



AVALON SPRINGS

HEALTH CAMPUS

*A Trilogy Senior Living Community*

# Chronicle

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

Ruth L.	8/1
Mary M.	8/6
James S.	8/9
Gayle M.	8/10
Eleanor P.	8/12
Maureen T.	8/15
Helen B.	8/18
Miriam S.	8/24
Orville S.	8/24
Ann M.	8/30

## Staff

Jamie B.	8/01
Kandace Z.	8/06
Morgan K.	8/7
Laura G.	8/07
Shelley G.	8/11
Tyler S.	8/25
Justine M.	8/27
Chasity L.	8/28



## 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,  
*Crystal Wray*  
Executive Director

## Volunteer News

We are welcoming back our volunteers to the campus but before you return you must set up an appointment with Amy Plumb our Life Enrichment Director. There are new protocols that you will need to be orientated on before returning to your area of which you volunteered. You can contact Amy at 219-462-1778 or email [amy.plumb@avalonspringshc.com](mailto:amy.plumb@avalonspringshc.com)

## Entertainment

Do you play a musical instrument and would like to share that talent with our residents? Please contact the Life Enrichment Department and they can get you scheduled to come in and play for the residents during a Happy Hour. Please note at this time entertainment cannot sing in the building they can only play an instrument.

## Outings

Residents were able to go to their annual South Shore RailCats baseball game with our sister campus in Lowell on June 23rd for Youth and Senior Day. The RailCats played a close game but was able to pull off a win in the 9th inning winning 5-4 against the Kane Cougars.



# VOLUNTEER NEWS

We have welcomed back Caleb the Comfort dog and residents could not be more excited to see him again.



## CAMPUS IN COLOR

This year many of our bird baths and light houses were in need some spurring up so we got to re-painting them to brighten up the courtyard. We also found this cute flamingo and sunflower to add some height to the courtyard. Our tomato, eggplant and rosemary plants are really taking off and soon the residents will be able to enjoy some home grown garden fresh herbs and fruits.



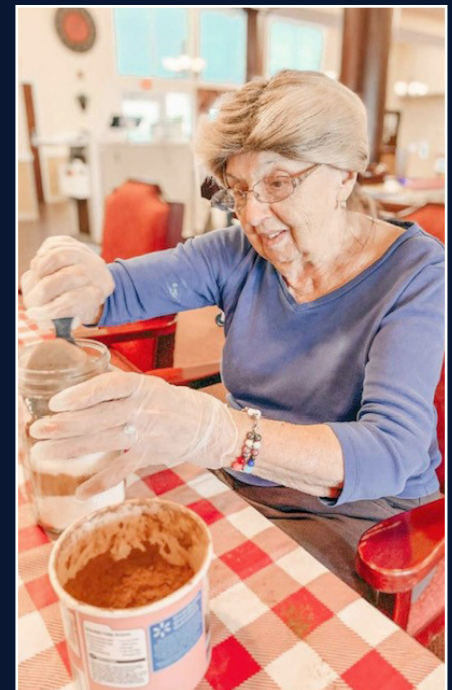
## Activities Corner

During the months May through July we celebrated Memorial Day, Flag Day and Fourth of July. All holidays that are Red, White and Blue which kept are residents very busy making many different flag projects.



## Creative Cooking

Legacy residents made "Homemade Brownies in a Jar" they cooked up later and ate for a snack.





# AVALON SPRINGS

## HEALTH CAMPUS

*A Trilogy Senior Living Community*

2400 Silhavy Road

Valparaiso, IN 46383

219-462-1778

avalonspringshc.com |  

*Crystal Wray*  
Executive Director

*Kim Sheets*  
Director of Health Services

*Amy Plumb*  
Life Enrichment Director

*Jennifer Ruzbasan*  
Director of Dining Services

*Heather Schlegelmilch*  
Community Service Representative

*Monica Lacy*  
Business Office Manager

*Todd Burnes*  
Director of Plant Operations

*Maurice Ford*  
Director of Environmental Services

*Ivana Krstevska*  
Legacy Neighborhood Director

*Sarah Brown*  
Social Service Director

*Chad Abair*  
Therapy Program 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@vhs.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?*

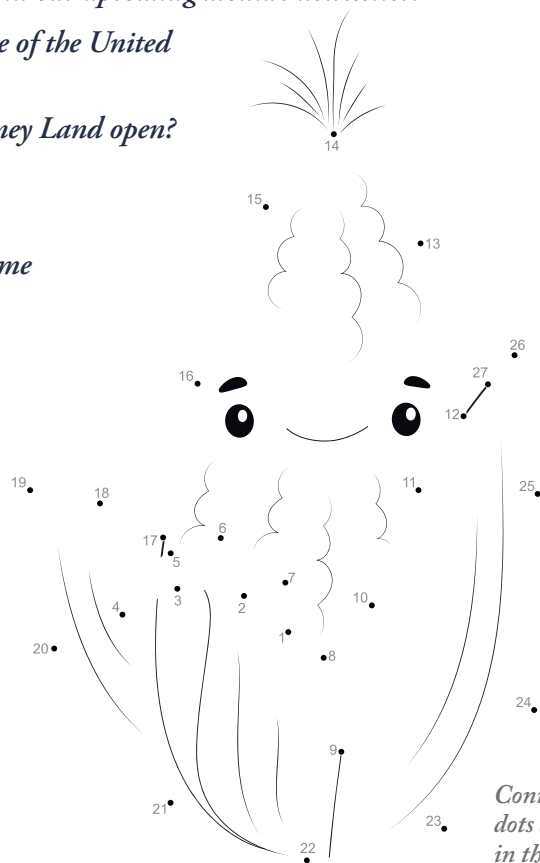
**Question 3:** *How many colors are there in a rainbow?*

**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

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ARUGULA

BOIL

BRATWURST

BURGER

CORN

FLAKES

FOOD

GARLIC

LEMON

ONION

SALAD

SALMON

SUMMER

THYME

TOMATOES

WATER