



AVALON SPRINGS

HEALTH CAMPUS

A Trilogy Senior Living Community

Chronicle

November 2021

Revisiting The Trilogy SHIELD Program

As we head into the winter months, we remain committed to keeping our community safe – whether it’s for you, your loved ones, or our employees. With the **Trilogy SHIELD Program**, we use **Sanitation, Health Solutions, Illness-prevention, Evidence-based Lasting technologies and Disinfection tools** to put this promise into practice.

Clean and Protected

Through our relationship with 3M, we’re proud to utilize some of the highest-quality disinfection tools available to our industry – capable of identifying and eliminating pathogens in a matter of minutes. Among these is **40-A**, a solution that has been tested and recognized by the EPA to kill COVID-19 when used in accordance with the manufacturer’s guidelines, and **Clean Trace**, which collects organic matter from our

surfaces and tells us where further disinfection efforts are needed.

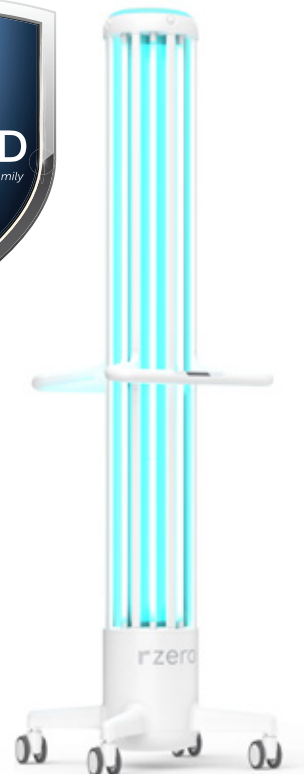
The Power of UV-C Technology

The gold standard in hospitals, we’re proud to employ the use of Arc - R-Zero’s disinfection system that uses sustainable, high-power UV light to destroy 99.99% of surface and airborne pathogens without the use of chemicals.

With this program, not only are we protecting our communities from the hardships of today – we’re making them prepared to meet the challenges of tomorrow. For more information about how we are keeping our residents and families safe, please contact a member of our team.



3M Science. Applied to Life.™



Happy Birthday!

Residents

Daniela W.	11/1
Patrick L.	11/10
Joyce H.	11/12
Robert K.	11/16
Dolores H.	11/18
Betty C.	11/20
Norah S.	11/23
Diane S.	11/23
Esther M.	11/24

Staff

Diana S.	11/3
Bettye F.	11/5
Jillian F.	11/7
Patricia C.	11/7
Brittany H.	11/9
Todd B.	11/9
Barbara A.	11/21
Cassandra Y.	11/23
Bonnie T.	11/23
Karen T.	11/23
Sandra M.	11/30



Executive Director Corner

Welcome to November!

I hope you all had a

great time at our fourth and final Theme Week of the year! It was incredible celebrating Germany with so many familiar faces - and getting to try out Chef Bob's Ruben egg roll. Shoutout to our Life Enrichment and Dining teams for truly saving the best for last.

This month, we celebrate National Family Caregivers Month – a time to recognize all that family caregivers do to supporting their senior family members, and who

continue to keep us warm with their unending love and support. Talk to any member of our team about the multitude of resources we provide for family caregivers, as well as our Long-Term and Short-Term care options that can lift some of the weight from their shoulders.

With Thanksgiving just around the corner and the holiday season nearly upon us, there's never been a better time to be a part of the Trilogy family. Let's have a great November!

Yours in Service,

Crystal Wray

Executive Director

FEATURED RESIDENT: FLORA

This month we would like to honor a former Assisted Living resident, Flora B. Flora was to turn 105 years young on October 13, 2021. We were planning a Special 105th Birthday party for Flora, and had requested from the White House to have them send her a very special Birthday Wish (pictured on page 3 left hand bottom corner). Flora was an amazing resident that could run laps around not only the other residents but employees here at Avalon Springs. Over the years Flora shared a lot of stories with other residents and employees at Avalon Springs. Many of the stories included how she was fond of natural home remedies and learned how to use them. When it rained she would tell us how a cabbage leaf placed on a knee or back would relieve the aches and pains from the cold damp weather.

Flora was the oldest resident that most of us have ever known. Her willingness to participate in all of our activities and silly dress up theme weeks and dinners was amazing, you could ask her to try on or wear any costume and she would.

Flora went home to be with the Lord on September 23rd, just three weeks shy of her 105th Birthday. We were not able to have her special 105th Birthday party for her so we decided to honor her in our newsletter.

Flora's favorite picture here was her holding the puppy. We also included a few of her dressed up during our theme weeks. We love and miss you greatly Flora, rest in peace.



MORE FROM... FEATURED RESIDENT: FLORA



Did You Know...?

Before you come to visit a loved one, you can get your check in and temp QR code by going to mytrilogyvisit.com. You will need to fill out the questionnaire and download the QR code or screen shot it and save in your photos. Doing this before you come in makes for a quick and easy check-in process. You will then use this QR code each time you visit.

Theme Dinner

Watch for the next newsletter that will feature our last theme week and dinner for 2021. Residents ventured off to Germany to celebrate Oktoberfest. Fun and exciting photos to come!

Volunteer News

Volunteers are welcome again in the campus. If you have a skill or talent you would like to share with the residents, please contact Amy Plumb, Life Enrichment Director at 462-1778 or amy.plumb@avalonspringshc.com



THE WHITE HOUSE
WASHINGTON

I am delighted to wish you a happy 105th birthday. I hope you enjoy your celebration, reflecting on the cherished memories you have made throughout your life.

Your strength and perseverance have helped shape this Nation into what it is today and define what it means to be a member of the Greatest Generation. This milestone serves as an inspiration to your fellow Americans.

I feel honored to celebrate this memorable occasion with you and send you my best wishes for all your days to come.

Sincerely,



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Executive Director

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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

Newsletter Production by PorterOneDesign.com

Monthly Trivia & Activity Corner

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

Question 1: *The first US harvest feast of Thanksgiving occurred where?*

Question 2: *How many sides do snowflakes have?*

Question 3: *Where were the 1952 Winter Olympics held?*

Question 4: *What is a group of whales called?*

Question 5: *What does the color white represent on the American flag?*

Flip the page for last month's trivia answers:

Q1: What is the name of Dracula's sidekick? Renfield
Q2: Where did Halloween originate? Ireland
Q3: True or false: Bees can only sting once. False
Q4: Pumpkins are ___% water. 90
Q5: Who originally sang "That'll Be The Day" in 1957? Buddy Holly and the Crickets

FALL WORD SCRAMBLE

Unscramble the letters below to make seasonal words.

VHATSER

GHAINGSTKVNI

YTUEKR

LUETGRFA

FAILMY

NRDATITOI

AMTUUN

IPUKMNP

TETRIADGU

SEESERTHTOGN

Word Search

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

ARC

CLEAN

DISINFECT

EFFORT

HEALTH

PATHOGENS

PROGRAM

PROMISE

PROTECT

QUALITY

SAFETY

SANITATION

SHIELD

SOLUTION

TECHNOLOGY

TRACE