

connections

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 2016

Leading the Way in Alzheimer's and Dementia Care

Did you know that every 67 seconds someone in the United States develops Alzheimer's Disease?

At Wesley Willows, Kirk's Place Memory Care Center is specially designed for those with Alzheimer's disease and other forms of memory loss.

Recently, Wesley Willows introduced a Fast Fitness program where our personal trainers customize exercises to benefit each resident – at whatever level they can. While we know the benefits of exercise for older adults, for our residents with memory loss it can also improve cognition; recent studies have shown that exercise may improve memory and slow down mental decline.

“...exercise may improve memory and slow down mental decline



Erica Figurin, Director of Kirk's Place, said, “Every resident's journey with Alzheimer's is different. So, one-on-one time is just as important as the group activities.” Wesley Willows programs are responsive to each resident's needs and abilities – creating the best experience with the most benefit.

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

You may be thinking that the Wesley Willows newsletter looks a little different – and you would be correct. This summer Wesley Willows celebrates its 50th anniversary and, with this first issue of *Connections*, we honor the past and journey into the future with you.

Webster's Dictionary defines a connection as a situation in which two or more things have the same cause, origin, or goal. Each day I see this exemplified at Wesley Willows. Everyone comes together to work toward one common goal – to provide active, secure lifestyles for Seniors through ongoing personalized care.

But what does that really mean? It means Wesley Willows is your home. Whether you are active and taking yoga classes or gardening; if you need memory care support; or even rehab after that knee replacement – you will be home. And receiving the personalized care you require. Always!

It's no secret that strong connections make strong communities. And Wesley Willows is just that – a vibrant, dynamic, faith-based community. Strong connections make us the leader in Senior living. A connection with our faith. A connection with residents. A connection with staff. A connection with our community.

Join us as we step forward into the next 50 years.

Until next time,

Bill



Celebrating the First **50 YEARS**

On June 16, 1966 Clara Royston, the widow of a Methodist minister, moved into her new home at Wesley Willows. Since that sunny Thursday long ago, Wesley Willows has been home to thousands of Seniors: our mothers and fathers, aunts and uncles, our teachers, soldiers, and friends - all adding to the rich fabric of our history. Each chose to make Wesley Willows their home, knowing they would be part of a strong community and receive quality care as their health care needs changed.

Throughout the years, Wesley Willows has led the way in meeting the needs of Seniors in Northern Illinois. From opening the leading-edge Health Center in 1974 to opening Kirk's Alzheimer's Activity Center in 1996 followed by Kirk's Place Memory Care Center in 2006 to the opening of the Town Center and Suites in 2008, Wesley Willows has committed to evolving and providing the best services.

Now, Wesley Willows offers a full continuum of care Senior living community. Residents enjoy a commitment to their quality of life — with two fitness centers, exercise classes, an aquatic center, concierge, art studio, bistro dining and so much more. While this is different than that opening day in 1966, one thing remains the same — our strong commitment to providing exceptional programs, services and amenities for seniors.

