



AUTUMN WOODS

HEALTH CAMPUS

A Trilogy Senior Living Community

Journal

August 2021

Summer Corn, Tomato, and Salmon Salad with Za'atar Dressing Recipe

When we think of summer foods, it can be easy for our minds to go straight to the smell of burgers and bratwursts being prepared on the grill. For those looking for something different, however, this summer corn, tomato, and salmon salad recipe is sure to hit the spot!

Ingredients

- Kosher salt
- 2 lemons
- 3 garlic cloves, crushed
- 3 sprigs thyme
- 3 bay leaves, preferably fresh
- 1/2 cup extra-virgin olive oil
- 4 teaspoons za'atar, plus more for serving
- 5 ears corn on the cob, husked
- 4 (5–6-ounce) skinless salmon fillets
- 2 medium heirloom tomatoes, cut into wedges (about 1 1/2 pounds)
- 1/2 red onion, thinly sliced
- Baby arugula or other baby greens (for serving)

Directions

- Salt a large pot of water, slice half of one lemon, then add water along with garlic, thyme, and bay leaves. Bring to a boil. Let boil for at least 3 minutes and up to 10 to infuse water.
- Whisk oil, 3 Tbsp. lemon juice, 4 tsp. za'atar, and 1 tsp. salt in a small bowl.
- Add corn to boiling water. Cook until bright yellow and tender for about six minutes, then move to a plate.
- Set heat to low, add salmon, and poach until cooked through (about 5 minutes). Move to a cutting board and flake into chunks.



- Slice corn off cob into a large bowl. Add tomatoes and onion, then toss with 1/2 cup dressing.
- Add flaked salmon to corn mixture and gently toss to coat with dressing. Move to a serving platter or separate among plates. Top with arugula, then drizzle with dressing. Serve with additional za'atar.

*Picture from Emma Fishman,
food styling by Anna Stockwell.
Recipe provided by epicurious.com.*

Happy Birthday!

Residents

Stephen T.	8/10
Beverly R.	8/12
Harry K.	8/13
Kathy M.	8/16
Walter B.	8/21
Gloria M.	8/29
Joyce M.	8/29

Staff

Sabrina H.	8/1
Shannon W.	8/1
Skylar P.	8/4
Teresa E.	8/5
Amanda N.	8/5
Laura G.	8/6
Gabrielle P.	8/12
Dodie B.	8/18
Kimberly O.	8/23
Donald L.	8/30



Executive Director Corner

Welcome to August, everyone! It's hard to believe

that we're already more than halfway through the year, but with so many great things having taken place during this summer alone, I'll just chalk it up to the adage of "time flies when you're having fun."

Those who have been active on our campus know that we recently celebrated another incredible Theme Week – this time celebrating the sights, sounds, and smells of **France**. It was great reuniting with old friends, seeing new faces, and coming together to enjoy delicious meals such as the

lemon curd crapes, blood orange chocolate tart, and of course, our signature Crème Brûlée. Thank you to everyone who came together to make this such a special event!

As we continue our journey through the summer and begin looking forward to the fall, we'll be letting you know about even more outings, cookouts, and community events that are sure to excite even the most adventurous members of the Trilogy family. Look forward to hearing about all of this and more in the coming days and weeks!

Have a great month,

Kristi Noah
Executive Director

Volunteer Corner

Have you ever thought about volunteering? Everyone has a hidden talent of some sort; why not make a difference by volunteering here at Autumn Woods? Please contact one of our Life Enrichment Associates for more details. We GREATLY appreciate you and the many lives you have changed just by giving your time! Without all your help, Activities wouldn't be such a success.

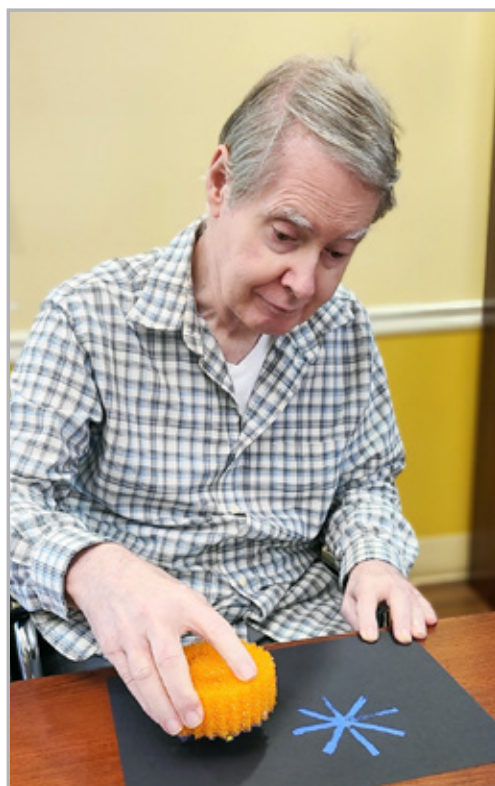
Out and About

We are always looking for local places to visit, so if you have any ideas please let one of the Life Enrichment team members know! Last month we went out to eat at several local restaurants, one was a local favorite, Tuckers.

