



THE WILLOWS
AT FRITZ FARM

A Trilogy Senior Living Community

Monthly

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

Rachel S	8/2
Sally J	8/8
Barbara S	8/17
Linda D	8/18
Kenneth B	8/22
Teresa M	8/23

Staff

Kaitlyn T	8/1
Stephanie B	08/3
Jennifer J	8/20
Linda M	8/24
Charlene C	8/25
Jamie H	8/30
Ashtyn G	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,

Beth Blair

Executive Director

Smile of the Month

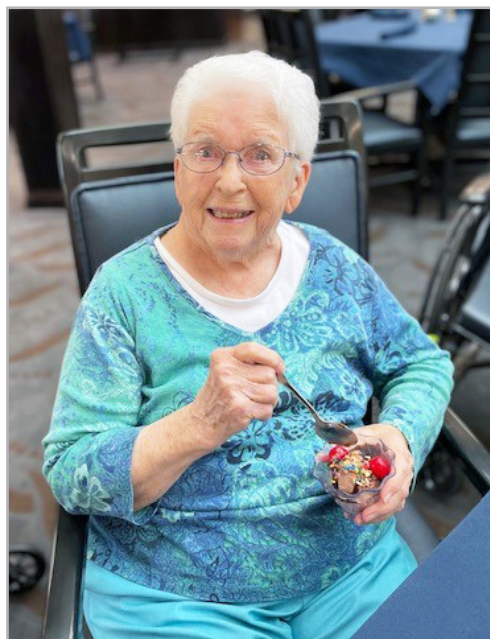
We got the privilege of recognizing some of our amazing Certified Resident Care Associates last month. Residents helped color cards to show their appreciation for our CRCA's. Thank you for all you do!



Joe and Ashtyn showing off their gifts from the Life Enrichment team and Residents.

ACTIVITIES

We always look for ways to celebrate every day. Residents enjoyed our Sundae bar as we celebrated National Chocolate Ice cream day.



Peggy enjoying a chocolate Sundae for National Chocolate Ice Cream Day



Ann enjoying a chocolate Sundae for National Chocolate Ice Cream Day

Campus in Color

Residents have been working hard planting flowers with our Life Enrichment and therapy teams. It has been nice getting our fingers in the dirt and keeping our courtyards beautiful. We have some beautiful flowers as well as cucumbers, strawberries, and blueberries growing.



Carol helps us water the flowers almost every morning.



Tammy spent the afternoon potting several flowers



Clare has been busy helping prune the flower beds so that they continue to bloom

Men's Group

Twice a month we have a group for Just the Guys. This month we took a virtual tour of the Kentucky Aviation Museum and talked about years of service in the Airforce. All of the men pictured were in the Airforce or Marines.



Just the Guys: Bill, Larry, Ed, and Sal enjoying Men's Club

Taste of Town

Every month we bring in a meal from a local restaurant that the residents request. This month residents enjoyed a great meal from City Barbeque.



Charles and Mary enjoying lunch from City Barbeque as we get ready for the holiday weekend



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Beth Blair
Executive Director

Mary Jo Ray
Director of Health Services

Susan Roark
Assistant Director of Health Services

Madison Crispen
Business Office Manager

Jessica Brown
Social Services Director

Stephanie Blythe
Director of Environmental Services

James Adams
Director of Plant Operations

Anna Preus
Life Enrichment Director

Sean Gillium
Director of Food Services

Pam Argo
Assistant Director of Food Services

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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?*

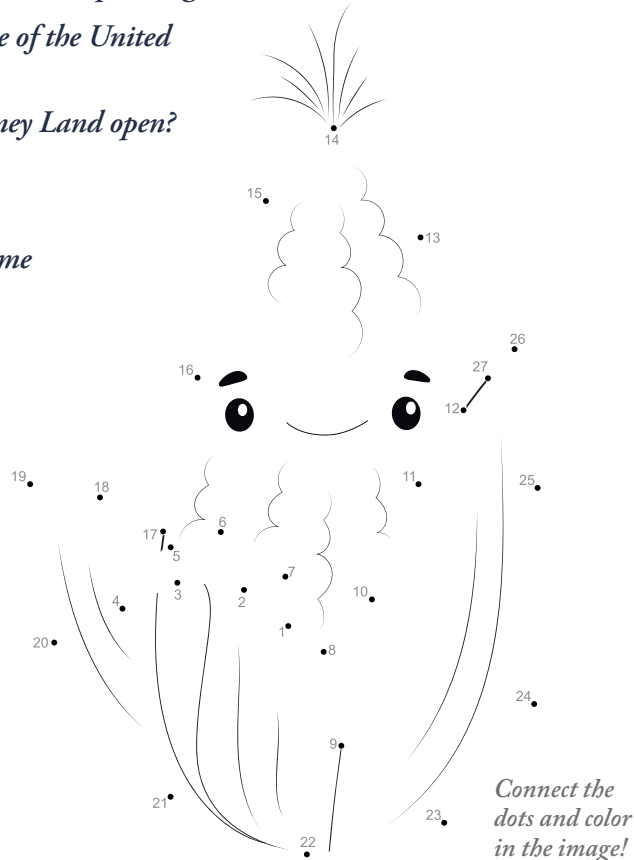
Question 3: *How many colors are there in a rainbow?*

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
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ARUGULA
BOIL
BRATWURST
BURGER

CORN
FLAKES
FOOD
GARLIC

LEMON
ONION
SALAD
SALMON

SUMMER
THYME
TOMATOES
WATER