



AUTUMN WOODS

HEALTH CAMPUS

A Trilogy Senior Living Community

Journal

September 2022

Living the Trilogy Lifestyle

At Trilogy, we believe that each day should be more special than the last. That's why our lifestyle offers a variety of different ways that you can connect, celebrate, and make the most out of life with the people in your life that matter most. Here's how.

Campus Retreats

Taking place at least once a year, Campus Retreats offer a week filled with arts and crafts, unique menu options, and one-of-a-kind programs designed to provide you with the creative outlets that Trilogy family members love and deserve. Whether we're setting up an indoor campsite or getting a Tailgate ready for the big game, Campus Retreats promise to be a unique experience that you'll never forget!

Summer Field Trips

Walk through history, get up close and personal with wildlife, or just go for a stroll

through the park. However it is you enjoy spending your time, our summer field trips will have your days filled with trips to museums, zoos, and other attractions that you'll enjoy with friends and family!

Campus in Color

A celebration of the culture behind our care, Campus in Color is an annual event which takes place

on the grounds and in the garden areas of our campuses. Tending to your inner horticulturist, Campus in Color invites you to participate in the growth of our gardens while you enjoy the sunniest days of the year so far.

Interested in learning more about how you can get involved? Talk to any member of our team today. We'd love to hear from you!



Happy Birthday!

Residents

Frances B.	9/01
Lois D.	9/06
Paul J.	9/11
Doris F.	9/18
Janet M.	9/18
Pauline B.	9/18
Robert A.	9/18
Bobby B.	9/19
Elva C.	9/29

Staff

Tiara S.	9/01
Helen C.	9/15
Dianna A.	9/15
Christopher B.	9/20
Janessa S.	9/21
Quiajah K.	9/24
Aaliyah C.	9/29

Executive Director Corner

Welcome to September, everyone!

I hope everyone had a great time at our "Beyond the Sea" Theme Week! Our team put on an incredible show - from Culinary with the delicious She Crab Bisque to Life Enrichment with all the amazing cruise décor. Thank you to everyone who was involved and thank you to everyone who came out!

This month is Healthy Aging Month – a time for us to celebrate keeping our hearts strong and keeping our minds free from worry. Through our Vitality program, we're proud to offer wellness activities such as yoga, Tai Chi, and strength training up to three times a

week. And if you're thinking about making a change to your diet, our chefs are always receptive to feedback, and will be more than happy to adjust a meal based on your unique needs. Talk to any member of our team to learn more!

As we begin transitioning away from summer, we'll be letting you know about events, community outings, and opportunities for socialization that you've come to expect from our campus lifestyle. Stay tuned for more information as we head towards the fall!

I hope you have a great month!

Yours in service,

Larry Reed

Executive Director

Community Connections

- Park Christian Church will be hosting a service on Sunday, Sept. 4th beginning at 1:30pm in the Main Dining Rm.
- OLPH will be hosting a service on Friday, Sept. 16th beginning at 10am in the Small Dining Rm.
- Trinity United Methodist Church will be hosting a service on Sunday, Sept. 18th beginning at 1:30pm in the Main Dining Rm.
- Our Volunteer Rita from Holy Family comes weekly to give communion. If you would like her to visit, please see one of our Life Enrichment Associates to be placed on her roster to visit.

MISS INDIANA VISITS OUR LEGACY RESIDENTS!



John H.



Frances B.

More MISS INDIANA HIGHLIGHTS



Elva C. .



Fred B.

CHRISTMAS IN JULY!



Glen R.



Emma G. and Nolan



Joe and Thomas.

Entertainment

- Musical Performance with Melburn will be on Friday; Sept. 2nd beginning at 2pm on Legacy Lane.
- Happy Hour with "Sass Trio" Performance beginning at 2pm on Friday; Sept. 9th in our Main Dining Rm.
- Musical Fiddler Performance during lunch in our dining room beginning at 11:45 on Sept.7th.
- Musical Performance by "Here by Grace" will be held on Thursday; Sept 15th beginning at 6pm in our Main Dining Rm.
- Happy Hour with Melburn will be on Friday; Sept. 16th beginning at 2pm in our main dining rm.
- Musical Therapy with Tyler will be held on Wednesday; Sept. 21st at 10am on our Legacy Lane and 10:45am in our main dining room.
- xMusical Interactions with Susie will be held on Tuesday; Sept. 20th beginning at 11am in our Main Dining Rm.
- Musical Performance by Merry Melodies will be held on Tuesday; Sept. 20th beginning at 2pm.

Sunday/Family Brunch

Please join us for our monthly family brunch on Sunday; Sept. 11th from 11am-1pm. Two vaccinated family members per resident.

Theme Dinner

Our next Themed Dinner will be the Roaring 20's Gatsby Ball. Our residents & staff are encouraged to dress the part for a Roaring 20's dinner and fine entertainment by Mike & Vikki.



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Larry Reed

Executive Director

Adrienne Thomas

Director of Health Services

Ebony Richie

Assistant Director of Health Services

Natalie Foushee

Business Office Manager

Bobbie Jo Adams

Life Enrichment Director

Amanda Rusk

Director of Rehab Services

Wanda James

Legacy Lane Coordinator

Ryan Sylva

Director of Food Services

Chris Wright

Director of Plant Operations

Christine Burke

Social Service Director

Stay in the Loop [t](#) [f](#)

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: Which mammal has the most powerful bite?

Question 2: Who was the first emperor of Rome?

Question 3: What is the center of a hurricane called?

Question 4: What 1950's musical
was based in California?

Question 5: What soft drink
was invented in 1892?

Flip the page for last
month's trivia answers:

Q1: At what age does your
brain fully form? 25
Q2: The ocean covers more than
percent of the Earth's surface. 70
Q3: What is a group of lions called? A pride
Q4: True or false: Paul Revere shouted
"The British Are Coming!". False
Q5: What is the only sport to be
played on the moon? Golf

SUDOKU

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ATTRACTIONS
CAMP
CELEBRATE
COLOR

CONNECT
EXPERIENCE
FAMILY
FLOWERS

GARDEN
GROW
HORTICULTURE
LIFESTYLE

OUTINGS
RETREAT
TRIPS
VARIETY