



TRIPLE CREEK  
RETIREMENT COMMUNITY  
*A Trilogy Senior Living Community*

# Connection

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

|             |         |
|-------------|---------|
| Mary Ann F. | July 03 |
| Patsy K.    | July 11 |
| JoAnn M.    | July 15 |
| Rebecca S.  | July 16 |
| Dolores D.  | July 23 |
| Sharon H.   | July 23 |

## Staff

|              |         |
|--------------|---------|
| Stephanie C. | July 04 |
| Robert B.    | July 05 |
| Brianna G.   | July 07 |
| Shanece S.   | July 08 |
| Jamie I.     | July 15 |
| Tracie P.    | July 15 |
| Patrice C.   | July 17 |
| Amanda B.    | July 27 |
| Joe S.       | July 28 |
| Janay J.     | July 29 |

## Departmental Discussions

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,

*Tripple Creek  
Management Team*

## LIVE A DREAM

What a wonderful Live a Dream and adventure to the Ark Encounter that we all were lucky enough to be a part of.



## Outings

Blessed with beautiful weather for our lunch outing to Frisch's and day trip and lunch to Houston Woods.





# Campus in Color

It's starting to look like Campus in Color is in full bloom, thanks to the staff, residents, volunteers, and community for all the help!

## ER3 Highlights

3rd Shift ER3 "Let's Play Ball" scored BIG!!



## THEME DINNER

We all LOVED, Lucille's Ball theme Dinner!



*Pitchers, Catchers, Let's Play Ball!*



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triplecreekretirement.com |

TBD  
Executive Director

Alicia Booth  
Customer Service Representative

TBD  
Business Office Manager

Georgina Appelman  
Life Enrichment Director

Stephanie Wiesman, PD, PTA  
Director of Rehab Services

Tim Hawthorne  
Director of Environmental Services

Steve Marsh  
Director of Plant Services

Jamie Insko  
Director of Dining Services

Andi Hebel  
Director of Health Services

Rebecca Retherford  
Director of Social Services

## 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](mailto: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

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

CONNECT  
ENCOURAGE  
EXPERIENCE  
FIT

HOLISTIC  
INSIGHT  
INSPIRE  
INTERACT

INVOLVED  
LAUGHTER  
LEARN  
PASSION

SHARE  
SOCIALIZE  
SOUL  
WELLNESS