



OWEN VALLEY

HEALTH CAMPUS

*A Trilogy Senior Living Community*

# Connection

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*

Mary M.	8/12
Glenna B.	8/15
Julia H.	8/20
Carol W.	8/21
Helen N.	8/23
Katherine J.	8/31

## *Staff*

Tara S.	8/03
Amber C.	8/09
Tiffany H.	8/11
Brenda M.	8/17
Grace B.	8/20
Jamie P.	8/24

## *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,

*Julie Reed*

Interim Executive Director

## Activities Corner

August will offer another Campus Store and shopping spree for residents that have earned "Campus Cash"!

The vegetable gardens are thriving thanks to Resident Kelly. Residents will enjoy the harvest this month!

## *Volunteers Needed*

OVHC is now seeking volunteers to serve as entertainers, Bingo helpers, arts and crafts leaders and church services. Please call the Life Enrichment Staff if interested. An volunteer orientation is required.

## Happy Hour

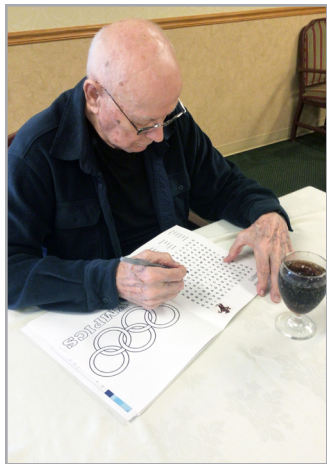
Hot Wheels is not just for kids! Residents chose cars and bet on the winners with campus cash! There were some minor disputes to settle and necessitated some testing of the tracks! It had to be proven that the tracks were exactly the same and one did not support a faster race for a car. Who knew Hot Wheel races could be so complicated!



*Start your engines! Hot Wheel races!*



# PHOTO HIGHLIGHTS



*Richard working his July Activity Packet from the company.*



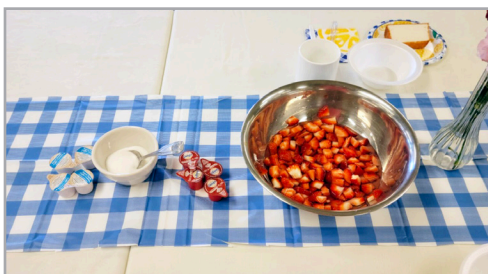
*Cory, LEA Christina's husband, providing live music for the first time since Covid restrictions. Twenty-seven residents enjoyed the concert!*

## GUYS AND GIRLS

Thank you men's group for giving the rockers a much-needed paint job! Men's group or "Just the Guys", meets no less than twice a month. When the ladies caught wind that the men were meeting, they requested a "Just the Girls" group! They celebrated National Strawberry Shortcake Day by gathering together for what else? Strawberry shortcake!



*Just the Guys!*



*Just the Girls!*

## Featured Resident

Julie is spending most of her leisure time serving others. She requested yarn and started crocheting squares for her afghans. Then her family sent her yarn and she set up shop in her room! Thank you, Julie, for your servant's heart.



*Julie making afghans to give to other residents.*





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*Julie Reed*

*Interim Executive Director*

*Kim Shay*

*Director of Health Services*

*Christina Long*

*Interim Life Enrichment Director*

*Quinn Wilson*

*Therapy Program Director*

*Tara Shadoin*

*Business Office Manager*

*TBD*

*Director of Food Services*

*Karissa Fleetwood*

*Customer Service Representative*

*Brandon Jensen*

*Legacy Lane Coordinator*

*Ann Watkin*

*Director of Social Services*

*Daniel Browning*

*Director of Plant Operations*

*Jeana Sturgeon*

*Director of Environmental 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](mailto: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?

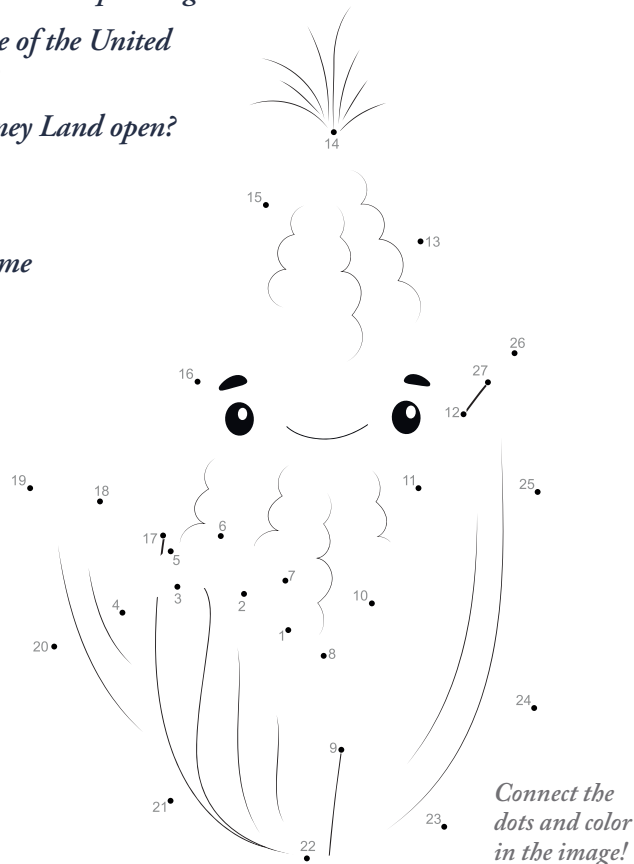
**Question 3:** How many colors are there in a rainbow?

**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 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
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ARUGULA

BOIL

BRATWURST

BURGER

CORN

FLAKES

FOOD

GARLIC

LEMON

ONION

SALAD

SALMON

SUMMER

THYME

TOMATOES

WATER