



AVALON SPRINGS

HEALTH CAMPUS

*A Trilogy Senior Living Community*

# Chronicle

October 2021

## Wrapping up our 2021 Theme Year

On October 11th, our 2021 “Traditions Around The World” Theme Year will see us stopping at our final destination – Germany! Here’s everything you can expect when we kick off this incredible week:

### *Lass uns feiern!* (Let’s celebrate!)

As a resident of our community, your experience between October 11th through the 15th will be that of someone who is experiencing the sights and sounds of Munich for the first time! Get in the Oktoberfest spirit as we celebrate with a week filled with German inspired activities and programs, all culminating towards an incredible Theme Dinner on October 14th. Don’t forget to wear black, red, and/or gold!

### *Prost! (Cheers!)*

The activities that we have planned for our final Theme Week are as rich in fun as they are in flavor! Get ready for tastings, decorative crafting, and



delicious snack-making that are sure to bring glück (happiness!). When it comes to the dinner, you can look forward to menu items such as grilled sausage, Chef Bob’s Rubeen egg roll, German chocolate cake, and more.

We’ve saved the best for last, so we hope that we’ll see you when this one-of-a-kind event kicks off on October 11th. If you have any additional questions, don’t hesitate to reach out to any member of our Life Enrichment team. They’ll be more than happy to hear from you!

# Happy Birthday!

## Residents

Eleanor P.	10/3
Rose M.	10/11
Flora B.	10/13
Clara L.	10/16
Marilyn S.	10/31

## Staff

Blake M.	10/2
Tamitra O.	10/07
Keith T.	10/11
Tannette L.	10/12
Sheila M.	10/13
Tracy H.	10/18
Monica F.	10/19
Janet M.	10/20
Teresa H.	10/20
Stephanie C.	10/20
Melanie M.	10/21
Angelik S.	10/21
Lorenzo H.	10/22
Jennifer R.	10/24



## Executive Director Corner

Happy  
October,  
everyone!

With  
Halloween just around the  
corner, it can be easy to  
be frightened by images of  
ghosts and vampires – but  
with everything coming  
up in the next few weeks,  
there's never been more  
reason to be excited as a  
member of our community.

This month, we're wrapping  
up our "Traditions Around  
The World" Theme Year with  
our biggest Theme Week yet  
– Germany. From October  
11th – October 15th, we'll  
be putting on a celebration  
that rivals Oktoberfest as

we dive deep into cuisines,  
activities, and programs all  
inspired by German culture.  
Be sure to come wearing your  
black, red, and gold as we  
kick off this incredible week!

With fall officially in full  
swing, it's time to enjoy the  
smell of fresh pumpkins,  
the taste of delicious treats,  
and the feeling of relief  
that comes from the cool,  
steady air. There's so much  
to appreciate about this time  
of the year, and we can't wait  
to celebrate it with you.

Have a great month!

Yours in Service,  
*Crystal Wray*  
Executive Director

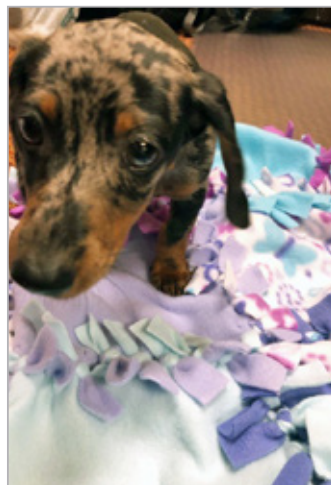
## ER3 HIGHLIGHTS

Trilogy believes if you take great care of your employees, the employees will take great care of the residents. Here is just a little peek of how the employees are taken care of. ER-3 is a monthly celebration for the employees and in August we had our annual census BBQ and rented a waterslide for the employees to let loose!



# CSS SPOTLIGHT

Amy, Ivana, Clare and Jen kicked off the start of our fall CSS with a 50's style drive-in dinner for two that included dinner to go delivered on skates.



## Entertainment

Interested in playing music for our residents please contact the Life Enrichment Department at 219-462-1778 or email amy.plumb@avalonspringshc.com

## Did You Know...?

Before you come to visit a loved one go to [mytrilogyvisit.com](http://mytrilogyvisit.com) to get your QR Code. You will need this QR Code to temp in with when you enter the building. The QR Code may be saved on your phone to use over and over again each time you enter the building.

## Volunteers Needed

If you are interested in volunteering here at Avalon Springs HC please contact the Life Enrichment Department at 219-462-1778 or email her at [amy.plumb@avalonspringshc.com](mailto:amy.plumb@avalonspringshc.com)

## ACTIVITIES CORNER

Residents are working on making no-sew blankets for the local dog shelter. The first blanket they made was for our new addition to Avalon Springs Jack. Jack is here to offer comfort to the residents and employees throughout the day.



# AVALON SPRINGS

HEALTH CAMPUS

*A Trilogy Senior Living Community*

2400 Silhavy Road  
Valparaiso, IN 46383  
219-462-1778

avalonspringshc.com |

*Crystal Wray*  
Executive Director

*Kim Sheets*  
Director of Health Services

*Amy Plumb*  
Life Enrichment Director

*Jennifer Ruzbasan*  
Director of Dining Services

*Heather Schlegelmilch*  
Community Service Representative

*Monica Lacy*  
Business Office Manager

*Todd Burnes*  
Director of Plant Operations

*Maurice Ford*  
Director of Environmental Services

*Ivana Krstevska*  
Legacy Neighborhood Director

*Sarah Brown*  
Social Service Director

*Chad Abair*  
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@vhs.com*

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# Monthly Trivia & Activity Corner

All trivia answers will be printed in our upcoming month's newsletter!

Question 1: What is the name of Dracula's sidekick?

Question 3: True or false: Bees can only sting once.

Question 5: Who originally sang *That'll Be The Day* in 1957?

Question 2: Where did Halloween originate?

Question 4: Pumpkins are \_\_\_% water.

Flip the page for last month's trivia answers:

Q1: *blood type is considered the universal donor. Type O*

Q2: *What product was banned from advertising on television in 1971?*

Q3: *Edwin Budding invented what tool in the 1820s?*

Q4: *Who is the only US launmover?*

Q5: *What is the brightest star in the galaxy?*

## FIND AND CIRCLE TEN DIFFERENCES



## Word Search

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

ACTIVITIES  
CAKE  
CELEBRATE  
CHEERS

CRAFT  
DECORATE  
DELICIOUS  
GERMAN

GOLD  
HALLOWEEN  
INCREDIBLE  
OKTOBERFEST

PROGRAMS  
PUMPKIN  
SAUSAGE  
TASTINGS