



HARRISON TRAIL

HEALTH CAMPUS

A Trilogy Senior Living Community

Happenings

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

Marilyn C. 8/2

Elaine R. 8/5

Sylvia B. 8/12

Nancy W. 8/16

Staff

Amanda W. 8/14

Milly R. 8/25



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 Brule. 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,

Yours in Service,
Emily Wolf-Lewis
Executive Director

Volunteer News

Have a talent you'd like to share with our residents?
Speak with our LED about volunteer opportunities.

Campus In Color

Did you know that the National Garden Bureau has named this year, "The Year of the Sunflower"?

These cheery bloomers have gained meaning to many, symbolizing optimism, positivity, long life and happiness. Various faiths have adopted sunflowers to express a symbol of worship and faithfulness, as in the flower's faithful dedication to the sun.

To celebrate this magical yellow flower we have placed a sunflower in each of our courtyards. Visit our courtyards to see how they have grown!



ACTIVITIES CORNER

Here's a peak at all the fun we have been having around Harrison Trail!



Save the Date

Join us for our "Carnival Family Night"! Trilogy Family Nights bring our residents and their loved ones together for a night full of good times and laughter. Mark your calendars for September 16th and join us for a night of fun! More details will be given at a further date.



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10460 Progress Way

Harrison, OH 45030

513-845-1465

harrisontrailhc.com |  

Emily Wolf-Lewis
Executive Director

Kelly Shaban
Director of Health Services

Michelle Edwards
Assistant Director of Health Services

Veronica Berning
Director of Social Services

Hanna Rostek
Business Office Manager

Darryl Mason
Director of Plant Operations

Emily Higginbotham
Life Enrichment Director

Robert Wallingford
Director of Food Services

Teresa Hummel
Director of Environmental Services

TBD
Therapy Director

Milly Rich
MDS Coordinator

Bianca Ruiz
Customer Service Specialist

Sarah Rhodes
Community Service Representative

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 was the name of the United States' first national monument?*

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

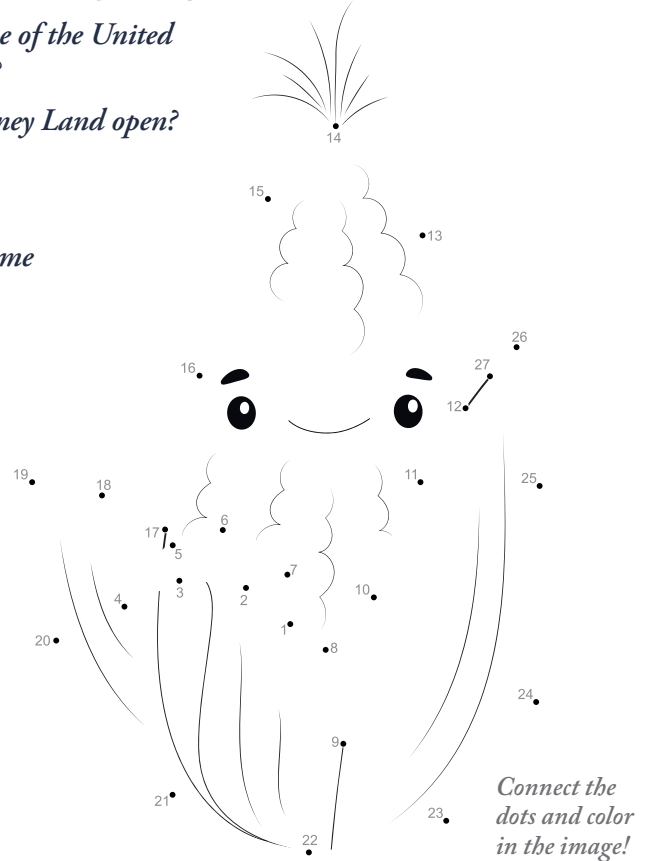
Question 3: *How many colors are there in a rainbow?*

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 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



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