



THE WILLOWS
AT SPRINGHURST

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

Betty V	8/3
Raven W	8/6
Mary D	8/8
Eugene H	8/14
Mary M	8/23
Charles L	8/28

Staff

Asa H	8/1
Daveona R	8/09
Patricia M	8/14
Jessica V	8/15
Kathleen L	8/18
Rebekah B	8/19
Savannah B	8/23
Gwen B	8/29
Roxann L	8/29
Janayjah S	8/29



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,

Carla Sieckert
Executive Director

Volunteer News

We welcome all members of our community to come share their talents with us – whatever those might be. The value that volunteers bring to our community cannot be overstated. When you volunteer with us, you're doing more than just lending a helping hand; you're reminding someone that they're cared for, you're listening to their story, and you're using what makes yourself unique to brighten their day. Share your knowledge and lead one of our Lifelong Learning classes. Call the winning numbers in BINGO. Plant flowers in our garden and watch them grow with us. However you choose to serve, we'll be happy to have you here! Volunteer today by contacting us at 502-412-3775.

Playing Around

A community that plays together, stays together



SCOOPS & SCRIPTURE



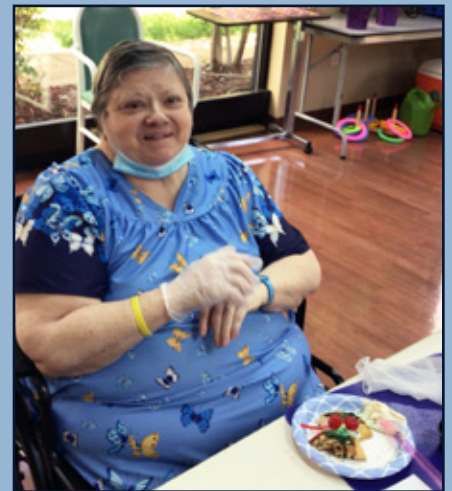
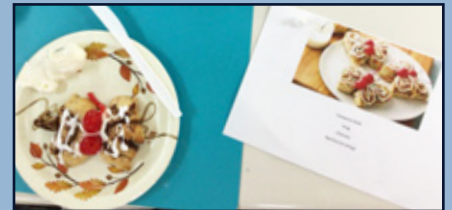
Scoops and Scripture is a ministry compiled of volunteers with a heart for Jesus Christ and a desire to share the Good News of salvation throughout our nation. Youth Mission Groups shared scoops of ice cream with our residents and scripture in a fun, simple, yet meaningful opportunity intended to bring hearts and glory to God.



Youth Mission Groups shared scoops of ice cream with our residents and scripture in a fun, simple, yet meaningful opportunity intended to bring hearts and glory to God.

Creative Cooking

Have you ever had a more **DELICIOUS** day? At Willows at Springhurst, we love making tasty treats! Making Cinnamon Roll Butterflies that flew off our plates from eating them so fast, to making Strawberry Shortcakes for a traditional taste of summer. We can't wait to put our chef hats on for our next creative cooking treat!



If you are what you eat, then our residents are as sweet as Strawberry Shortcake! What a perfect taste of summertime.



THE WILLOWS AT SPRINGHURST

A Trilogy Senior Living Community

3101 North Hurstbourne Pkwy

Louisville, KY 40241

502-412-3775

willowsatspringhurst.com |  

Carla Sieckert
**Executive Director
of Health & Rehab**

Jessica Vanover
Director of Health Services

Kaitlyn Hudgens
Director of Social Services

Melissa Cusick
Life Enrichment Director

Whitney Meriwether
Director of Therapy

Caroline Shrum
Business Office Manager

Tim Bridges
Director of Food Service

Tommy Roberts
Chief Engineer

Charlie Brickley
Director of Plant Operations

Kathy Jones
Environmental Services Director

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?

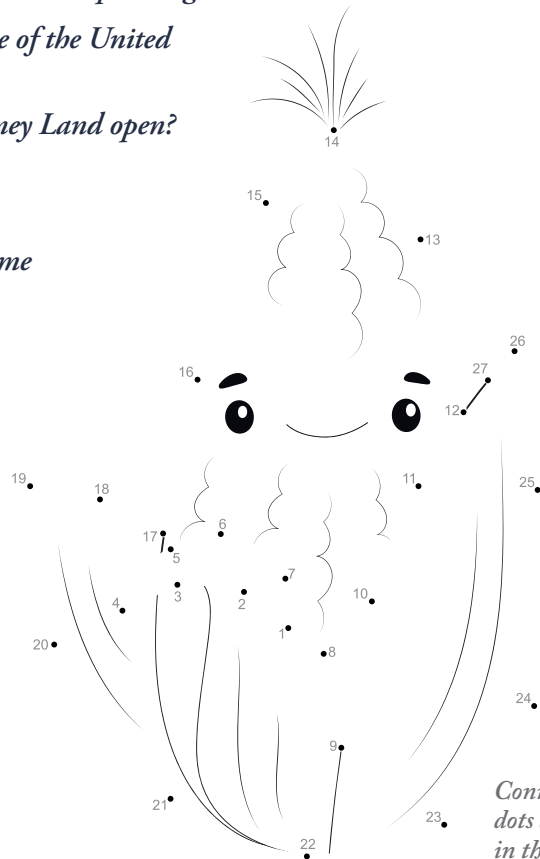
Question 3: How many colors are there in a rainbow?

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

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
L	I	M	Z	S	W	P	I	K	J	E	O	G	U	D	C	C	E	R
W	O	P	A	I	J	D	N	V	L	X	X	D	I	F	J	K	C	V
D	B	D	D	N	O	G	O	Y	L	M	Q	E	Q	V	A	D	G	R
R	U	R	Q	A	C	A	I	D	O	A	V	G	E	L	R	H	H	A
F	M	Y	A	V	B	G	G	W	A	T	E	R	F	J	U	L	W	A
Q	O	U	G	T	F	F	G	A	R	L	I	C	C	R	G	Q	Y	Y
H	S	O	U	X	W	V	J	Z	L	R	F	S	Y	D	U	T	D	M
O	R	P	D	T	K	U	M	T	I	Y	Y	D	Q	M	L	Z	O	O
F	P	J	V	J	J	V	R	I	O	E	X	T	H	K	A	G	H	F
B	S	L	D	W	B	B	T	S	K	M	J	F	Q	A	N	Q	R	V
S	T	G	U	B	F	L	I	U	T	S	A	L	M	O	N	Q	Q	T
V	U	D	F	U	N	Z	P	V	B	B	D	T	I	B	H	J	E	T
D	B	M	U	R	S	C	S	E	O	K	H	N	O	R	N	C	Y	E
U	G	S	M	G	U	T	C	A	I	S	O	F	J	E	Y	M	J	I
A	G	X	O	E	J	Q	F	F	L	Y	G	V	E	H	S	I	N	R
H	A	F	K	R	R	W	I	G	Y	A	F	I	Y	Z	J	P	T	D
J	T	S	W	U	W	T	H	Y	M	E	D	P	L	T	Z	Z	G	T

ARUGULA
BOIL
BRATWURST
BURGER

CORN
FLAKES
FOOD
GARLIC

LEMON
ONION
SALAD
SALMON

SUMMER
THYME
TOMATOES
WATER