



FOREST SPRINGS

HEALTH CAMPUS

A Trilogy Senior Living Community

Press

August 2019



Celebrating our Seniors

On August 21st, we celebrate National Senior Citizen's Day – a time for us to acknowledge all of the incredible seniors who have impacted our own lives, as well as the lives of others. At our campus, we know them as husbands and wives, grandfathers and grandmothers, and visionaries with a thirst for adventure. If you're looking for a way to celebrate yourself this Senior Citizen's Day, here are a few activities to get you started – brought to you by the National Council for Aging Care!

Get Competitive

Are you a chess champion? A Pictionary prodigy? Maybe checkers is where you're yet to meet your match. Invite some friends over to put your skills to the test! Not only are board games a fun pastime, but they also get the creative juices flowing and help maintain a happy and healthy mind. Just by participating in a friendly game of Scrabble, you could be doing great things for your memory. Start a Game Night tradition today by reaching out to your Life Enrichment Director!

Embrace the Power of Music

Have you ever thought about being a part of a choir? Maybe trying your hand at a new instrument? Music is another effective way in which we can keep our minds active, so why not make some of our own? With our *Music To My Ears* program, we invite entertainers, resident performers, student musical groups and more to come express themselves through the power of song. Talk to a member of our Life Enrichment team to learn more!

...continued on back page

Happy Birthday!

Residents

Shirley S.	Aug 02
Carolyn P.	Aug 06
Frances D.	Aug 07
Samual P	Aug 10
Mary E.	Aug 26
Caroline W.	Aug 28
Margaret Y.	Aug 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 August! I hope that everyone has been enjoying themselves these past few weeks. We’ve been busy in the best ways possible – celebrating the Fourth of July with friends, enjoying Sunday Brunches with family, and making memories together that are sure to stay with us for the rest of our lives. But we’re not done celebrating yet!

August 21st is Senior Citizen’s Day, so I wanted to take some time to acknowledge all of the incredible senior citizens who call our campus home. Whether you’ve been with us for two weeks or two years, your approachability, warmth, and wisdom has been evident ever since you first came through our doors, and has made serving you each and every day an absolute joy. Life is an adventure that was meant to be shared, and we’re so lucky that we have you to share it with.

Speaking of adventure,

I also want to take this opportunity to remind all of our residents about our Live a Dream program. With Live a Dream, we’re proud to take our seniors on all kinds of adventures – whether it’s something they haven’t done since they were a teenager, or it’s something that they’ve never done before in their life. We’ve had residents who have gone sky-diving, met their favorite bands backstage, and even sat in a replica of the Batmobile! Whether you’re looking for a new experience or want to relive an old one, we’re happy to make your dream a reality. Contact a member of our Life Enrichment team to find out how.

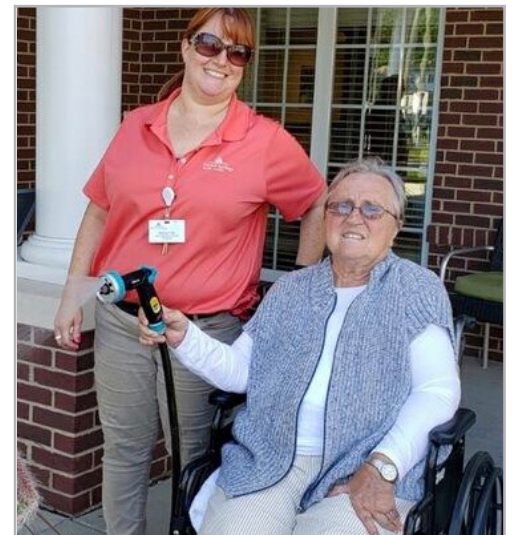
I hope everyone has a great month, and I hope to see you soon!

Yours in Service,

Matthew Jones

Executive Director

Photo Highlights



More Photo Highlights



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.

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 Photo's
- 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!

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.



FOREST SPRINGS

HEALTH CAMPUS

A Trilogy Senior Living Community

4120 Wooded Acre Lane

Louisville, KY 40245

502-243-1643

forestspringshc.com |

Matthew Jones
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

Mark Heil
Director of Food Services

Suzette White
Environmental Services Director

Taelor Adams
Villa Lifestyle Director

Billie Kinteh
Director of Environmental Services

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

Newsletter Production by PorterOneDesign.com

'Seniors'

...continued from cover

See the World

Who doesn't feel better after a vacation? Not only is traveling great for our mental health, but it's a very real possibility for the residents of our campus! With the Trilogy Travel Club, we're proud to offer our residents the chance to go on cruises, visit museums, and explore uncharted territory. While you're having fun, you'll still be receiving the same level of quality care that you're accustomed to. Contact a member of our campus team for more information!

Whatever it is that keeps you entertained and active, we have an experience tailored just for you. Simply talk to anyone on our staff today and ask them how you can begin living your best life!



Word Search

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

AGING
CHECKERS
CHOIR
CITIZEN

CRUISE
EMBRACE
EXPERIENCE
EXPLORE

FUN
GAMES
MUSIC
PASTIME

SENIOR
TRAVEL
VISIONARY
WORLD