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L I F E A N D N E W S F R O M W E S L E Y W I L L O W S

A Faith-Based Community

SPRING 2017

THE WESLEY WILLOWS ANNUAL

BOX OFFICE BENEFIT



On Sunday, July 9, we invite you to our 45th Annual Benefit at Rock Valley College's Starlight Theatre. This year, join us for *Beauty and the Beast*, a modern family favorite.

The festivities begin at 1:00 p.m. with a pre-show reception that will include refreshments and family activities. You will be delighted by the opportunity to interact with the cast, who will join us in full costume! Take a turn in the photo booth, grab a treat or head backstage for a tour – it's all part of the fun! The show will begin at 2 p.m. – a friendly face from the Wesley Willows community will show you to your seat.

BEAUTY AND THE BEAST



Proceeds from the Box Office Benefit support our Good Samaritan Fund. The Good Samaritan Fund ensures that residents who outlive their financial resources can always call Wesley Willows their home. Rising healthcare costs and longer life spans ensure an ongoing need for this fund. Supporting a wonderful cause has never been so much fun!

Return the enclosed envelope to purchase tickets or make a donation. For more information, call 815-316-1570.

OUR MISSION

We promote active secure lifestyles for Seniors through ongoing personalized care.

OUR VISION

Wesley Willows will be the leader in providing exceptional programs, services, and amenities for Seniors.



Bill Pratt, President & CEO

Have you ever realized that something is only unimaginable until you imagine it? Opportunities, and risks, only become real when you give them life through thought. Spending time imagining can open up a world of possibilities.

Every day at Wesley Willows, we talk about our commitment to promoting active, secure lifestyles for Seniors through ongoing personalized care. We think about how our founders took risks and created a community and legacy that was bigger than themselves – and we work to that purpose.

This year we have stretched our thinking, imagined if you will, the various things we could and should consider as we work to create the area's best Continuing Care Retirement Community – improving each day. We've talked more and more about the various ways that we can fulfill our Mission – we've talked with our residents, our staff, and our Board. We listened and learned with and from those three groups, as well as various industry experts.

As we move forward in this season of growth, we reflect on our strong commitment to operational excellence – in our programs, services and facilities.

At Wesley Willows we not only imagine creating a premier living community for seniors, we also work to make it happen.

Until next time,

Bill



Spring GROWTH

Flowers are not the only things we are looking forward to beautifying our campus this spring. We are currently beginning construction on 15 new duplexes (30 homes) on the west side of campus - this is the latest in an exciting few years of growth at Wesley Willows.

Since 1999, building has been a fixture on campus as new homes have gone up. We have added between one and 10 homes per year since 2012 – so our growth this year is something special. In the spring of 2016 our occupancy rate was 99% and we had a growing future residency list. It was then that the decision was made to move forward with a plan for a new plat of homes. This plan adds 30 independent living units to our campus of an existing 254 duplex homes and 113 suites. Over half of our new homes have already been reserved. Should you choose to reserve

new construction, you have an opportunity to be a part of the design process. From finishing to fixtures, our homes can be customized to meet individual tastes and needs. Creating homes in partnership with our residents is part of our commitment to ongoing, personalized care. Our campus flowers grow because of water and light. Our campus community grows because of our phenomenal residents and committed team. It is a beautiful spring at Wesley Willows, and we are looking forward to our community blossoming further.

Greystone Park -

The Dog Park at Wesley Willows

Wesley Willows has been a dog friendly campus since 2000. This spring, things will get even friendlier when the gates open to Greystone Park, our very own dog park.

For several years residents have discussed the creation of a dog park on campus. In 2016, a group of passionate residents worked with staff to move the project forward. A resident-fundraising campaign yielded over \$23,000, enough to build the park. Features of Greystone Park include a fully fenced area, shelter with seating, water source, and double-gated entry. Clearly displayed park rules and guidelines help to ensure that residents can safely enjoy the park with their furry friends.

Greystone Park, named by a generous supporter, is a wonderful example of what can be accomplished by our residents. They have truly driven this project forward, and will continue to do so.

This new feature to our campus will be a fun way to build community, as well as an attractive addition for potential future residents. We are proud of what residents have accomplished and are excited to see all the wagging tails this spring!



HEALTH TIPS

A Spring in Your Step

Tips for Being Safe Outdoors as the World Blooms

- **Choose Your Shoes.** Good traction helps keep you upright if walking on uneven terrain, wet grass or other slick surfaces.
- **Early Birds, Evening Strolls.** Be active outdoors in the morning or evening when the sun is not at its peak and temperatures are cooler.
- **Cover Up.** Wear a hat and sunglasses to protect your face. Always liberally apply sunscreen 30 minutes before heading outside and reapply after a few hours.
- **Drink Up.** As we age, our bodies lose the ability to conserve water and detect thirst. When outdoors or traveling, always have water readily available.
- **Breathe Easy.** Allergy sufferers should always consult a doctor before mixing over-the-counter allergy medicines and prescriptions.
- **Dress Cool.** Wearing light colors and natural fabrics that are loose fitting can go a long way in staying cool and comfortable.
- **Attuned Activity.** Whether you enjoy walking or gardening outdoors, or taking a fitness class, regular exercise will keep you strong and healthy at every age in any season.

If you have questions, seek advice from a medical professional – they are there to help!





For more information on how to make Wesley Willows your home, please call 815.316.1500

A GREEN SEASON

COMMUNITY GARDEN

The large planter boxes behind the Town Center will soon be full of industrious volunteers and colorful vegetables. In 2003, a community garden was started in a few small beds at the edge of campus. It has since grown to a dedicated acre of beds, complete with gazebo, that boasts room for 78 gardeners to tend to their plots. Each July, an annual garden walk invites visitors to learn more about the garden and see it taking shape. July also kicks off our Farmers Market season. Veggies sales

are held every Friday morning for anyone looking for fresh produce and to support a great Wesley Willows community initiative.

JOHNS GREEN ACRE

In 2000, the Johns Family donated two acres of land to Wesley Willows for the purpose of creating a memorial landmark in honor of their family – a beautiful green place that others would want to visit to find peace. This idea has grown to extend to all who wish to remember a loved one with



the donation of a tree that will allow Johns Green Acre to flourish. Please call the office of Fund Development at 815.316.1570 for more information about purchasing a tree or memorial.

