



## 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

Sally S.	8/5
Loretta R.	8/13
James D.	8/14
William Z.	8/18

## Staff

Mollie S.	8/16
Christina B.	8/19
Glody M.	8/20
Timothy S.	8/24
Jennifer C.	8/26
Kaila H.	8/27

## A Note from Jenni



The Life  
Enrichment  
team at  
Wellbrooke  
of Carmel has

been working hard to bring smiles and happiness to your loved ones this summer. We have enjoyed being outside, hanging with friends, getting out and about, and many other fun events we had.

If you are in the campus this month, remember to stop and congratulate Jenna T., LEA. In addition to finishing her master's degree in Recreational Therapy, she also got married! As always, thank you for the opportunity to enrich the lives of your loved ones as the Life Enrichment Director at Wellbrooke of Carmel.

-Jenni Carrillo

## 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 at 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,

*Lori Weaver*

Executive Director

## Coffee Talk



# ARTISANS



# Campus in Color



# Furry Friends



# SoulFit

We are excited to be offering a 5 week inspirational program, for our residents, called SoulFit. Each week we focus on one of the following topics, Love, Joy, Healing, Peace, and Gratitude.

# Out and About

We are going out again! Have your loved one sign up for a scenic drive or one of the off the bus outings. Volunteers and loved ones are encouraged to meet the group at the off the bus destinations to help us get around. Residents are responsible to pay for their own lunch and items at the various stores we visit. Space is limited and residents must be fully vaccinated to go.



# WELLBROOKE OF CARMEL

A Trilogy Senior Living Community

12315 Pennsylvania Street

Carmel, IN 46032

317-569-7200

wellbrookeofcarmel.com |

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Shelia Taylor  
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Aimee Smith  
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Wendy Carl  
Customer Service Representative

Christina Barnes  
Business Office Manager

Jenni Carrillo  
Life Enrichment Director

TBD  
Director of Social Services

John Moore  
Senior Director of Plant Operations

Tim Siehl  
Director of Food Services

Karen Caldwell  
Environmental Services Supervisor

Andrea Higgins  
Therapy Program Director

## 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@trilogybs.com](mailto:comply@trilogybs.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?

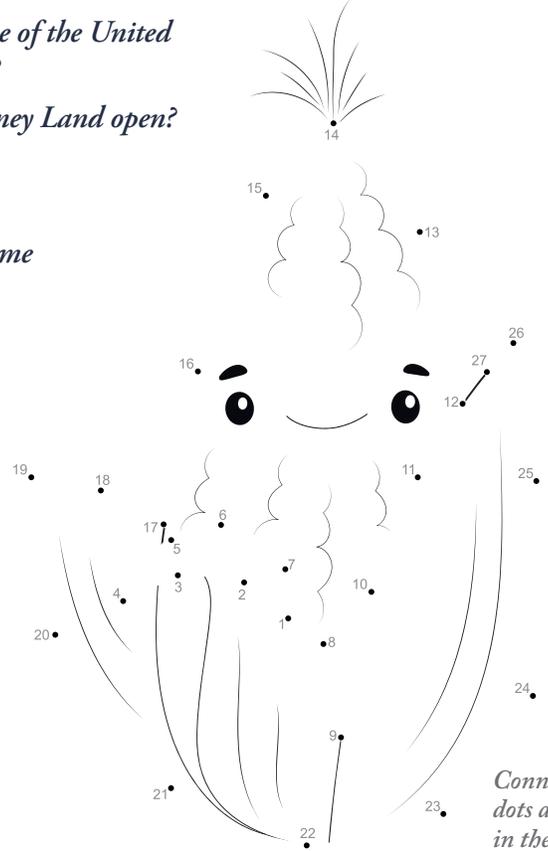
**Question 3:** How many colors are there in a rainbow?

**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 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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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
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J	T	S	W	U	W	T	H	Y	M	E	D	P	L	T	Z	Z	G	T

ARUGULA

CORN

LEMON

SUMMER

BOIL

FLAKES

ONION

THYME

BRATWURST

FOOD

SALAD

TOMATOES

BURGER

GARLIC

SALMON

WATER