



THE LEGACY
AT ENGLISH STATION
A Trilogy Senior Living Community

News

June 2021



Gratitude Soars As Travel Agents Organize a Free Trip for Veteran Pilots

The best friendships not only keep us grounded; they can take us to the skies! Enjoying life from the comfort of an Oregon senior living community, veteran pilots Jack Henderson, David Crawford, and Dick Snider have long had their eyes set on what would become their dream vacation: attending the Reno Air Races in Reno, Nevada. Eager to make their dream a reality, Jack contacted Julie Pflaume, a travel agent who would stop at nothing to help the trio get back in the air.

Upon learning that travel would be unavailable for the foreseeable future, Julie took to her Facebook page to collect donations for an alternative, in-town adventure: a trip through the sky with AeroLegends Biplane Rides. Before she knew it, travel agents had amassed over \$1,110 dollars to see the trip brought to life – and at no cost to the veterans.

“I don’t deserve all the credit here, this was merely an idea on my part

and the only reason it turned into what it was, was because everybody chipped in,” Julie added.

Receiving their invitations in the form of gift certificates, the three friends could hardly believe that they would soon be sky bound.

“Most of us had to go change our britches,” Jack laughed. “It was such an unexpected, pleasant surprise.”

*Original story from goodnewsnetwork.org
Photo from SWNS*

Happy Birthday!

Residents

Charles H. 6/14

Linda B. 6/23

Staff

Lauren H. 6/02

Malvis N. 6/07

Famileo

Residents at The Legacy at English Station are getting personalized gazettes delivered each Monday. Famileo is an app for your phone that allows multiple family members to send photos and messages to a resident. The content from each family is sent to the Life Enrichment Director on Monday mornings in the form of a newspaper/gazette and printed for your loved one. The Life Enrichment team reads the gazette with each recipient during one-on-one programming after lunch each Monday. If you have not downloaded the Famileo app, or need help using it just let us know and we will walk you through the steps so your loved one can enjoy special pictures and messages from their family each week.

Executive Director Corner

Welcome to June! With summer officially kicking off this month, it's time to start looking forward to the smell of sunscreen, cookouts with friends, and getting back to the Trilogy lifestyle that we all know and love.

To get us in the spirit of celebration, our Dining and Life Enrichment teams recently came together to pull off our incredible **South America Theme Week**. From May 17th through the 21st, we partied like it was the Rio Carnival to celebrate the sights, sounds, and smells from the comfort of our campus. After months of planning, it was amazing to see this event finally brought

to life – especially after getting to taste the Argentinian chicken. Thank you to everyone involved for creating such an unforgettable experience!

In the coming weeks, we'll have more details to share with you about future themed events, community outings, and outdoor activities. Rest assured - with so much resuming and so much that we want to do, this is shaping up to be one of our greatest summers yet!

I look forward to seeing you soon!

Yours in Service,

Matthew R. Jones
Executive Director



Ethel enjoyed the gazette her family sent using Famileo. She put it under her pillow before she went to sleep!

Creative Cooking

Residents at The Legacy at English Station are cooking on each neighborhood every day at 11am! From fresh garden salsas to tasty soups, our residents enjoy the aromas and proudly share their creations in the lobby for guests to sample. This important part of the day stimulates appetites prior to lunch and provides an excellent opportunity for reminiscing about family recipes, cooking meals for the family and kitchen chores we did as children. If you have a family recipe that is special to one of our residents, we would love to give it a try in Creative Cooking!



Friends enjoy Creative Cooking!



Mary lends a hand in preparing a fruit salad for our afternoon snack!



Sue is excited about making Chocolate Stout Brownies!



Ruthann is ready to make pepperoni pizza bites!

Upcoming Events

In June we will offer the Virtual Dementia Tour. This educational outreach program simulating the physical and cognitive challenges of a person experiencing dementia is open to the community. The unique opportunity allows family members and caregivers to step into the world of their loved one and often creates a new understanding of dementia.

Volunteer News

It is official! Our community is welcoming back volunteers, and we hope you will join our team of champion volunteers at The Legacy at English Station. From playing an instrument to leading a round of corn hole, we can help you find a perfect fit in your role as a community volunteer.



THE LEGACY AT ENGLISH STATION

A Trilogy Senior Living Community

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legacyatenglishstation.com |

Matthew R. Jones
Executive Director

Mindy Hahn
Director of Health Services

Amy Vanover
Community Relations Director

Sydney Bright
Business Office Manager

Natalie Casto
Life Enrichment Director

Allen Schroeder
Director of Plant Operations

Jonathan Ross
Director of Food 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*

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Monthly Trivia & Activity Corner

All trivia answers will be printed in our upcoming month's newsletter!

Question 1: *What river runs through the Grand Canyon?*

Question 2: *The world's first vaccine was developed to fight which disease?*

Question 3: *The ocean
covers more than _____%
of the earth's surface.*

Question 4: *What was
the name of Lucy's
neighbor in I Love Lucy?*

Question 5: *What is the
name of the largest fresh
water lake in the world?*

*Flip the page for last
month's trivia answers:*

*Q1: What year did the American
Revolution end? 1783
Q2: What insects tend to reappear
once every 17 years? Cicadas
Q3: What does "www" stand for in
a website address? World Wide Web
Q4: Which bone are babies born
without? Kneecaps
Q5: Who invented scissors? Leonardo
da Vinci*

SUDOKU

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Word Search

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ADVENTURE
AGENT
BIPLANE
DREAM

FRIENDS
GRATITUDE
LEARN
PILOT

REALITY
SKY
SOAR
SURPRISE

TRAVEL
TRIP
VACATION
VETERAN