



AVALON SPRINGS

HEALTH CAMPUS

*A Trilogy Senior Living Community*

# Chronicle

October 2019



## Celebrating our Dining Services

At our campus, we believe that the right employees make the difference. October 3rd – 9th is National Healthcare Food Service Workers week, and we want to take this time to recognize the incredible individuals who make up our Dining Services team, as well as the specialized programs that they assist in providing for our residents.

***Taste of the Town*** - With *Taste of the Town*, our Dining Services team treats our residents to the sights, smells, and tastes of local restaurants - all from the comfort of home. Through music, uniforms, mascots, and specialized menu options, our

dining room is redesigned to capture the look and feel of a featured restaurant. Let us know which restaurants meals are your favorite, and we will partner with them to bring your favorite meal experience to the campus so everyone can enjoy them with you!

***Theme Dinners*** - Who said that you have to leave home to go on vacation? A celebration of the culture behind our care, *Theme Dinners* allow us to explore the world at large from within the walls of our campus. Our next Theme Dinner, Nashville Boot Scootin' Boogie, will be on Thursday,

October 24th, and will be our final destination in our "Party in the USA" Theme Year. Stay tuned for more details as we get closer to the hoedown!

***Sunday Brunch*** - With our *Sunday Brunches*, we celebrate our fondest memories of sharing a meal with those that we love. Offered monthly, resident family members are invited to our campus to enjoy delicious breakfast items served buffet-style. So mark your calendars each month and encourage your family to come out and join us! All are welcome to attend.

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# Happy Birthday!

## Residents

10/06	Joseph T.
10/07	Betty D. H.
10/08	Donna F.
10/13	Laverne T.
10/13	Flora B.
10/16	Clara L.
10/20	Marjorie H.
10/23	Julie K.
10/24	Norma K.
10/28	Anne G.

## Sunday Brunch

In September, our Sunday Brunch will be on Sunday, October 6th, 2019. We ask you to join us and have a wonderful meal with your loved one here at Avalon Springs on 10/06 at 11:30 am. Each resident may have two complimentary guests and 3 additional guest at \$10.00 each. To purchase the three additional guest tickets, please see Monica or Sam in the Business Office. Please be sure to RSVP by October 6th, 2019.

## Taste of Town

Taste of Town is County Line Orchard.

## Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link: [www.avalonspringshc.com](http://www.avalonspringshc.com)

Happy Hour is weekly at 3:30pm in Town Square. Please join us every Friday for live entertainment, hors d'oeuvres and drinks.



## Executive Director Corner

Happy October, everyone!

Now that Fall is in full swing, I'm taking every opportunity available to enjoy the outdoors. There's something especially comforting about the sound of leaves crunching beneath my feet, and the smell of fresh pumpkins being carried by a cool breeze. There's so much to appreciate about this time of the year, and we can't wait to celebrate it with you.

On October 24th, we'll be arriving at the next destination in our "Party in the USA" Theme Year – Nashville Boot Scootin' Boogie! We recommend that you get your dancing shoes ready, because before you know it, it'll be time to honky tonk the night away! Hold on to your hats for more information about this hoedown as we get closer to the Theme

Week. In the meantime, don't hesitate to talk to a member of our Life Enrichment team about any questions that you might have. They'll be more than happy to see you!

Speaking of Life Enrichment, now is the perfect time to get involved with our Out and About program. If you're wanting to stretch your legs and experience some of the Fall magic for yourself, then look no further. With Out and About, we offer our residents field trips, bus tours, sports outings, and more – up to two times per week! Talk to any members of our team about what we have planned for this month so that you can jump on board.

See you around, and have a great month!

Yours in Service,

*Crystal Wray, HFA*

Executive Director

## VIVA LAS VEGAS

This past month we took our residents on a trip to Las Vegas, Nevada during our theme week where we visited the casino, had a fabulous lunch, and even took in a show! Overall it was a trip to remember (I mean check out those outfits).



