a much-deserved rest after catering to guests during the busy holiday season. In 1998, an article published in the Irish Times newspaper noted that while even God rested on the seventh day, Irish women didn't get to rest until the twelfth!

The holiday is especially common in southern Ireland's counties of Cork and Kerry, where families celebrate a yearly reminder of the strength and importance of Irish women, especially mothers, who have long been considered the backbone of the Irish family. In Ireland's olden times, the women would save the turf, cut the hay, and paint the barn, all while

raising the children and feeding the family—no small task considering how large traditional Irish families were. While a woman's role in Irish society has evolved over the years—they have moved far beyond the boundaries of the home and into the community, business, and politics—women are no less revered.

On January 6, it is common for children to give their mothers and grandmothers presents or cook them breakfast. The men take over the household duties for the day while women gather socially in the pubs and restaurants for a little well-deserved girl time. In fact, it is the one time of year when restaurants and bars are filled entirely with women.

Luckily, the notion of Women's Christmas is becoming popular for Irish women beyond Cork and Kerry. And the celebration is becoming more than just a night out at the pubs. Modern Women's Christmas celebrations are including discussions about women's health, political involvement, and most any other women's issues: less food, and more food for thought.

Bereavement Support Group

We are happy to announce a partnership with MidMichigan for a Bereavement Support Group. Our next meeting will be Thursday, December 7th at 3pm in our Legacy building.

Monthly meetings will be the first Thursday of each month at 3pm and facilitated by Rev. Todd Gillert.

Winter Blues

The hubbub of the Holiday season is over. Many residents may feel lonely or contemplative during this time.

Here are some tips and ideas of things to do as you visit your loved one.

- Listen to some favorite or seasonal music (and something to play it on if needed)
- Watch videos together (a tablet with a large screen is easier to see than a phone) See Life Enrichment to set up and utilize the LifeShare box in our residents' room to show pictures.
- Look at old photographs or documents you've found
- Bring in an old toy or collectible
- Fold clothes
- Look /sort recipe cards or sports cards
- Hand lotion for a hand massage or manicure materials
- Food: tea and a tea set, a favorite sweet, take-out Chinese
- Look /sort fabric swatches or a quilt
- Bring in a book with poems to read or short punny jokes to share

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 A Trilogy Senior Living Community

A monthly newsletter serving the residents of Westlake Health Campus

- Emery Dumas
Executive Director
- Tim Reardon
Administrator in Training
- Janet Sennett
Director of Health Services
- Jill Quillen
Assistant Director of Health Services
- Dan Phillips
Community Services Representative
- Denise Graham
Life Enrichment Director
- Lyndsey Rodgers
Director of Social Services
- Casey Bernaiche
Therapy Director
- Jon Lopez
Director of Dining Services
- Rick Gasperowich
Director of Plant Operations
- Kim Penn
Director of Environmental 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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'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
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EIGHTEEN
 EMBRACE
 EXCURSION
 FRIENDS

FUN
 GOALS
 HAPPY HOUR
 HEALTH

LOFTY
 MIDNIGHT
 NEW YEAR
 RESOLUTIONS

SPIRIT
 STRESS
 TRAVEL
 TRIP