

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 Ryebein 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

Ena H.	10/03
Denzil F.	10/09
Donna L.	10/12
Felix A.	10/16
Matilda S.	10/17
Matilda G.	10/22
Carolyn D.	10/29

Staff

Julie H.	10/02
Magdaline N.	10/05
Jayson B.	10/11
Jennifer R.	10/12
Rhecille B.	10/24

Taste of the Town

Taste of the Town is an opportunity on the third Wednesday of every month for our residents to “eat out” without the hassles of leaving the building! Residents are encouraged to provide feedback to our chef during “Chef Circle”. Resident preferences will determine the restaurant we will host at our campus for the month.

Volunteers Needed

Forest Springs strives to make all our resident's days fun and enjoyable. Volunteers are the heart and soul of our campus and the key to making that happen. We are asking for just one hour per week/month to make a difference in their lives. If you are interested, please contact Becky Dunaway Life Enrichment Director.

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,

Kristi Noah

Executive Director

Photo Highlights



We sure Love Our Zola!

Smile of the Month





Our Beautiful Butterflies!

More... Photo Highlights



Hawaiian Happy Hour



Hawaiian Happy Hour Cart!

Upcoming Events

Make sure to check your calendars for our exciting programs that will be happening this month! We will have a summer cookout, homemade ice cream and go on outings to restaurants as well as different stores! Don't forget to check your calendars for outings and let the Life Enrichment team know which ones you would like to participate in. Remember, the early bird gets the worm!

LifeShare

LifeShare Technologies, in partnership with this campus, provides an innovative service that allows you to connect with family and engage in your community, all through your personal television. With LifeShare, you can do all the following through your television:

- View Photo's
- View community information, such as activities, announcements, and dining menus
- Receive event reminders on the screen or by phone.
- Read daily news!
- Play games, music, and faith-based programs!
- Family members can download an app on their phone and become a family manager of your account and see the monthly activity calendar and so much more!

See your Life Enrichment Department to get started today!

Live a Dream

Our "Live a Dream" program is designed to grant long-held wishes for our residents. We collaborate with the Trilogy Foundation to help finance our bigger dreams, but even small dreams are granted, through this wonderful program. Please let the Life Enrichment Director know if your loved one has expressed a wish and will do our best to grant it! Also, we are a part of the Honor Flight! If you are a Veteran and would like take part in the Honor Flight, please make us aware so we can get you signed up.



FOREST SPRINGS

HEALTH CAMPUS

A Trilogy Senior Living Community

4120 Wooded Acre Lane

Louisville, KY 40245

502-243-1643

forestspringshc.com |

Kristi Noah
Executive Director

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Director of Health Services

La'Keisha James
Assistant Director of Health Services

Denise Bivens
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Kelly Newcom
Community Services Representative

Lauren Kitchen
Customer Service Specialist

Julie Cash
Business Office Manager

Becky Dunaway
Life Enrichment Director

Keith Dobson
Director of Plant Operations

Vincent Gray
Director of Food Services

Joyce Bullock
Director of Environmental Services

Tara Duverge
Villa Lifestyle Director

Jennifer Alvarez
Social Services 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@trilogyhs.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 2: Where did
Halloween originate?

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

Question 4: Pumpkins
are ____% water.

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

*Flip the
page for
last month's
trivia
answers:*

*Sirius A
in the galaxy?
brightest star
Q5: What is the
Richard Nixon
from office?
ever resign
president to
the only US
Q4: Who is
launmover
1820's? The
tool in the
landscaping
invented what
Budding
Q3: Edwin
Cigarettes
in 1971?
on television
advertising
banned from
product was
Q2: What
donor. Type O
the universal
considered
blood type is
Q1:*

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