

Bringing Your Dreams to Life



Seeing the Grand Canyon.

Visiting a new city.

Skydiving out of a plane.

If you were thinking about doing any of these things when you were 22, your loved ones might have had a *few* things to say. Maybe it was one of your closest friends telling you to just “go for it”. Maybe it was the thrill seeker in your family reminding you that “you only live once.” Or maybe it was your parents reminding you that you’re still young - and that you should take the opportunity to go on adventures as they come.

Now, as a resident of a Trilogy campus, we’d like to offer you the same advice.

Through our *Live a Dream* program, we encourage our seniors to come to us with what it is they want to do most so that we can bring those dreams to life. Wanting to feel the wind blow through

your hair? We’ve had residents go on motorcycle rides before. Want to watch a baseball game at your favorite stadium? We’ll get the car ready if you pick the day. Even if you’re just wanting to go for a stroll down memory lane with a visit your hometown, our Life Enrichment team will be here to make that dream a reality – all while offering the same quality care that you’ve come to expect. To learn more about our *Live a Dream* program, contact a member of our team today!



Happy Birthday!

Residents

Marilyn G.	5/02
Fannie M.	5/03
Cecilia M.	5/04
Neil W.	5/06
Carolyn S.	5/12
Everett W.	5/22
Larry W.	5/24

Staff

Cindy A.	5/03
Basorry J.	5/05
Shelby P.	5/06
Erin H.	5/19
Kurt H.	5/27



Executive Director Corner

Welcome to May, everyone!

I hope these last few weeks have found you in good health and in good spirits. If you're like me and have been waiting patiently for the cold weather to be put to bed, now is the perfect time to enjoy an afternoon stroll through our garden, where the cool air and shining sun are finally here to let us know that summer is just around the corner. Once you come inside to cool off, we'll have plenty of exciting things waiting for you!

From May 15th through the 21st, we'll be kicking off our next Theme Week – Lucille's

Ball. Much like our Theme Week in February, this event will capture the glamour and glory of a one-of-a-kind ball, with the added twist of a unique "I Love Lucy" theme. Come ready to celebrate in your best polka dot dresses and tuxedos as we recreate the TV set with a week of theme related activities, events, menu options, and more!

The good times are just getting started – and with the weather getting warmer, there's no signs of them slowing down any time soon. Let's have an amazing month!

Yours in Service,

Marty Hawkins
Executive Director

Upcoming Events

May 8th - Mother's Day
Brunch & Bingo

Brunch - 11:30-1:00

Bingo - 2:00pm

Memorial Day Cook-Out

Beer, Brats & Burgers

11:30 in Dining Room

Theme Dinner

Theme Week "I Love
Lucy" Lucille Ball

May 16th-24th

Theme Dinner:
Thursday, April 19th

PHOTO HIGHLIGHTS



More from PHOTO HIGHLIGHTS



Our Mission Our mission is to strive to serve our residents to the best of our ability, to embrace their passions, and to give back a little piece of what they have given and continue to give.

Please visit our Live a Dream Website: <https://thetrilogyfoundation.org/live-a-dream>

Volunteer News

Volunteers are the heart and soul of our campus.

Please sign up to become a volunteer today!

Volunteer Opportunities

Bingo Caller-Tuesday, Thursday, & Sunday at 2:00pm

Fancy Nails-Polish resident nails

Lead an Exercise Program

Conduct a monthly Men's Group

Entertainment

Musical entertainment 1st & 3rd Friday of each month, during Happy Hour

Sunday Brunch

Please Join Us for Sunday Brunch

2nd Sunday of Each Month

2 Guest per resident

Live A Dream

The Live a Dream program demonstrates our continued commitment to exceeding the expectations of our seniors and their families in everything we do. Live A Dream offers opportunities for seniors to enjoy activities that they used to do more often, but have since been unable to do so. This time, however, we make them extra special! Live A Dream not only grants these chances, such as skydiving, zip lining, or riding motorcycles, but we also grant priceless experiences that encourage us all to keep our dreams alive.



GLEN RIDGE

HEALTH CAMPUS

A Trilogy Senior Living Community

6415 Calm River Way
Louisville, KY 40299
502-297-8590
glenridgehc.com |

Marty Hawkins
Executive Director

Crystal Combs
Director of Health Services

Jen Humphreys
Customer Service Specialist

Taelor Adams
Community Service Representative

Ayla Burkett
Business Office Manager

Cindy Allen
Life Enrichment Director

Crystal Dickey
Director of Social Services

Quinta Watson
Asst. Director of Social Services

Kurt Hayden
Director of Dietary Services

Bob Lee
Environmental Services Director

Mary Kate Landry
Guest Relations

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: In what
sport is "love" a score?

Question 2: Which candy has
the slogan "Taste the rainbow"?

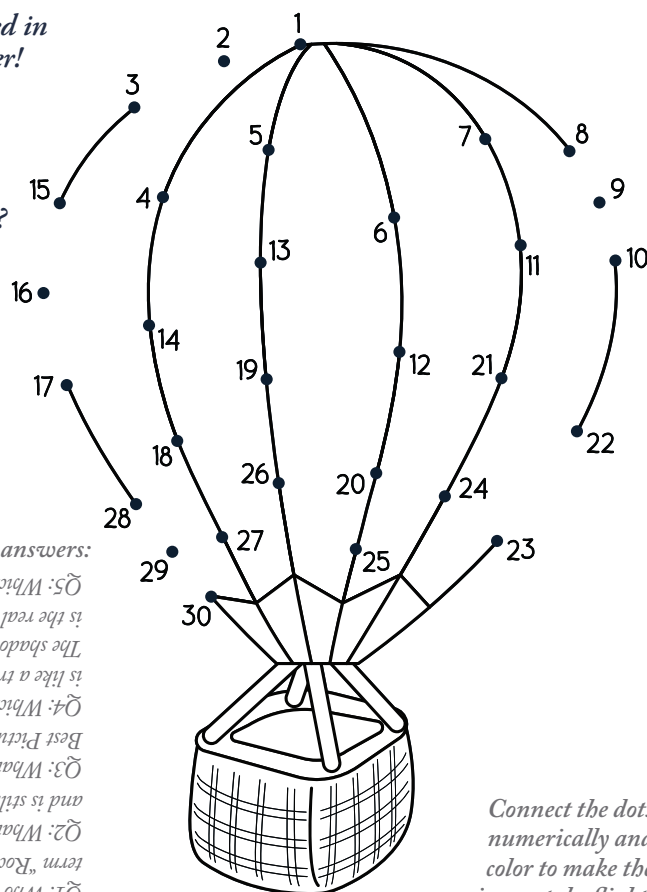
Question 3: Who was
the fourth president
of the United States?

Question 4: Which state is
known as the "Granite State"?

Question 5: Which sense
do dogs use the most?

Flip the page for last month's trivia answers:

Q1: Who is the disc jockey who coined the
term "Rock N Roll" in 1951? *Alan Freed*
Q2: What TV game show aired in 1956
and is still on today? *The Price Is Right*
Q3: What movie won the Oscar for
Best Picture in 1960? *Ben-Hur*
Q4: Which U.S. president once said "Character
is like a tree and reputation like a shadow.
The shadow is what we think of it; the tree
is the real thing." *Abraham Lincoln*
Q5: Which planet is closest to Earth? *Mercury*



Word Search

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

ADVENTURE
BALLOON
DREAM
ENCOURAGE

GAME
LIVE
MEMORY
MOTORCYCLE

OPPORTUNITY
PLANE
SEEKER
SKYDIVE

STADIUM
THRILL
VISIT
ZIPLINE