



Treating Yourself This Father's Day

On Sunday, June 16th, we celebrate Father's Day – a day when fathers everywhere will inevitably make the dad joke: "Isn't it funny that Father's Day is on a 'Son-day'?"

Horrible puns aside, we want to take this opportunity to acknowledge all of the wonderful fathers who call our campus home. So many of us have warm memories of attending ball games, changing flat tires, and learning about life with these important men in our lives.

At our campus, we have plenty of Life Enrichment programs that our fathers and everyday residents are sure to enjoy. If you're looking

for a new activity to explore or a fun way to spend your father's day, consider the following:

Lifelong Learning

We've learned so much from you, so why not let us return the favor? With our Lifelong Learning program, you'll join community members in taking part in any and all courses that you might be interested in. Do you want to know more about technology? History? Maybe you have a newfound passion for music that you want to explore. With Lifelong Learning, local instructors and volunteers will be happy to educate you about all of

these topics and more. Of course, this program is also offered to all members of our community. You don't have to be a father to want to expand your knowledge!

Vitality

Did you know that we also celebrate Men's Health Week this month? From the 10th through the 16th, we encourage early detection and treatment of preventable health problems and promote wellness amongst the men of our campus. And what better way to be well than with Vitality? With this program, we promote physical movement at least

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Happy Birthday!

Residents

06/04	Sharon P.
06/06	Barb P.
06/14	Lois H.
06/21	Anna S.
06/22	James B.
06/22	Roberta Y.
06/25	Jerry L.

Staff

06/02	Mary R.
06/02	Deana K.
06/03	Teresa B.
06/05	Heather M.
06/14	Julianna B.
06/17	Trinity V.
06/22	Mary S.
06/24	Crystal M.
06/30	Betty D.

Did You Know...?

The Private Dining Room can be reserved for special events you would like to share with your family member. You can reserve the room for birthday parties, family meals or other special occasion.

Happy Hour is weekly at 4:00pm in the Health Care and Assisted Living Dining Rooms as well as the Legacy Lounge. Join us for refreshments, fun and fellowship.



Executive Director Corner

Happy June!
With summer
in full swing,
it's time

to break out the bug spray, breathe in the warm air, and relax under the sun. Personally, my favorite part of the season is seeing familiar faces join us for our co okouts. Nothing says summer like enjoying good company with the smell of food on the grill, so I encourage everyone to come out!

This month, we're also excited to be kicking off our annual Independence from Hunger campaign. With the help of our sister campuses, we're proud to continue to provide over 1 million pounds of food every year for food banks and non-profit organizations in our local community. We are always amazed at the level of support we receive from employees,

residents, families, and friends. At our campus, compassion is never in short supply.

We put the "fun" in fundraising, so you can expect to hear about all of the exciting events we have planned for this year's campaign in the near future! In the meantime, we would like to ask all members of our community to consider supporting this great cause. Every donation, big and small, is appreciated and makes more of a difference than you could ever know.

If you or a loved one are interested in making a donation, contact our Life Enrichment Director today. They'll be happy to hear from you!

Yours in Service,

Mark Johnston

Executive Director

Out and About

I scream! You scream! We all scream for ice cream! Everyone decided there is nothing better on a warm day, or a cool day for that matter, than ice cream. Thus, a trip to Young's' Jersey Dairy was in order. Enjoy these pictures of residents enjoying ice cream! Carrie O. had a cone almost as big as her head and ate every bite while Gene and Sandy S. and Paula B. enjoyed their favorite flavor.



Legacy Spotlight

Angela B. facilitated her first SingFit session at the Legacy and received her reward through great participation! SingFit is a program that is so much more than music. It is reminiscing, movement, singing and just plain fun. Visit our website at www.forestglenhc.com or call 937-390-9913 to learn more about the program or to schedule a visit to see it in person!





Featured Event

Eggs, eggs, everywhere but, which

one do I want? This year's egg hunt for resident and employee families was a wonderful event. With the kids separated into age groups and the whistle blown it was off to the races to get those eggs! All the kids went home with a sack full and the parents and residents had a great time watching the hunt. While many eggs were easy to find, some residents were glad to give hints to help find some that were out of plain sight.



