



SENIOR LIVING AT
FOREST RIDGE

A Trilogy Senior Living Community

Leaflet

July 2022

The Benefits of Socialization

When we look back on our lives, we often find that some of our most cherished memories are the ones that we share with the people we love. We live for the moments when we can have a heart to heart with a sibling or cry from laughter with a friend. These experiences remind us that we are loved, and make us feel connected to the world at large.

Simply put, the benefits of social interaction are as purifying to the mind as they are to the spirit:

- Interacting with others can offer a greater sense of belonging and purpose.
- There's no end to learning new things and gaining new insights from fresh faces.
- Feelings of compassion may become stronger as you share your stories and listen to the stories of others.

- You will be surrounded by people who understand how you feel.
- With the encouragement of others, you can be inspired to embrace your talents and pursue their passions.

There are plenty of ways to get involved - glean the benefits of socialization in our fabulous dining room, keep up with our

monthly activities calendar, and take part in our unique programming! Designed to tend to your holistic wellness, our *SoulFIT* program encourages socialization through Love, Joy, Healing, Peace, and Gratitude. Whether you're gleaning the benefits of socialization in our fabulous dining room Talk to any member of our team today to learn more!



Happy Birthday!

Residents

Darlene H. 7/10

Norma C. 7/20

Staff

Miulin D. 7/11

Outings

For Memorial Day, Senior Living took residents to the New Castle Memorial Day Parade, where a few of our Veterans attended the Veteran's Ceremony, before enjoying the parade. 2022 proved to be the year of diversity for our Annual Memorial Day Parade. There were many more floats, businesses, and entertainers participating in this year's parade. The parade was exciting, we would like to thank our Veterans for their service, and we would like to give our appreciation to all the volunteers who made the parade possible.



Residents are enjoying the Memorial Day Parade.

Executive Director Corner

Happy July, everyone!

It's been an amazing summer so far of cookouts, nights spent with friends, and of course, refreshing Happy Hours to help us cool down. In our childhoods, it was around this time of year that many of us started looking towards the dreaded return to the classroom – but here at our campus, July means that the party is just getting started.

The penultimate Theme Week of the year is already upon us, and this time, we're heading to the high seas! From August 21st – August 27th, we'll be embarking upon a campus-turned-cruise with

our "Beyond The Sea" Theme Week, bringing all of the amazing sights and sounds of being out on the ocean right here to our home. We'll have more information to share with you before we set sail, but in the meantime, don't hesitate to reach out to any member of our Life Enrichment team with any questions you might have!

Looking forward to seeing you aboard!

Yours in Service,

John Craig

Executive Director

VOLUNTEER NEWS

Our volunteers attended our "Volunteers are Marvelous and Magnificent" Banquet this month. During the banquet, volunteers enjoyed a BBQ dinner, and received door prizes. Dinner included BBQ Chicken sandwiches, potato salad, baked beans and for dessert, a huge M & M Cake. After dinner, the volunteers were each recognized for their specific skills and many volunteers were awarded door prizes. We would love to thank all our volunteers for everything they do and for the time they spend with our residents.



Our Volunteers were honored during our Volunteer Banquet.



Dietary baked a cake for our "Volunteers are Marvelous and Magnificent," Banquet.



Residents and their daughters posed for hand photography.



Sue J. and her grandchildren attended our Mother's Day Tea Party.



Our Mother's Day Tea Party was a success!

Family Night

Senior Living recognized many holidays this month, including Cinco De Mayo and Mother's Day.

We celebrated Mother's Day with our annual Mother's Day Tea Party and Mother's Hand Photography, for our residents and their families. They enjoyed pastries, party gifts, and free family photos during this event.



Iris B. is taking her chance at the Cinco de Mayo Pinata.

THEME DINNER – LUCILLE BALL

Our Dietary and Activity Staff hosted the Lucille Ball Theme Dinner. These departments did an excellent job in preparing the cuisine and decorating for the dinner. The themed dinner started with a Ropa Vieja Beef Short Rib with Mushrooms Demi Lobster, followed by Apple John with Vanilla Ice Cream for dessert. Residents were also given fedoras and pearls, to accessorize during the theme dinner. Throughout theme week, residents created Tropicana Flower Arrangements, watched the Lucy Show, learned Lucy's history, watched a Jim Vanslambrook "Big Band" performance, and participated in a Lucille Ball Trivia Contest. Everyone had a terrific time, and we are looking forward to our next themed dinner later in the season.



Our Lucille Ball Theme Dinner consisted of Ropa Vieja Beef Short Rib with Mushroom Demi Lobster and Coconut Crème Pie for dessert.



Lois D. is posing for a photo, during our Lucille Ball Theme Dinner.



Jim Vanslambrook played Big Band Music during our Lucille Ball Theme Dinner.



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A Trilogy Senior Living Community

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New Castle, IN 47362

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Executive Director

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Lisa Miller

Community Service Representative

Norma Kriner

Resident Activity Director

Stacey Bonwell

Director of Food Services

Hannah McCubbins

Director of Environmental Services

Chuck Riley

Director of Plant Operations

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: *Where was Independence Day first celebrated?*

Question 2: *What vitamin can you get from sunlight?*

Question 3: *Which planet has the most moons?*

Question 4: *What does the
wizard give the Tin Man at
the end of The Wizard of Oz?*

Question 5: *Which Elvis
Presley song was the first
to become a Number 1
hit in the U.S. in the 60's?*

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

Q1: Which sea separates Great Britain from Ireland? The Irish Sea
Q2: Who is the composer behind "Moonlight Sonata"? Ludwig van Beethoven
Q3: Which animated character famously exclaims "D'oh"? Homer Simpson
Q4: What is the most populated city in the United States? New York City
Q5: How many years are in a millennium? One thousand

*Grab some colorful markers, paints, crayons or pencils
and create your own fireworks display in the space below!*



Word Search

N	X	M	V	V	P	Y	F	K	U	W	D	J	D	U	X	N	Q	K
A	I	N	S	P	I	R	E	E	P	G	E	E	O	J	Z	N	U	H
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CONNECT
ENCOURAGE
EXPERIENCE
FIT

HOLISTIC
INSIGHT
INSPIRE
INTERACT

INVOLVED
LAUGHTER
LEARN
PASSION

SHARE
SOCIALIZE
SOUL
WELLNESS