

WESTLAKE *Whisperings*



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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Westlake
Health Campus

10735 Bogie Lake Road
Commerce Township, MI 48382
Campus: 248.363.9400
Legacy: 248.387.8309
Fax: 248.363.8028
www.westlakehc.com

January 2019

Happy Birthday!

Residents

1/1 Eva T.

1/5 Ethel S.

1/27 Beverly R.



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 January with Massage therapist Kate Young, LMT.

\$65 for 1hr massage

248-231-5283

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. 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 Commerce Township 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 Westlake Health Campus!

Yours in Service,

Mary Ward
Executive Director

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!

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 are 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.

Resident Spotlight: Ivis C.

We would like to introduce you to Ivis C., one of our residents in the Assisted Living area. Ivis is so fun and full of life. She loves talking about her adventures in Italy and her family. She has two wonderful children, Dennis and Kim, 4 grandchildren and 2 great-grandchildren! When it is nice outside Ivis loves to spend her time sitting on the porch and enjoying the sun. Ivis was a music teacher, and her love of music is such an inspiration to the staff and residents here. She can often be heard playing her grand piano in the Assisted Living Living Room, which is such a treat for all who are around to listen to her play!



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!

Snapshots of Westlake

We have been having a great time this winter, 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!



MJ showing some love for our veterans!



Supporting Hope for the Holidays with our Giving Tree!



Holiday cheer is in the air!



Torie and Barb decorating the tree!

Upcoming Events

February 12th Family Night (time to be announced)

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 Fridays. It would be helpful if you could leave money for your loved one in an account at the business office to use for outings. Many of them are free, but sometimes we go shopping or to the museum. We are also always looking for volunteers to help us on these outings. If you are available 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

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Director of Plant Operations
Kim Penn
Director of Environmental Services
Suzanne Poling
Business Office Manager
Megan Campbell
Life Enrichment Director
Marissa Jao
MDS Coordinator
Casey Bernaiche
Therapy Director
Katie Johnson
Director of Health Services
Chelsea Thelen
Director of Social 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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'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
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ARTIST
ENRICH
FRESH
GOODIES

HOLIDAY
IMPACT
IMPROVE
JANUARY

LIVES
NAP
NEW YEAR
RESOLUTIONS

SLUGGISH
STRESS
VOLUNTEER
WINTER