



# Heart to Heart

A newsletter for the families of the residents at The Village healthcare centers. **May/June 2023**

## Hair Styles & Happy Smiles!

If you ask the Village ladies to name special events on their calendar, you can be sure that one activity will be high on the list: their appointment with Village hair stylist Tammy Roberts!

Tammy began sharing her talents at Willow Brook in 1996, after years of working in her own salon. When asked why she chose to make the change, she said she felt the calling to work in a Christian environment, and to be with the residents. She has grown to love the Village ladies, and says she enjoys the “double blessing” of helping others, and knowing how much they appreciate looking their very best. We are so grateful to have Tammy part of the Village family.

- Pictured at right is resident Helen K. (L), with Tammy Roberts, Village hair stylist.



“Beauty is not in the face; beauty is a light in the heart!”



## Gifts For Grads!



**Residents of Centrum  
assembled graduation  
gifts for our nine  
Culinary Team servers  
who are 2023 graduates!  
Our congrats to all!**

## Remembering Those Who Gave “All”

As Memorial Day approaches, our Village independent and healthcare residents will have opportunities to pause and remember the men and women who gave the ultimate sacrifice for the sake of our freedom.

### **\* Bus trip to Oak Grove Cemetery on Tues., May 9.**

We will welcome Amy Wright, the cemetery manager, as she hops on the bus and highlights the different Delaware County veteran gravesites.

### **\* Lest We Forget - Remembrance Service on Sat., May 27 @10:00.**

Our entire campus will gather around the front entrance flag pole for a time of sharing, patriotic music presented by the Willow Brook Singers, and veteran tributes. Our Village Crafters volunteers will distribute “Poppies Pins” in remembrance of the poem “In Flanders’ Fields.” All are welcome to join us!





## A Word From the CEO

Transitions are a part of life, and some are harder than others. I can personally vouch for the truth of this old adage. As you may know, my family and I are in the middle of a major transition, moving our lives from Texas to Ohio. Many of you have empathized with me, as you have gone through a similar transition yourselves. I've appreciated your encouragement.



Let's face it, change is never easy. The newness can be exciting at first, then turns to nervousness, uncertainty, and fear as it progresses. Still, we face transitions in life from an early age, and learn to grow and adapt as we face them.

The changing of the seasons reminds me about transitions in life. It's been refreshing to feel the springtime of Ohio after arriving in the dead of winter. I was shoveling snow the second week I was here! As we get older and look back on the seasons of life, we learn that we will survive the initial nervousness, uncertainty, fear (and snow!), to feel the joy and comfort of the new season we step into.

Yes, change is tough, and no matter what transition or season of life we are in, God has a way (a perfect way), of walking the journey with us, weaving His purpose into our lives.

Hello spring, and hello, my new friends and family at Willow Brook. Let's go for a walk!

—Troy

## A Word From Chaplain Adam: “Turn, Turn, Turn”

In elementary school we were forced to have assigned seats in our classrooms, and I hated it. Undoubtedly, it helped our teachers keep track of us and keep us in line. “I can’t wait until I can sit wherever I want to!” I used to say to myself. My kids made the same complains, “Why can’t we just sit where we want to?”

The cool thing about high school and college was that we got to sit wherever we wanted. I remember the pure adulation I felt at not being forced to sit in assigned seats by some fascist teacher! If you are anything like me, you know where this is going. After being freed from the bondage of assigned seats, just about every single one of us proceeded to *sit in the same seat every day*! As much as we hated the idea of being told what to do, we hated the idea of change even more.

Transitions are hard, aren’t they? I like to think of myself as someone who can roll with the punches, go with the flow, adapt on the fly, and sit in whatever seat I want to sit in, but the reality is change is really hard. I like my routines. It gives me stability, and when change comes, there are few things that are more difficult.

Transitions are an integral part of life at Willow Brook. Our residents are always transitioning: from their home of decades, to higher levels of care, to being a widow or widower, and – especially – to the idea of getting older. My son graduates in May, my daughter will be getting her driver’s license in a matter of weeks, my parents are getting older, my belly is getting bigger because I can’t stop eating candy . . . life is one change after another.

Book of Ecclesiastes in the Old Testament is written from the perspective of an older person looking back at their life, considering all the things they have wasted their time on. At the time they seemed like a big deal, but then as they transitioned to new stages of life, it seemed rather meaningless. At one point he writes, “There is a time for everything, and a season for every activity under heaven.” Well, seasons do change (including seasons of life), and that means we all have to get used to it. And for many of us . . . that’s really hard.

As you face the changes and transitions in your life, know that you are not alone in your feelings of disorientation and confusion and frustration. It. *Is*. Hard. But God has designed it this way. Variety is the spice of life, and there are nuggets along the path that make each day beautiful in its own right – though we can’t often see how in the moment. If you are struggling with your transitions, don’t hesitate to reach out to someone – maybe even your chaplain, to share your burden. Transitions are difficult, but you do not have to go through them alone.





# Springtime Snapshots!