*Are those our Avalon Springs department leaders or crazy tourists ready to take on Las Vegas*





*Dee L. always loves dressing up for theme dinner!*



*Patti L. is dressed for Casino Night at Avalon!*



*We headed to "Las Vegas" at Blue Chip Casino for lunch, and it was DELISH!*



*Clara L., Linda P., Barb A., Sophie T., and Daniela W. are ready to take their chances at the slot machines during their visit to Blue Chip Casino.*

## Aloha from Hawaii

"Aloha is the philosophy by which many islanders live their lives. It is encompassing feelings of love, affection, kindness and goodness. There is a reason everyone is so friendly and you don't see angry driving in Hawaii – and that reason is aloha." Hawaiians have the right idea when it comes to the way they live their lives, so we thought we'd bring a little of the "aloha spirit" to Avalon Springs by hosting a Luau themed Family Night Dinner. May you continue to carry that spirit.



*Hubey and his guest are thrilled about tonight's Luau menu.*



*Nursing Staff in Legacy are dressed and ready for Luau Night.*



*Employees are dressed and ready for Luau Night.*



*Pat W., Sophie T., and Mary S. always thrilled on Family Night.*

## More from... VIVA LAS VEGAS

### Volunteer Spotlight

Sam is a master at many things in life, but here at Avalon Springs we only really know about is his musical talent as a pianist. Did you know that he also composes his own music and has learned this all by ear? Neither did we! Painting is a major part of his life as well. His favorite mediums are oil and acrylic, and prefers to use palette knives and brushes. He's also received an award naming him the Most Improved Instructor's Choice, as well as selling one of his pieces at a Gala for thousands of dollars. Talk about giving back! A new goal he is currently training for is the 5k portion of 2019's Turkey Trot. We wish you success on your upcoming marathon, Sam!







# AVALON SPRINGS

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Valparaiso, IN 46383

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avalonspringshc.com |  

*Crystal Wray*  
Executive Director

*Kim Sheets*  
Director of Health Services

*Amy Plumb*  
Life Enrichment Director

*Amber Burns*  
Legacy Neighborhood Director

*Heather Schlegelmilch*  
Community Service Representative

*Ivana Krstevska*  
Social Service Director

*Monica Lacy*  
Business Office Manager

*Jennifer Ruzbasan*  
Director of Dining Services

*Maurice Ford*  
Director of Environmental Services

*Jim Funes*  
Director of Plant Operations

## 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@vhs.com*

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# 'Dining Services'

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***Chef's Circle*** - Held weekly, *Chef's Circle* allows our residents the opportunity to provide feedback, propose new dishes, and share their favorite recipes with our detail-oriented chefs. You may even be the first to sample our new menu offerings and help to decide which dishes we will feature on the next menu!

***Trilogy Culinary Cruiser*** - The *Trilogy Culinary Cruiser* takes our dining room experience to the road. Our food truck will travel to select destinations and community events to provide those we serve with mouth-watering meals on the go. Ask a member of our team about when the Trilogy Culinary Cruiser is scheduled to be in the area!

Thank you to our Dining Services employees for helping bring these experiences to life in our community. Your commitment to quality care is reflected in every dish, and your compassionate spirit never fails to put a smile on the face of our friends and family. If you'd like to get to know our Dining Services team, join us in the dining room anytime for a meal. They'll be eager to meet you!



## Word Search

J	F	Y	C	C	W	X	D	O	D	Y	Y	L	W	V	D	G	F	F
Z	S	U	O	K	J	F	I	L	A	M	F	T	O	X	A	R	H	G
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BRUNCH  
BUFFET  
CHEF  
CIRCLE

CULINARY  
DINING  
DINNER  
FOOD

LOCAL  
MEALS  
MENU  
RESTAURANT

SERVICES  
TASTE  
THEME  
TOWN