Join the Fun at the Annual Box Office Benefit

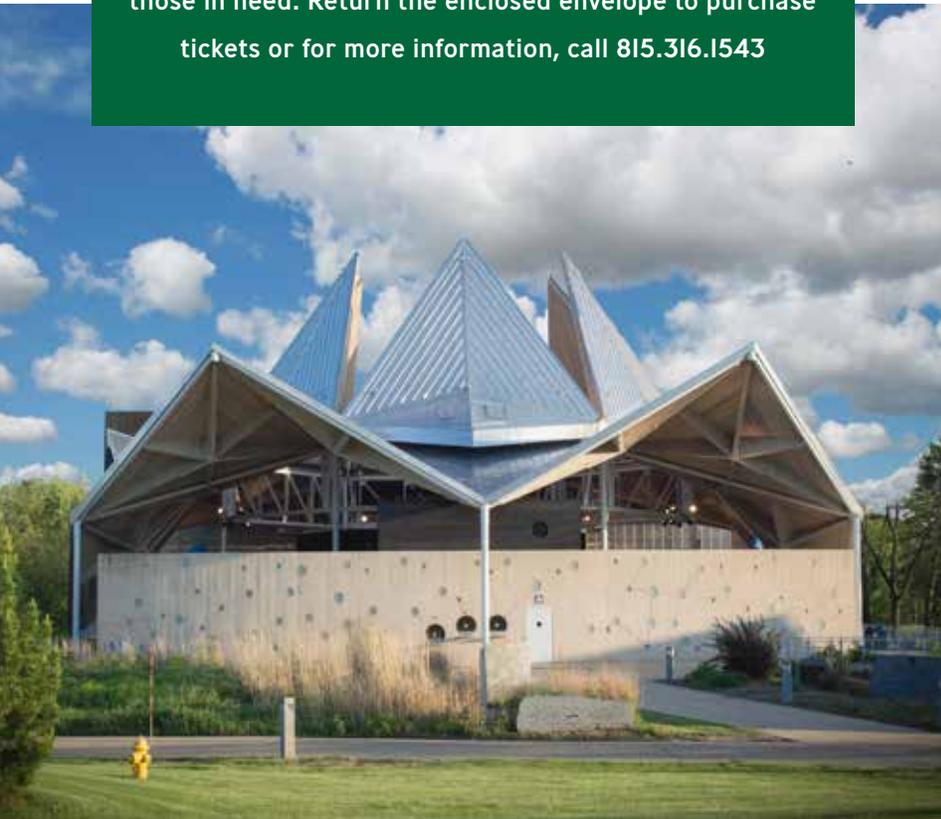
Join us for a day of fun for a great cause! On July 10 Wesley Willows will host our annual Box Office Benefit at Rock Valley College's Starlight Theater — this year's feature is a classic family favorite, *Chitty Chitty Bang Bang!*

Doors open at 1 p.m. for a pre-show reception with treats, activities, and goodies for the kids. You can also tour backstage or take photos with your favorite character before the curtain rises at 2 p.m.



Box Office Benefit proceeds support the Wesley Willows Good Samaritan Fund. At Wesley Willows, we make a commitment to provide a lifetime of care for each resident – even if they should outlive their financial resources. As healthcare costs have nearly doubled in the past five years, the funds raised at this event are needed now more than ever.

Join us for fun, a fabulous show, and help support those in need. Return the enclosed envelope to purchase tickets or for more information, call 815.316.1543



HEALTH TIPS

Preventing Falls

According to the CDC, one-third of Americans age 65 and older fall each year. Falls result in more than 2.5 million injuries annually. Falls can greatly impact the quality of life, so as you get older, fall prevention is important.

Consider these simple strategies:

- **Make an appointment with your doctor.** Be honest about fears, previous falls, signs/symptoms, and medication usage.
- **Stay active.** With doctor approval, consider walking, water aerobics or gentle exercise to improve strength, balance, coordination, and flexibility.
- **Consider your footwear.** Slippers, socks or improper fitting shoes can make you slip or trip. Wear proper fitting, sturdy shoes with non-slip grip.
- **Look around your home.** Make sure high traffic areas are clear and clutter free. Secure loose rugs, repair loose carpeting, use a non-slip shower mat, and store items within easy reach.
- **Keep lighting bright.** Turn on lights when going into each room.
- **Use assistance devices to keep you steady.** A cane or walker is easy to use.
- **Find a balance class.** Balance training helps to prevent falls and injuries. If you need help finding a class, Wesley Willows can help.

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

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Questions to Ask

BEFORE MOVING
TO A SENIOR
LIVING COMMUNITY

1 Is the community established?

If the community is new or still on the drawing board, check out past projects the organization has developed.

2 I don't feel old – are there young retirees?

Look for a variety of activities – for residents at every age – and those that interest you.

3 Is there a pool?

A pool usually is accompanied by a strong wellness program and rehabilitation facilities.

4 What transportation is available?

As we age, easy access to reliable transportation becomes a priority.

5 Are there other special amenities?

On-site salons, a variety of dining opportunities and catering are popular amenities.

6 Is the community a not-for-profit organization?

Make sure that the community's values align with your own – the place you will call your forever home.