

# WOODED GLEN Gazette



## 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.

*...continued on back page*



**WOODED GLEN**

2900 N. Bechtle Avenue  
Springfield, OH 45504

Phone: 937.342.1460

Fax: 937.342.1461

[www.woodedglensl.com](http://www.woodedglensl.com)

January 2019

# Happy Birthday!

## Residents

|            |      |
|------------|------|
| Ruth J     | 1/06 |
| Virginia D | 1/13 |
| Vicki E    | 1/15 |
| Gene J     | 1/26 |
| Gene L     | 1/30 |

## Staff

|               |      |
|---------------|------|
| Brittany Gest | 1/6  |
| Shane Spriggs | 1/13 |
| Joy Haerr     | 1/15 |
| Vickie Shank  | 1/16 |
| Kayla Hembree | 1/23 |
| Sarah Hibbert | 1/24 |

# Save the Date

Jan. 7,14,21 ,28  
BrainFIT Education Classes  
Location: Health Center  
Activity Room

Jan 10th -Senior Executive Club  
Location: Wooded Glen  
Dining Room @ 1:30 p.m.

Jan 13th – Resident  
Family Brunch  
Location: Wooded Glen  
Dining Rooms, 11-1pm

*Please RSVP if you are family/friend  
and plan to attend any of these events*



*Out to lunch at The Stables! We loved all of the Christmas decorations!*



# Executive Director Corner

Greetings 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 our team. 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 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!

Yours in Service,

Michael Lacey  
Executive Director

# Happy Activity Professional Week

Happy Activity Professional Week to our Life Enrichment Team! Jan. 20-26 is the week to honor and say Thank You to our Wooded Glen LE team: Beth Stumpf, Connie Hansen, Libby Johnson, Lee McGee and Pam Wilson! Our resident's spirits are lifted everyday because of each of you!



*Pam and Libby helping the ladies Christmas shop!*



*Life Enrichment Staff decking the halls for Christmas! Libby and Lee*

# Photo Highlights

December was a month of celebrations and fun! We celebrated birthdays, weekly happy hour, holidays, our staff and many fun activities with our residents!



*Wooded Glen staff at our monthly ER3 celebration to Retain, Reward and Recognize*



*Out to lunch at Clifton Mill!*



*Our residents love spending time together at our weekly Happy Hour!*



*Grace celebrated her 102nd Birthday with cards from Rolling Hills students, Wooded Glen friends and family! Happy 102nd Birthday Grace!*



*Happy 90th Birthday Joan!*



*Some of the amazing Wooded Glen nursing staff take a moment to pose in front of one of our gorgeous Christmas trees!*

## Volunteer News

At Wooded Glen, we are working hard to recruit and develop the best Volunteer Program in Clark County!

Some of our existing opportunities include painting nails, leading Bingo, cooking demos, music performances (individually or with a group), lifelong learning programs, etc.

If you are interested in sharing your hobbies and passions with our residents, please contact our Life Enrichment Director, Beth Stumpf.

## Did You Know...?

*Wooded Glen is now offering Massage Therapy to our residents every Tuesday morning!* Please see Life Enrichment Director, Beth Stumpf to schedule.

*That you can read the monthly newsletter and calendar online.* Please follow the campus link, to see at a glance, what is happening at our campus: [www.woodedglensl.com](http://www.woodedglensl.com)

*The Parlors, Lounges, & Activity Rooms can be reserved for special events such as, birthday parties, anniversary celebrations, family meals, or other special occasions, that you would like to share with your loved one.*

*Happy Hour is held every Friday.* We welcome you to join us for some great appetizers, beverages, fun and fellowship!

*The Trilogy Foundation grants "Live a Dream" experiences, to residents wishing to participate in something they have always wanted to try, or to simply relive an activity that they enjoyed in the past. See a member of our Life Enrichment team for more information.*



# WOODED GLEN

2900 N. Bechtle Avenue  
Springfield, OH 45504

Phone: 937.342.1460

Fax: 937.342.1461

[www.woodedglensl.com](http://www.woodedglensl.com)



A Trilogy Senior Living Community

A monthly newsletter serving the residents  
of Wooded Glen Health Campus

Mike Lacey

Executive Director

Jason Rhoads, RN

Director of Health Services

Angie Miller, RN

Assistant Director of Health Services

Lindsay Clark

Customer Service Representative

Tana Conley

Business Office Manager

Beth Stumpf, CTRS

Life Enrichment Director

Megan Dungan

Director of Resident Services

Shane Spriggs

Director of Plant Operations

Louie Ortega

Director of Dining Services

Paula Cain

Environmental Services Director

Amanda Evans, RN

MDS Coordinator

Amber Holt, LPN

Medical Records/Scheduling

Jamie Craig

Villa Lifestyle Director

Stay in the Loop  

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

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. Matt Haynes,  
Divisional Vice President: Matt.  
[Haynes@trilogyhs.com](mailto:Haynes@trilogyhs.com). Compliance  
Hotline: 800-908-8618, ext. 2800;  
or [comply@trilogyhs.com](mailto:comply@trilogyhs.com)

Newsletter Production by  
[PorterOneDesign.com](http://PorterOneDesign.com)

# 'New Year'

...continued from cover

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