



THE GLEN

A Trilogy Senior Living Community

Gazette

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

Edward S.	8/1
Margaret C.	8/2
Doris W.	8/2
Betty B.	8/9
Linda P.	8/14
Jerry B.	8/15
Mary K.	8/18
Jerry S.	8/23
Ruth W.	8/25
Myrtle G.	8/28
James W.	8/29
Mary R.	8/30

Staff

Brooke G.	8/8
Virginia M.	8/8
Shae W.	8/14
Dewane B.	8/19
Candice H.	8/19
Angela B.	8/21
Marilyn C.	8/31

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,

Sierra Leaks
Executive Director

Photo Highlights



Our LEA's worked hard to make personalized wooden plaques for our residents to make their rooms feel more like home!

Lifelong Learning

C'mon hitch your wagon! In the month of July, we virtually traveled from the Glen all the way around the United States and back. Our "Road Trip Across America Series" provided the Glen's residents to visit 15 states and 4 national parks through activities, reminiscing, documentaries, food and more!

More Photo Highlights



Smooth as Butter! Our resident, Mary loved making butter by shaking Heavy Cream in a Mason Jar.



Shake, Shake, Shake- Shake, Shake, Shake: Shake your butter! Wesley loved enjoying the homemade butter we made with biscuits!



One of the ways that we give back to our community is by making dog blankets for our local animal shelter!

Volunteers Needed

We love volunteers! Volunteers have the opportunity to have meaningful connections with resident's who love having them. Some ways you can help are assisting with activities, helping with our Covid Screening table or helping with our Campus in Color program! Contact our Life Enrichment Director for more information about Volunteering for the Glen.



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Cincinnati, OH 45245

513-769-0511

theglensl.com |  

Sierra Leaks
Executive Director

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Director Health Services

Alison Vasquez
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Earleen Cox
Business Office Manager

Julie Fertig
AP/Payroll

Carla Young
Director of Social Services

Dennis Carmack
Director of Plant Operations

Sheila Sellars
Director of Environmental Services

Tarrab Lenoir
Director of Life Enrichment

Debbi Bennett
Directory of Therapy

Andrea Garton
Director of Assisted Living

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*

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?*

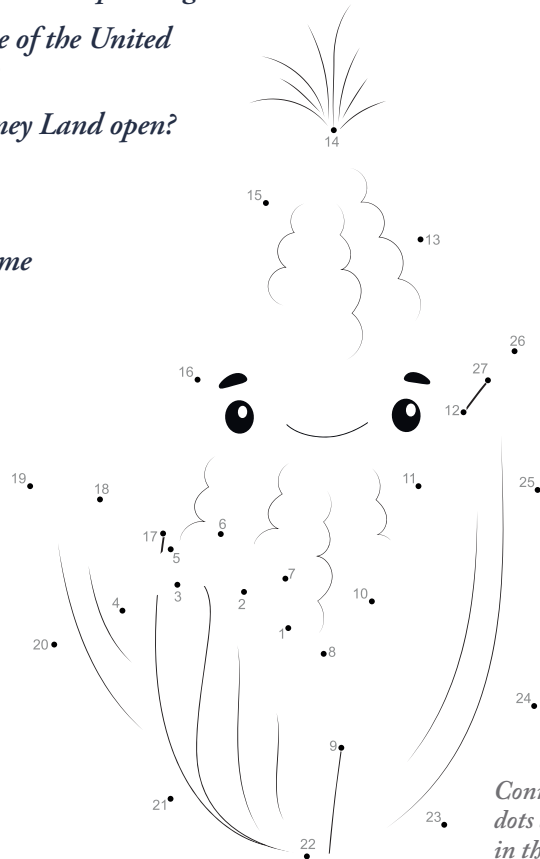
Question 3: *How many colors are there in a rainbow?*

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
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F	P	J	V	J	J	V	R	I	O	E	X	T	H	K	A	G	H	F
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ARUGULA

BOIL

BRATWURST

BURGER

CORN

FLAKES

FOOD

GARLIC

LEMON

ONION

SALAD

SALMON

SUMMER

THYME

TOMATOES

WATER