



FOREST SPRINGS

HEALTH CAMPUS

*A Trilogy Senior Living Community*

Press

June 2019



## 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

Connie H. June 24

Robert G. June 30

## Sunday Brunch

We always look forward to mingling with our residents and their families and friends during our Sunday Brunches, the second Sunday of every month. Each resident can invite up to two guests free of charge. Additional tickets may be purchased for \$10 from the business office or that day from a staff member. If you anticipate bringing a large group, reservations are accepted up to three days in advance. So come join us for a delicious meal!

## Live a Dream

Our "Live a Dream" program is designed to grant long-held wishes for our residents. We collaborate with the Trilogy Foundation to help finance our bigger dreams, but even small dreams are granted, through this wonderful program. Please let the Life Enrichment Director know if your loved one has expressed a wish and will do our best to grant it! Also we are a part of the Honor Flight! If you are a Veteran and would like take part in the Honor Flight please make us aware so we can get you signed up.



## 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 cookouts. 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,  
*Sean McCoy*  
Executive Director

## CHICAGO SPEAK EASY

We traveled back in time to the Roaring 20's Chicago Speak Easy style, for our theme week! As you can see it was a lot of fun, we ended our week with a fabulous dinner and great music!





## MORE FROM... CHICAGO SPEAK EASY



## Volunteers Needed

Forest Springs strives to make all of our resident's days fun and enjoyable. Volunteers are the heart and soul of our campus and the key to making that happen. We are asking for just one hour per week/month to make a difference in their lives. If you are interested please contact: Becky Dunaway Life Enrichment Director.

## Taste of the Town

Taste of the Town is an opportunity on the third Tuesday of every month for our residents to "eat out" without the hassles of leaving the building! Residents are encouraged to provide feedback to our chef during "Chef Circle". Resident preferences will determine the restaurant we will host at our campus for the month. Last month we had Chick-fil-a and the famous cow paid us a visit.

## LifeShare

LifeShare Technologies, in partnership with this campus, provides an innovative service that allows you to connect with family and engage in your community, all through your personal television. With LifeShare, you can do all of the following through your television:

- View Photos
- View community information, such as activities, announcements and dining menus
- Receive event reminders on the screen or by phone
- Read daily news
- Play games, music and faith based programs
- See your Life Enrichment Department to get started today!



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*Sean McCoy*

*Executive Director*

*Krista Shepherd*

*Director of Post-Acute*

*Brandon Campbell*

*Assistant Director of Post-Acute*

*Taelor Adams*

*Customer Service Specialist*

*Kelsey Strader*

*Community Services Representative*

*Julie Cash*

*Business Office Manager*

*Becky Dunaway*

*Life Enrichment Director*

*Denise Bevins*

*Director of Assisted Living*

*Jennifer Alvarez*

*Social Services Director*

*Keith Dobson*

*Director of Plant Operations*

*David Williamson*

*Director of Food Services*

*Suzette White*

*Environmental Services Director*

*Taelor Adams*

*Villa Lifestyle 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](mailto: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
Y	M	O	J	O	E	B	Q	P	E	D	S	K	G	U	Z	F	K	M
G	H	V	K	R	N	L	V	I	O	R	V	Y	M	C	N	H	U	E
X	F	O	B	E	H	P	I	P	Z	M	C	I	H	I	R	S	E	S
W	U	U	Y	W	H	S	T	F	Y	W	L	R	G	Y	O	B	A	Z
R	Z	O	G	Q	O	D	A	D	M	I	S	T	E	R	H	A	H	C
K	J	Z	U	F	P	T	L	J	U	P	E	B	Q	P	Y	V	M	O
G	U	I	Y	H	F	I	I	A	P	A	P	E	S	M	A	S	I	L
X	Q	Z	S	S	L	F	T	F	N	Q	I	Q	T	R	J	H	O	Y
W	H	E	A	L	T	H	Y	G	N	V	N	C	D	H	Z	E	E	H
D	R	Z	U	T	W	Q	J	Z	Q	X	G	R	A	N	D	P	A	U
A	V	T	X	J	T	Z	R	T	R	Q	G	Y	G	M	J	U	P	Q
V	A	F	J	O	J	B	N	H	O	U	G	H	I	S	T	O	R	Y
E	Y	Z	A	Y	I	J	P	O	K	E	R	L	O	I	Y	T	A	R
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