Campus in Color



Firework Art



Activities Corner

Many of us have been enjoying morning walks outdoors simply enjoying the nature and working in our courtyard tending to our beautiful flowers and our raised herb garden. We are looking forward to many evenings by enjoying watermelon and ice cream outdoors. I am so appreciative of our many dedicated volunteers and staff, without them our department would not be ROCKING! I feel the TEAM approach works best! As always if, you have any suggestions or ideas for activities our team are here to listen!

Senior Executive Club

Is the third Tuesday of each month -Tuesday, 21st at 10am

Taste of the Town

Featuring Zesto's, Wednesday, August 18th for lunch

If your loved one has a local restaurant in mind please let our DFS; Shannon or Bobbie Jo know and we will be glad to consider it for an upcoming "Taste of the Town".

Themed Dinner

Themed Dinner will be Thursday, October 14th at 5pm. The theme will be "Germany". We encourage your loved ones to dress the part as we enjoy the evening!

Upcoming Events

Upcoming Performance's that you are invited to join your loved one!

"Mike Kevatich on the Accordion"-Wednesday, August 11th at 10am.

Musical Performance by "Here by Grace"-Thursday, August 22nd at 6pm in MLR.

Happy Hour-every Friday afternoon beginning at 3pm, unless specified entertainment.



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2911 Green Valley Road

New Albany, IN 47150

812-941-9893

autumnwoodshc.com |  

Kristi Noah

Executive Director

Camille Wilkerson

Director of Health Services

Tammy Barger

Assistant Director of Health Services

Natalie Foushee

Business Office Manager

Bobbie Jo Adams

Life Enrichment Director

Amanda Rusk

Director of Rehab Services

Christine Burke

Legacy Lane Coordinator

Shannon Winburn

Director of Food Services

Don Lear

Director of Plant Operations

Melissa Nance

Social Service 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*

Newsletter Production by PorterOneDesign.com

Monthly Trivia & Activity Corner

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

Question 1: *What was the name of the United States' first national monument?*

Question 2: *What year did Disney Land open?*

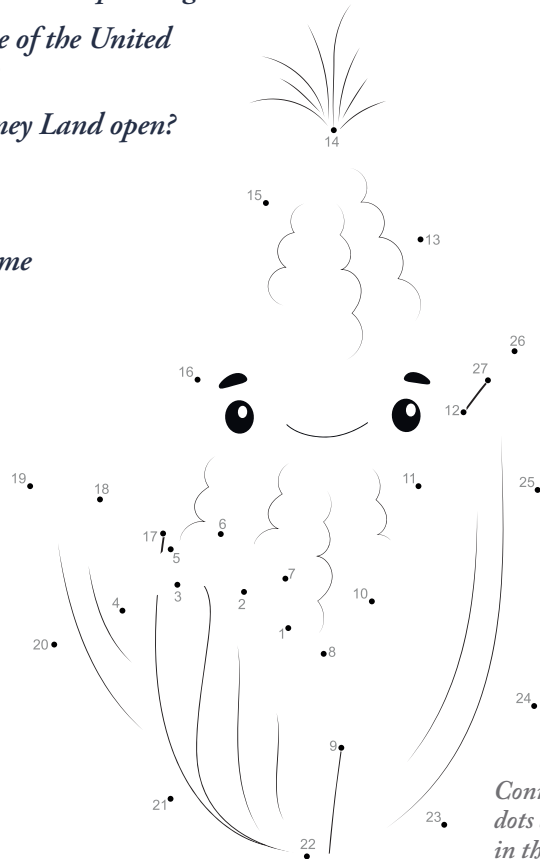
Question 3: *How many colors are there in a rainbow?*

Question 4: *What is the nickname of the state of California?*

Question 5: *Which state is home to Area 51?*

Flip the page for last month's trivia answers:

*Q1: The Fourth of July celebrates the
adoption of what historic document? The
Declaration of Independence*
*Q2: What is the name of the largest planet
in our solar system? Jupiter*
*Q3: What is the name of the local jazz
group that performed "I Don't Want To
Set The World On Fire"? The Ink Spots*
*Q4: In what year was the 19th
amendment ratified? 1920*
*Q5: On what day does the summer solstice
occur? June 20th*



*Connect the
dots and color
in the image!*

Word Search

S	A	R	F	C	O	R	N	X	G	N	T	J	Q	M	S	T	M	M
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ARUGULA

BOIL

BRATWURST

BURGER

CORN

FLAKES

FOOD

GARLIC

LEMON

ONION

SALAD

SALMON

SUMMER

THYME

TOMATOES

WATER