



SPRINGHURST

HEALTH CAMPUS

A Trilogy Senior Living Community

Sentinel

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!

October 04	Bruce B.
October 08	Evelyn H.
October 13	Ronald L A.
October 18	Nancy W.
October 18	Almeda D.
October 20	Theria T.
October 22	Karen W.
October 22	Frances L.
October 24	Iva F.
October 29	Deborah M.

Sunday Brunch

Join your loved one for brunch October 20, 2019. We offer two free tickets per resident, if needing more tickets the cost to purchase is only \$7.00 each.

Volunteer News

All volunteer hours should be logged daily now, only using the Campus MobileServe tablets. If you are still struggling with this process, Please reach out to Angie Brooks LED.

Live a Dream

The Live a Dream program demonstrates our continued commitment to exceeding the expectations of our seniors and their families in everything we do. Live A Dream offers opportunities for seniors to enjoy activities that they used to do more often, but have since been unable to do so. This time, however, we make them extra special! Live A Dream not only grants these chances, such as skydiving, zip lining, or riding motorcycles, but we also grant priceless experiences that encourage us all to keep our dreams alive.

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!

Sincerely,

Karen Marzec
Executive Director

SMILES OF THE MONTH



Live A Dream: Wedding Renewal



Did You Know...? October is a strange month, weather-wise. The first frost usually occurs in October, but days of warm, almost summer-like weather can reappear. Farmers rushing to harvest the last of their crops are grateful for these Indian summer days. October, with its beautifully changing foliage, is one of the most colorful months of the year.

Resident Overnight Retreat 2019



Resident Choice Award

The Resident choice award identifies and recognizes staff members' outstanding performance and contributions to residents and the staff. The residents nominated Chelsea Johnson LEA for all her hard work and dedication.

Celebrity Birthdays

Groucho Marx (comedian) – October 2, 1890

Buster Keaton (comedian) – October 4, 1895

Desmond Tutu (archbishop) – October 7, 1931

Eleanor Roosevelt (first lady) – October 11, 1884

Paul Simon (musician) – October 13, 1941

Penny Marshall (director) – October 15, 1943

Evel Knievel (daredevil) – October 17, 1938

Martina Navratilova (tennis star) – October 18, 1956

Mickey Mantle (ballplayer) – October 20, 1931

Dizzy Gillespie (musician) – October 21, 1917

Minnie Pearl (comedian) – October 25, 1912

Dylan Thomas (poet) – October 27, 1914

Jonas Salk (doctor) – October 28, 1914

Dan Rather (journalist) – October 31, 1931



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Karen Marzec
Executive Director

Janice Davis
Director of Health Services

Angie Brooks
Life Enrichment Director

Dana Kirkpatrick
Director Resident Services

Teri House
Community Services Rep.

Angie Janes
Director of Environmental Services

Deb Vetter
Legacy Neighborhood Director

Jimmy Fletcher
Director of Dining Services

Lindsey Bruce
MDS Coordinator

Jean Wuerch
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*

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

BRUNCH
BUFFET
CHEF
CIRCLE

CULINARY
DINING
DINNER
FOOD

LOCAL
MEALS
MENU
RESTAURANT

SERVICES
TASTE
THEME
TOWN