



ORCHARD GROVE

HEALTH CAMPUS

A Trilogy Senior Living Community

Outlook

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

Faye P.	8/02
Ewing H.	8/05
Rita D.	8/06
Georgina C.	8/14
Karen K.	8/17
Kathy C.	8/19
Kathleen T.	8/22
Gail J.	8/24
Martha C.	8/24
Alec Y.	8/25
Elizabeth C.	8/28

Staff

Lisa H.	8/01
Domonick M.	8/02
Winona S.	8/06
Josh P.	8/06
NDia M.	8/09
Phillip K.	8/10
Patricia D.	8/10
Donna M.	8/12
Christie L.	8/17
Molly M.	8/18
Enrique L.	8/18
Nirmal Kumar K.	8/18
Santonia B.	8/18
Corinna D.	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,

Nirmal Kesavan

Executive Director

CREATIVE COOKING

We have been cooking and enjoying the wonderful fruits from our local farm stand! We turned those delicious Michigan strawberries into a yogurt parfait, topped with blueberries too!



Taste of Town

The staff at Orchard Grove Health Campus is looking forward to bringing in the taste and spirits of many local dining venues in the Romeo area to our residents. Taste of the Town is a monthly event where the campus and residents chose a local restaurant and staff will arrange for a favorite meal and to be brought to the campus for the residents to enjoy. If you are a local restaurant or know of a local restaurant owner, please reach out to our director of dining services.

More from CREATIVE COOKING



Welcome Residents & Family Members

The Orchard Grove Health Campus Team would like to welcome all our new residents and their families to our campus and a place to call home. We are looking forward to serving you or your loved one in their daily needs and making new memories each day. We take pride in our services and hope we can meet each resident's needs. Please let us know how we are doing, so we can make a difference in our residents' lives.

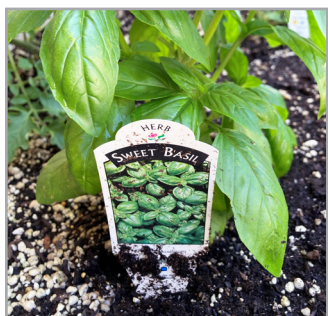


LEGACY MEMORY BOARDS

Our residents and staff have been busy working on their Memory Boards. Sharon loves her new board and enjoys looking at it and sharing stories about her family and friends!

Legacy's Bountiful Garden

Our Legacy residents have been busy tending to their garden and are now enjoying their bounty! Lemon & Basil water. It sure was nice on these hot summer days!



Did You Know...?

Family and friends can visit with their loved one! Just give the campus a call to find out all the details.

Live a Dream

Our Live a Dream program demonstrates our commitment to exceeding the expectations of our residents and their families. All of our staff is empowered to identify and grant the wishes of our residents on a regular basis. We've had residents soar through the clouds in planes, and hot air balloons, zipline through the forest, cruise on a sailboat, renew their wedding vows and take special trips to visit family and friends. These dreams and many more are all possible at trilogy! Let us know if you know of a dream for one of our great residents!



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71150 Orchard Crossing Lane

Romeo, MI 48065

586-336-0102

orchardgrovehc.com |  

Nirmal Kesavan
Executive Director

Becky Conry
Director of Health Services

Christie Lassen
Asst. Director of Health Services

Sare Patano
MDS Coordinator

Lisa Carrow
Business Office Manager

Dawn Kujawa
Life Enrichment Director

Caity Marsh
Community Service Representative

Kevin Knecht
Director of Plant Operations

Lauren Hopaluk
Director of Social Work

Enrique Lopez
Director of Food Service

Steve Smith
Legacy Neighborhood Director

Michelle Lamar
Director of Environmental Services

Lisa Castile
Director of Therapy

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?*

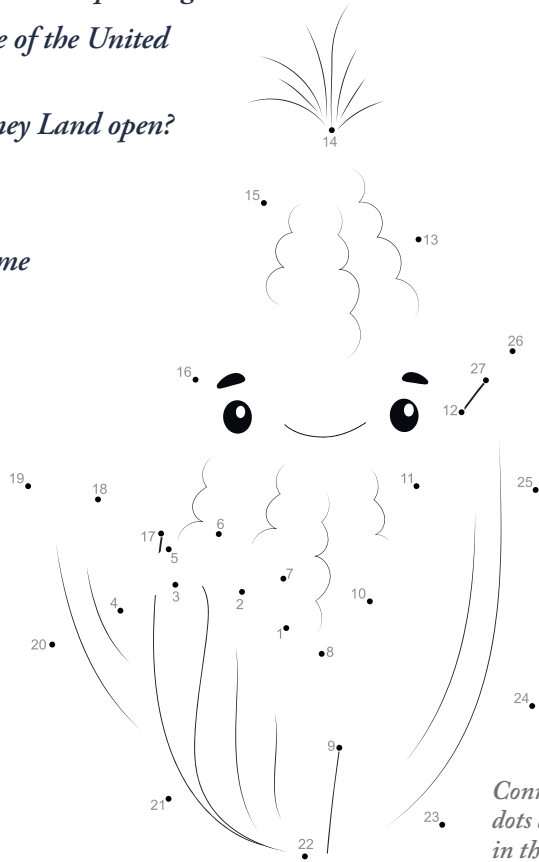
Question 3: *How many colors are there in a rainbow?*

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

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ARUGULA
BOIL
BRATWURST
BURGER

CORN
FLAKES
FOOD
GARLIC

LEMON
ONION
SALAD
SALMON

SUMMER
THYME
TOMATOES
WATER