

*Everyone Deserves
a Great Life*

April 2017

LEADERSHIP TEAM

Executive Director:

Kimberly Bowles, LNHA

Director of Wellness:

Claudette Brumit, RN

Community Relations Director:

Kerri Huguen

First Impressions Specialists:

Helen Hicks

Kristyn Wagner

Certified Dietary Manager:

Gregory Dunn

Memory Care Coordinator:

Susan Harris

Maintenance Director:

James Mangham



MISSION STATEMENT

We enrich the lives of our residents, families and employees through extraordinary experiences . . . because *Everyone Deserves a Great Life!*



WILLOWOOD
AT MUSTANG

1017 WEST HIGHWAY 152 • MUSTANG, OK 73064 • (405) 376-1200

Eat Eggs to Feed Your Brain

Experts say including eggs in your diet may help enhance brain function by providing your body with key building blocks. Along with vitamins B-12 and D, egg yolks are a rich source of choline, an essential nutrient needed to produce neurotransmitters, which are chemicals that brain cells use to communicate with each other.

The Birth of Baby Carrots

Did you know that baby carrots were created to give ugly carrots a chance at being sold? In 1986, a California carrot farmer sprouted the idea to cut and peel imperfect, unwanted full-grown carrots into identical 2-inch pieces, and they were an instant hit at grocery stores. Packaged baby carrots now make up nearly 70 percent of carrot sales.



Flourish of Flowers

Whether it's tulips, daffodils or azaleas, each April, from coast to coast, folks celebrate the flowers of spring. In some places, multi-day festivals have blossomed around their arrival. Washington's Skagit Valley is famous for its 300 acres of brightly colored tulip fields. More than half a million yellow daffodils are the center of attention in Meriden, Conn., and Wilmington, N.C., showcases its lush gardens of azaleas.

A Little Rain Must Fall

"The way I see it, if you want the rainbow, you gotta put up with the rain." —Dolly Parton



Fragrant Forecast

Loved by many people, there's actually a name for the unmistakable scent of rain: petrichor. When certain plants and soil-dwelling bacteria get wet, they release oils and chemicals that create the earthy odor.

Thanks for the privilege of serving you and your loved ones!



WOW!

At Willowood, we cultivate a culture of "WOW!"

Notice a team member providing excellent care or see our staff going above and beyond? Please let us know so we can recognize them. In doing so, we validate positive performance and encourage more of the same.



Join Our Facebook Family!

Willowood's Facebook page is called "Willowood at Mustang," and our friend "Ed Willow" is the administrator. We post photos of and information regarding events, and we'd love to see you there. We also appreciate you sharing our posts with your families and friends!



Volunteers needed! **YARD BEAUTIFICATION DAY**

We will be working beginning at 10am on April 6th to beautify our grounds.

Join us for a fun time outdoors with your loved ones!

*Donations will be accepted for flowers, soil, fertilizer and decorative pots.

Spotlight on Alzheimer's



ALZHEIMER'S SUPPORT GROUP
with special guest speaker

Carla Skull of the
Alzheimer's Association

April 20th, 6 p.m.

Refreshments will be served and
respite care is available.



Congratulations!



Willowood congratulates Meg Brown on 2 years of outstanding service to our residents. Thanks, Meg, for all you do. We appreciate you!



Happy Birthday

- 4/2: Janie Ramey
- 4/3: Lester Burris
- 4/8: Kathy Sharp
- 4/9: Rhonda Parks
- 4/13: Kerri Hughen
- 4/23: Karen Cowan
- 4/24: Mary Clarkson
- 4/24: Kimberly Bowles
- 4/30: Bert Melton

Director's **Corner**

This month, I'd like to take the opportunity to recognize some employees that go above and beyond the call of duty to assist residents and their needs as well as working extra shifts.

Nerissa Enarson, Rhonda Parks, Nicole Parks, Kathy Sharp, Lauren Kear, Whitney Westbrook and April Holley have all had perfect attendance in Memory Care. Meg Brown, Megan Burns and Nakia Hinton have been covering an extra position between them and still maintaining perfect attendance in Assisted Living. Teresa Lanier, Isabel Enriquez and Michaela Sims also have perfect attendance. Of these, Nerissa Enarson, Isabel Enriquez, Nicole Parks, Rhonda Parks, Kathy Sharp and Michaela Sims have kept their perfect attendance up through the entire past quarter.

More and more residents are expressing their appreciation for the compassionate care they receive from resident care assistants. It's nice to know there are many serving our community who go above and beyond the call of duty every day.

Please stop by and meet Claudette Brumit, RN/Director of Wellness if you have not already done so. She comes to us with many years of experience in senior nursing and has been serving our building as a home health nurse. Claudette is excited about her new role and the opportunities to serve your loved ones. Her hobbies include motorcycle riding and spoiling her new grandbaby.

New in the dietary department this month, we are using a likes and dislikes form, which we would appreciate you completing for your loved one if they are unable to do so for themselves. You can pick up a form from Gregory Dunn, our Certified Dietary Manager, or any other dietary staff member. Gregory brings a rich background and long experience in the culinary arts and restaurant management. He also comes to us with several years of dietary management for seniors.

Our Memory Care neighborhood is blessed with the return of Susan Harris. Susan previously served as Life Enrichment Coordinator, and we are delighted she has chosen to come home to Willowood. It is very important that each loved one of residents in our neighborhood completes a Life Story profile. Please see Susan, as these empower us with the information needed to connect with them on meaningful levels.

Please join us for as many upcoming activities and events as possible and watch for details regarding a special guest speaker coming soon. John Gillespie, Certified Estate Planner/Registered Financial Consultant, will be offering his expertise to residents and families. This will be a great opportunity to review financial affairs and make necessary adjustments. As always, call me with any questions or concerns you have.

Kimberly Bowles,
LNHA/Executive Director
(405) 990-1981
must.adm@meridiansenior.com

Family Night

You and Your Family Are Invited!



Please join us for yummy dinner and a super fun KARAOKE CONTEST to celebrate National Karaoke Week!



Residents, families and team members: bring your best and step up to OPEN MIC NIGHT AT WILLOWOOD



Just 
for Fun

April 2017

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



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2	3	4	5	6	7	8	
Happy Birthday, Janie Ramey!	Happy Birthday, Lester Burris!		Rent Is Late Tomorrow!	Happy Birthday, Kathy Sharp! YARD BEAUTIFICATION DAY!			
9	10	11	12	13	14	15	
PALM SUNDAY Happy Birthday, Rhonda Parks!				Happy Birthday, Kerri Hughen!	GOOD FRIDAY		
16	17	18	19	20	21	22	
	Happy 2-Year Anniversary, Meg Brown!	6:00 - FAMILY NIGHT		6:00 - Alzheimer's Support Group			
23/30	24	25	26	27	28	29	
23: Happy Birthday, Karen Cowan! 30: Happy Birthday, Bert Melton!	Happy Birthday, Mary Clarkson and Kimberly Bowles!						

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Assisted Living & Memory Care
 1017 West State Hwy 152
 Mustang, OK 73064