



AVALON SPRINGS

HEALTH CAMPUS

A Trilogy Senior Living Community

Chronicle

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

James B.	9/04
Patricia B.	9/05
Grace N.	9/08
Rose S.	9/10
Alice H.	9/13
Darryl S.	9/14
Virginia N.	9/19
Donald L.	9/22
Louise P.	9/22
Dorothy W.	9/24
Chester D.	9/29
Mary T.	9/30

Staff

Dana T.	9/06
Angela M.	9/11
Karen H.	9/17
Shara Mariele R.	9/25

OUTINGS

Outings are back here at Avalon! We have weekly outings such as shopping trips and lunches, but our huge hit of the summer has been our trip to the Porter County fair. Residents enjoyed their favorite games, treats, and even got to see a baby calf being born!



Frannie enjoying the animals



Wanda enjoying her time at the fair



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,

Crystal Wray
Executive Director



Daniella out at the fair

ACTIVITIES CORNER

Our ladies have been working on fun summer crafts these past few months! Getting to experiment with bright colors and patterns have been something our residents have been looking forward to during these warm months.



*Daniela's close
pin butterfly*



Enid with her butterfly



*Frannie's close
pin butterfly*



Lois with her butterfly



Phyllis' butterfly



*Diane with her
handmade necklace*

LIVE A DREAM

Frannie's dream was to ride the fair rides this year. She got her own separate trip to the fair and spent the day on her favorite rides, winning prizes, and eating all her favorite treats! If you or a family member here at Avalon have a dream that you would like to have fulfilled please let our Life Enrichment staff know!



Frannie and her prize



Puppy love!



*Kelsee and Frannie
enjoying the rides*

Entertainment

We are always looking for entertainment here at the campus. Do you or someone you know enjoy performing and would like to play or perform for our residents. It doesn't have to be a music performance residents would enjoy a dance routine, poetry reading or even a theater skit. If interested see the Life Enrichment Department.

Volunteers Needed

If you would like to volunteer and enrich our residents' lives, please see the Life Enrichment Department to see how to get signed up! We are always looking for volunteers to play games with our residents, or just simply keep them company!

Did You Know?

If you go to [Mytrilogysite.com](https://mytrilogysite.com) you can get your QR Code before you arrive at the campus. This will make your check in and temp in faster and easier. Save it on your phone and use it each time you enter the building.

Smile of the Month?

Miss Virginia wins our smile of the month! She greets everyone she sees and is always checking in to make sure her peers and staff are feeling okay.



Virginia enjoying happy hour!



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2400 Silhavy Road

Valparaiso, IN 46383

219-462-1778

avalonspringshc.com |  

Crystal Wray
Executive Director

Kim Sheets
Director of Health Services

Chad Abair
Therapy Program Director

Monica Lacy
Business Office Manager
Heather Schlegelmilch
Community Service Representative

Sarah Brown
Social Service Director

Ivana Krstevska
Legacy Neighborhood Director

Amy Plumb
Life Enrichment Director

Jennifer Ruzbasan
Dining Service Director

Todd Burns
Director of Plant Operations

Maurice Ford
Director of Environmental 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@vhs.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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Word Search

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ATTRACTIONS
CAMP
CELEBRATE
COLOR

CONNECT
EXPERIENCE
FAMILY
FLOWERS

GARDEN
GROW
HORTICULTURE
LIFESTYLE

OUTINGS
RETREAT
TRIPS
VARIETY