

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

| | |
|------------|--------|
| Richard S. | May 10 |
| Alice B. | May 12 |
| Nancy H. | May 13 |
| Mary V. | May 14 |
| Judith D. | May 20 |
| Georgia B. | May 23 |
| Barbara O. | May 31 |

Staff

| | |
|-------------|--------|
| Margaret M. | May 08 |
| Joseph E. | May 11 |
| Tiara R. | May 16 |
| Regina H. | May 22 |
| Rachel S. | May 23 |

Theme Dinner

Theme dinner is right around the corner, and we can't wait to celebrate "Lucille's Ball" with all of you! Theme week is May 15th-21st, we can't wait to see everyone all dressed up and dancing the night away at the Ball. You can refer to your activity calendar to see all the fun filled 50's and "I Love Lucy" themed entertainment and happenings, but to give you a teaser here are a few of our favorites:

- Dance class! If you love to listen to music but maybe are feeling a little shy and want to brush up on your swing, jitterbug and bop come on down and join us!
- "Grape" Stomping, ever wonder what it feels like to mash your own grapes? Well have no fear because we are making it happen!
- Cooking Class, join us in making Lucy's favorite foods, candies and cocktails!

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,

Holly Grenard
Executive Director

SMILE OF THE MONTH

May's "Smile of the Month" title goes to our one and only Caroline! Caroline always has a smile on her face and is such a light in this world. We love spending time hearing about her children's mischievous sides as they grew up, her jokes, and being around her general pleasant natured self. Caroline, we hope that you know how much we love you and are happy you're apart of our St. Mary family.



Caroline C. and her daughter! We can see that the smiles run deep within this family, and we are so happy about it!



Featured Resident

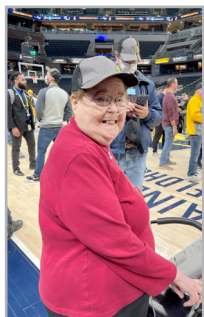
This month our featured resident is the witty, loving, and supportive BONNIE! Bonnie is always there for you when you're having a rough day and need a friend. She is one of the best "go-to" residents to hear the latest happenings in the news, pop culture and around campus. I love talking to her and hearing all about her family, her cat, and her shows!

Bonnie we can't express how much you mean to us

here at St. Mary and we are so happy that we have you to call both a friend and family. We love you!

ACTIVITIES CORNER

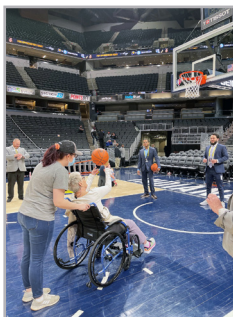
Last month we had the amazing opportunity to go see the Indiana Pacers play on their home court at Gainbridge Fieldhouse against the Detroit Pistons. We had a great time watching not only the game and the halftime show entertainment, but also had the honor of being escorted down to the court to shoot free throws and take pictures. St. Mary can't thank Justin Peck, from the Indiana Pacers, enough for his help with getting us tickets, merchandise and letting us onto the court! We must give a shout out to our amazing staff that came on the trip too! Angela, Matt, Taylor, and Walt, we appreciate you so much and we wouldn't have been able to do it without you! Thank you, it was a night to remember!



Marilyn D. on the Pacers court after the game!



Barb S. conquering her fear of heights in style with our awesome hats we got at the game! We are so proud of you for pushing past the uneasy feeling and deciding to go!



Donna C. making a shot from the free throw line!



Donna C. and Matt enjoying the game and their dinners.



The gang's all here! Our St. Mary squad on the court for a full group shot.

Campus In Color

It's time to brighten our courtyards, plant some flowers and enjoy the season! Campus In Color is in full swing at St. Mary, we are having groups every other week to discuss ideas and requests. Do you have a vision for our courtyard when you look out the windows? Is there something that would enhance your time outside when you're enjoying the fresh air? Are you looking to get your hands dirty and ready to plant some herbs? If you answered yes to any of these questions, or just want to know more about our Campus In Color program, join in on the groups or speak with Erica in the activity room.

Live a Dream

What's one thing you've always dreamed of doing? It's a hard question for some and a simple one for others; wherever you fall on the spectrum we're sure that you can think of something. Ever wanted to ride on a plane? Meet someone specific? Go to a restaurant you've only ever wished about? What about being able to visit a location from your past or somewhere you've never been? No matter the obstacles we'd love to hear your dreams, and better yet try and make your dreams a reality! When you think of a "Live A Dream" idea let a staff member know, and we will work our hardest to make sure our St. Mary residents are living their best lives!



ST. MARY

A Trilogy Senior Living Community

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stmaryhcc.com |

Holly Grenard
Executive Director

Shannon Bulan
Director of Health Services

Tina Linder
Assistant Director of Health Services

Nathan Snyder
Business Office Manager

Allie Linder
Director of Social Services

Erica Chezem
Director of Life Enrichment

Tim Goodrich
Director of Plant Operations

Concetta Mirelez
CSR

Brittany Harbolt
Director of Food Services
Hope Lowell
Director of Environmental Services

Beth Sabados
Legacy Lane Coordinator

Joy Miller
MDS Coordinator

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"?

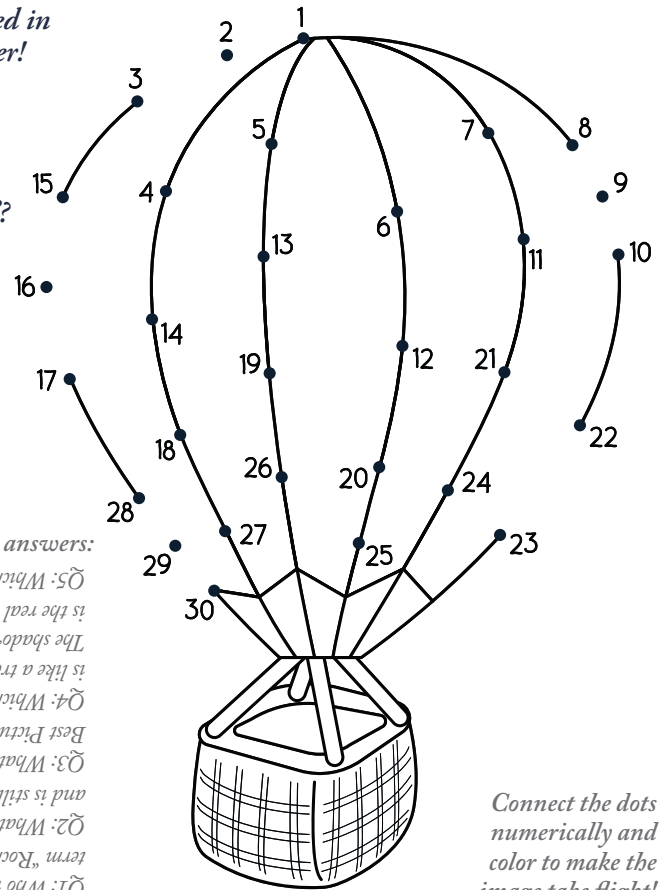
Question 3: Who was
the fourth president
of the United States?

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

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ADVENTURE
BALLOON
DREAM
ENCOURAGE

GAME
LIVE
MEMORY
MOTORCYCLE

OPPORTUNITY
PLANE
SEEKER
SKYDIVE

STADIUM
THRILL
VISIT
ZIPLINE