



THE LEGACY
AT LIBERTY RIDGE

A Trilogy Senior Living Community

News

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

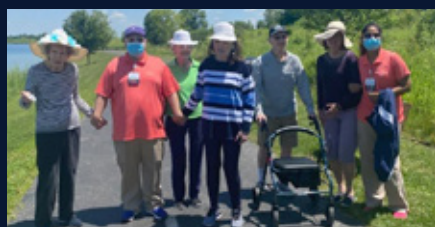
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|-----------|------|
| Mary R | 8/9 |
| Mildred S | 8/14 |
| Reba N | 8/21 |

Staff

| | |
|-------------|------|
| Ramandeep P | 8/25 |
| Allison C | 8/27 |

Outings

Our residents enjoyed beautiful day at Voice of America park



Volunteers Needed

Have you ever seen a piece of equipment like this? This is called a "Rosie" and it is used by the group Luke 5 Adventures to help people with limited walking ability hike unpaved trails! We are partnering with Luke 5 Adventures to take our residents to Sharon Woods on August 19th for a day of hiking, food, and fun! If you are interested in volunteering for a few hours, or for the whole day, please contact Taylor at 513.342.8889.



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,

John Dombrowski
Executive Director

Live A Dream

In honor of past resident Ed, whose dream was to drive a go-kart, we had our annual Go Kart Day at the Legacy! Nothing beats the wind in our hair and racing around the courtyard.





MEN'S GROUP

The guys enjoyed a day of sunshine and fishing at Lake Butler. What a wonderful way to enjoy the weather!



More Live A Dream Photos

Theme Dinner

Our France theme dinner was tres magnifique! We went to the "Louvre" Art Museum, baked French pastries, stomped grapes for wine, and enjoy some Bastille Day history!



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A Trilogy Senior Living Community

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legacyatlibertyridge.com |  

John Dombrowski
Executive Director

Donisha Thompson
Director of Health Services

Lisa Dobrozsi
Customer Service Specialist

Jodi Sucher
Customer Services Representative

Hannah McAuliffe
Business Office Manager

Allison Chatterton
Director of Food Services

Taylor Walt
Life Enrichment Director

Brad Edwards
Director of Plant Operations

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?*

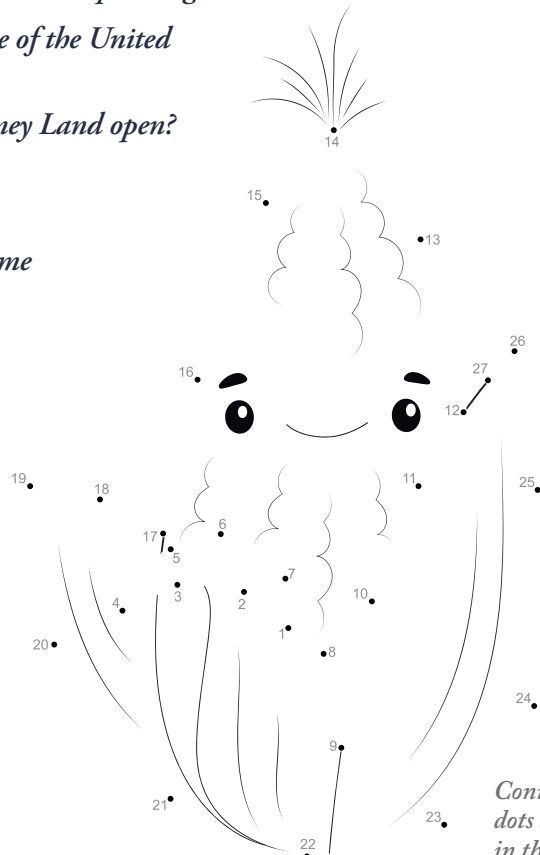
Question 3: *How many colors are there in a rainbow?*

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



*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