

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

James C. 8/01

Frank S. 8/05

Staff

Nicole G. 8/4

Duncan T. 8/7

Bonita H. 8/8

Nicole C. 8/15



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,

Tim Reardon

Executive Director

Volunteer News

Do you love music? Painting? Literature? Building things? Consider sharing your passion with our residents! Whether it's for an hour, once a month, weekly, or more, your time would be so valued here! We have enjoyed volunteers playing cards with us, leading discussion groups, teaching us about instruments and orchestration, instructing art lessons, leading religious inspirational groups, and more. We love volunteers! We welcome individuals to gain experience while engaging with our residents. In the past we have enjoyed learning from our volunteers and enjoying the love and talent that they offer and we welcome your talents as well! Contact our Life Enrichment Director, Sarah, and she will help find you a meaningful volunteer role.

RESIDENT OF THE MONTH

Our resident of the month this month is Delphine F! Through all the shut downs and isolations Delphine has remained her happy content self. She loves to do crafts, exercise, and visit with her peers! She will be your best friend just make sure to bring plenty of bananas!





Rhoda enjoying an ooey gooey s'more!

ACTIVITY HIGHLIGHTS



Our DFS Jayson, even joins in the fun!

In the Kitchen with Novi Lakes

Do you have a childhood recipe that your mom or dad made that was special to you? Maybe it was Mom's chocolate chip cookies or Dad's BBQ ribs, whatever it was we want to share it! We are compiling favorite recipes from our residents, staff, and families and making it into a cookbook! We want to make this a recipe for success, so we are asking to have recipes turned in by September 15th! Please send recipes via e-mail, in person, or mail it to novilakes2016@gmail.com. We look forward to sharing these special recipes with everyone!

Campus in Color

Our grounds are blooming, and blossoming and Campus in Color is in full swing! This is a contest where each building within Trilogy Health Services is viewed and judged based on the beauty of its grounds as well as staff and resident involvement. Let us get our hands dirty as we make our campus beautiful not only for this fun contest but also for our enjoyment throughout these delightful summer months. Look to your calendar for "Campus in Color" for specific times to join a gardening group!



Tomatoes planted on June 7!



Cucumbers planted on June 7!



We have at least 6 tomatoes growing so far!!



Tomatoes growing like weeds June 30!!



Cucumbers growing like crazy June 30!



NOVI LAKES

HEALTH CAMPUS

A Trilogy Senior Living Community

41795 Twelve Mile Road
Novi, MI 48377
248-449-1655
novilakeshc.com |  

Tim Reardon
Executive Director

Mary Smith
Director of Health Services

Jessica Littlejohn
Assisted Living Director

Alissa Burnett
Customer Service Representative

Alvetta Needom
Business Office Manager

Sarah Wozniak
Life Enrichment Director

Jed Feilert
Director of Plant Operations

Jayson Bogota
Director of Food Services/Chef

Cindy Feilert
Director of Environmental

Catherine Sobel
Director of Social 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*

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?*

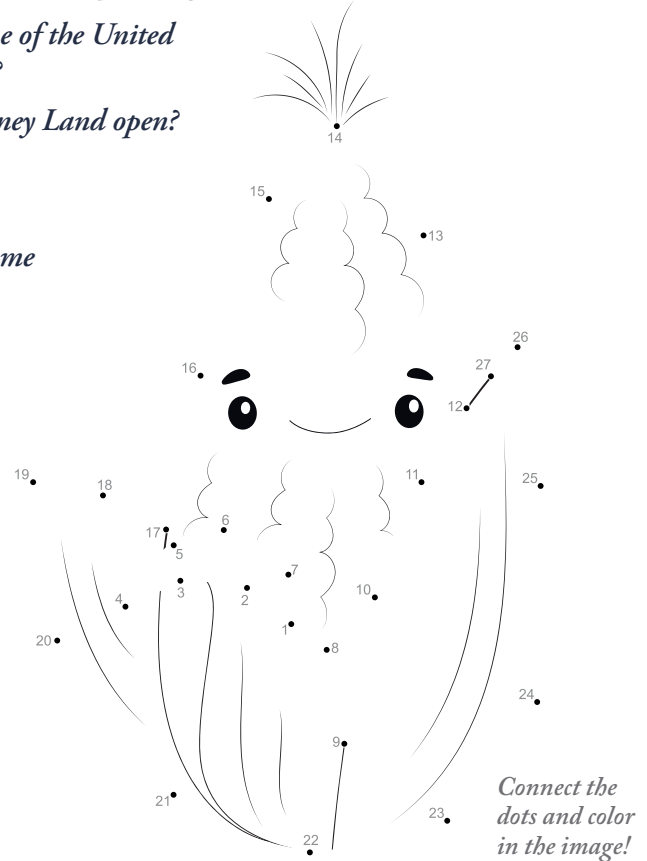
Question 3: *How many colors are there in a rainbow?*

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



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
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ARUGULA

BOIL

BRATWURST

BURGER

CORN

FLAKES

FOOD

GARLIC

LEMON

ONION

SALAD

SALMON

SUMMER

THYME

TOMATOES

WATER