



THE GLEN

A Trilogy Senior Living Community

Gazette

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

...continued on back page

Happy Birthday!

Residents

Barb N.	June 05
Charles S.	June 06
Frank K.	June 09
Anna G.	June 10
Joan S.	June 16
Bob C.	June 16
Christa W.	June 17
Mima R.	June 18
Elinor H.	June 25
Charles F.	June 28
Nina C.	June 29
Jenny R.	June 30

Staff

Sanda M.	June 23
Denise G.	June 29



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,

Valerie Wallen

Executive Director

Family Night

Families and friends! Join us for our Family Night on June 28th, at 4:00pm. Please ask Erin Cecil, CSR or Mary Cales, LED for more information in regards to this event.

Volunteer News

Do you have a hobby or activity that you enjoy, that you would like to share with our residents?

We are currently looking to grow our volunteer program in activities, such as Bingo, painting nails, lifelong learning, arts/crafts projects, gardening, pet visits, outings, in-room visits, etc. Please contact a member of our Life Enrichment team if you or someone you know would be interested in giving the gift of time.

LIFELONG LEARNING

At The Glen, we are always eager to learn new things! This past month we have done a ton of fun science experiments, and one of them was called "Inverted Balloon in a Bottle". We learned how temperature can influence air pressure and pull a balloon into a glass bottle without touching it! The room was filled with laughter and smiles.





Legacy Lane Spotlight

May was quite an enjoyable month! We especially had a good time going out and about into the community together to get lunch, go to the movies, and ride around the town to look at the beautiful flowers. We can not wait for summer and all the outdoor activities planned!

Theme Dinner

We had an absolute blast at our Themed Dinner this past month! We had Chicago-Speakeasy influenced, meals, entertainment, and costumes! It truly is a day we will not forget. Here are some great pictures from the event.



Sunday Brunch

Please join us for our next Sunday Brunch on June 16th, from 11:30am-1:30pm. Please RSVP with number attending. The first two guests are complimentary, any additional will be \$10. See the business office or admissions team for reservations and tickets!

Did You Know...?

That you can read the monthly newsletter and calendars on-line. Please follow the campus link www.theglensl.com.

The Private Dining Room can be reserved for private parties, family dinners, birthday dinners and any other special event. Please contact the Life Enrichment Director, Mary for reservations.

Happy Hour is held weekly on Friday at 3:30pm.

The Trilogy Foundation grants Live a Dreams to residents wishing to experience something they have always wanted to do, or relive an experience they have enjoyed in the past. For more information please contact the Life Enrichment Director, Mary.



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theglensl.com |  

Valerie Wallen
Executive Director

Katie Tackett
Director of Health Services

Samantha Allen
Medical Records and Scheduling

Krista Harmon
Assistant Director of Health Services

Erin Cecil
Customer Service Representative

Earleen Cox
Business Office Manager

Krista Harmon
MDS Coordinator

Mary Cales
Life Enrichment Director

Renee Davis
Director of Resident Services

William Russell
Director of Plant Operations

Clarence Harris
Environmental Services Director

Adam Jennings
Director of Dining Services

Christie Jennings
Therapy Program 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*

'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
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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