Volunteer News

It was a great pleasure to recognize our loyal volunteers for their service to our residents and campus over the past year. The value of their time and talent is immeasurable. Collectively they provide one to one visits for prayer and comforting conversation, art classes and card games. They called BINGO games, helped residents get to activities and rolled plastic ware for our local soup kitchen. A group from a local school visits each week, keep our salt, peppershakers full, and reset the dining tables for lunch. At the luncheon, they enjoyed a delicious lunch of pasta, salad and breadsticks followed by home baked carrot cake, cookies and blondies for dessert. Each volunteer received an engraved keyring as well as a lunch tote, travel cup or notebook and pen. It was a great opportunity to show our appreciation for all the wonderful things our volunteers do!



Trilogy Health Services Presents: BrainFIT

"Empowering you to take control of your brain health holistically, through Education, Nutrition, Sleep, Exercise and Stress Reduction!"

BrainFIT is a 5-week program designed to improve cognition by using physical activity, nutrition and socialization! BrainFIT is coming to Forest Glen each Monday from July 30 through August 27 at 3:00pm in the Clubhouse.

MISSION STATEMENT

The mission of the TrilogyFIT Wellness Education Series is to educate on and inspire implementation of active aging wellness strategies so they can be incorporated into an active living lifestyle. If you would like to attend this Wellness Series or have questions, please call Paula Burgstaller, LEA at 937-390-9931. Seating is limited so be sure to call soon!



Smile of the Month

One thing is certain, if the kids are going to hunt Easter eggs, someone needs to stuff them with goodies! You can tell by her smile that Louise K. enjoyed getting the eggs ready for the event. Thank you, Louise!



Themed Dinner

"Joe sent me" was often the password needed to enter a Speakeasy in the 20s. Once inside, you would see the crowd drinking bathtub gin and dancing the Charleston. Most were smoking cigarettes; the men sported fedoras and spats and the women wore fringed flapper dresses, long beads and bobbed hair. At Forest Glen's Speakeasy, all one needed to do was show up! Fedoras, beads and flapper dresses were optional but sure were a lot of fun. Everyone enjoyed period music and delicious Capone themed food: ziti and veal cutlet with asparagus for an entrée with pineapple upside-down cake with Rum Runner sauce for dessert. They say a picture is worth a thousand clams. Take a look at these!



Sunday Brunch

Join us for Sunday Brunch on June 16, from 11:30am until 1:00pm. Each resident may invite two guests free of charge. There will be a charge of \$7 for additional guests. Enjoy a chef prepared meal and leave the dishes to us! Please RSVP to Terri Bowermaster at 937-390-9913.

Taste of the Town

We will enjoy Steak 'n Shake burgers and fries for Taste of the Town on June 26. "Steak 'n Shake – In Sight, It Must Be Right!" Black aprons and red bow ties included!



FOREST GLEN

HEALTH CAMPUS

A Trilogy Senior Living Community

2150 Montego Drive

Springfield, OH 45503

937-390-9913

forestglenhc.com |  

Mark Johnston
Executive Director

Tabby Jones
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Teresa Blue
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Alivia Huffine
Customer Service Representative

Paula Burgstaller
Life Enrichment Director

Linda Jenkins
Director of Resident Services

Tonya Martin
Therapy Program Manager

Aleah Rader
Staff Development Director

Mary Beth Schmitt
Medical Records

Mary Swank
Legacy Neighborhood 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 or email
our Compliance Hotline: 800-908-8618,
ext. 2800; or comply@trilogyhs.com*

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'Father's Day'

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three times a week with activities
such as strength training, balance
training yoga, Tai Chi, stretching,
dancing, sport gaming systems
activities, and walking clubs.

Again, this is a program that is
available for everyone to enjoy.

Just The Guys

Our male residents and staff have the
opportunity to maintain a healthy,



active lifestyle and engage in fun
activities when they participate in
our Just the Guys program. Through
this program, we offer 'the guys'
opportunities to connect with each
other through interesting activities
and outings! Whether they meet
for an all-guys breakfast, bond
over a friendly poker game, or take
a fishing trip, it's an opportunity
for the guys to just be guys and
enjoy each other's company.

Thank you to all of the fathers
of our campus who inspire us
to selflessly serve every day. If
you're a resident who is interested
in participating in any of the
mentioned programs, contact our
Life Enrichment Director today!

Word Search

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

BOYS
DAD
EXPLORE
FATHER

FISHING
GAMES
GRANDPA
GUYS

HEALTHY
HISTORY
JOKE
MEN

MISTER
POKER
SPORTS
VITALITY