



HEARTHSTONE

HEALTH CAMPUS

A Trilogy Senior Living Community

Herald

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

Helga G.	8/01
Lauretta C.	8/3
Erika E.	8/5
Nancy C.	8/8
Barbara W.	8/12
Robert K.	8/14
Janice W.	8/17
Linda C.	8/17
Sarah T.	8/28
Mabel C.	8/31
Dorothy W.	8/31

Staff

Trista F.	8/2
Becca B.	8/04
Vienna G.	8/10
Jennifer M.	8/11
Ashley B.	8/13
Brianna B.	8/15
Ashley D.	8/20
Devin R.	8/22
Angelina L.	8/24
Lillian L.	8/26
James L.	8/30

Live A Dream

Did you know Hearthstone has a Live a Dream program? Imagine doing one thing you have always wanted to do, and through a partnership with the Trilogy Foundation, dreams can become a reality. The Life Enrichment team is here to help facilitate your dreams, please talk with one of our team members to get more information.

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,

Sara Kelley
Executive Director

Photo Highlights



Cheri and Mary Alice making shaving cream paintings

More from Photo Highlights



Becca and Janice painting bird houses to donate for the auction



We used string to make beautiful flowers



Gloria cooking banana chocolate cookies



Mary Alice painting bird houses for the Alzheimer's Association Auction

Smile of the Month



Betty helping with the flowers

Men's Group

Hearthstone has started a Men's Group and is actively seeking participants. If you are interested in joining a marvelous men's group that covers a variety of topics and participate in great activities, please contact Life Enrichment for information about the current topics and meeting times. We look forward to seeing you there

Did You Know...?

Outings are back!! It's a wonderful time of year to be out and about, and we would love to have you with us! To see where we are going, check the activities calendar or Lifeshare for our destinations. Please see the activities department to sign up for outings or request our next destination!

Volunteers Needed

Calling all families, friends, musicians, Bible study groups, artists, gardeners, craftsmen, and those who want to help! We have started opening our doors to the community again and we would love to have you. We are seeking new and returning volunteers for indoor and outdoor activities! If you know anyone who would be interested in volunteering with us, please contact Moriah in Life Enrichment. We can't wait to get you in for volunteer onboarding and have you join our program!



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hearthstonehc.com |  

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Executive Director

Leslie Bryant

Assistant Director of Health Services

Trista Fisher

Customer Service Representative

TBD

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Betheny Morley

Business Office Manager

Mackenzie McGregor

Life Enrichment Director

Chelsie Daugherty

Director Of Nursing

Grover Burdine

Director of Plant Operations

Cameron Mizell

Director of Food Services

Bailey Anderson


Legacy Neighborhood Director

Tara Bowlen

Social Service Director

Mary Ann Wininger

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@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?*

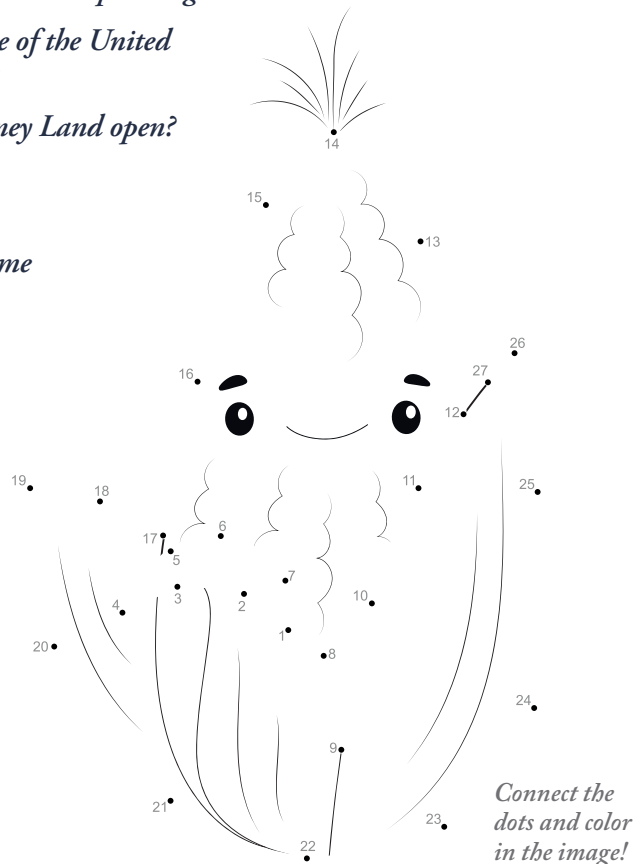
Question 3: *How many colors are there in a rainbow?*

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

BOIL

BRATWURST

BURGER

CORN

FLAKES

FOOD

GARLIC

LEMON

ONION

SALAD

SALMON

SUMMER

THYME

TOMATOES

WATER