

## 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

Margaret R.	9/02
Ray W.	9/03
Opal G.	9/05
Rose B.	9/05
James M.	9/12
Julian H.	9/12
Patricia C.	9/18
Sheila J.	9/20
Peggy P.	9/21
Betty D.	9/23

## Staff

Allison H.	9/01
Lois C.	9/02
Kathy B.	9/11
Lanette H.	9/12
Alexis F.	9/14
Alana V.	9/17
Shania P.	9/19

## LIVE A DREAM

In July residents loaded the bus and headed to Millersburg, KY and Flemingsburg, KY to visit hometowns for several of beautiful ladies. It's so exciting to head to towns where we have stories to tell one another about our memories there.



## 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! You will be seeing photos from this event in our next newsletter.

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,

*Adam Bailey*  
Executive Director







## Out and About

Residents had a blast at the Harrison county fair. Ferris wheel rides, 4H displays, homemade apple dumplings and friendly hometown hospitality. We also were able to see that our wonderful Campus In Color produce, flower and herbs won ribbons for community entries.

## Oh Great One

Gracie B. is a very important part of our Environmental Services Team. She has been at Cedar Ridge for five years. Her co-workers



enjoy working with her and have nominated her because "She has a great attitude, she's a hard worker and is always positive" "Gracie is very sweet and considerate. The residents love her because she goes out of her way to make sure they have everything they need." Thank you Gracie for making Cedar Ridge another great reason to be here.

## Smile of the Month

Charles M. is always in a pleasant mood. He enjoys visits with family and church friends. Charles loves the chance to get all dressed up so for family night he was all smiles and ready for a nice time.



## Family Night

Families enjoyed a great evening of fun and food during our Summer Fun Family Night. Many had fun tie dying T-shirts, socks, and tote bags. Others enjoyed an evening on the porch in the rocking chairs and visiting with loved ones.







CEDAR RIDGE

HEALTH CAMPUS

A Trilogy Senior Living Community

1217 US Highway 62E

Cynthiana, KY 41031

859-234-2702

cedarridgehs.com |  

Adam Bailey  
Executive Director

Lisa Dotson  
Director of Health Services

Adrienne Wellman  
Assistant Director of Health Services

Kacey Tucker  
Customer Service Representative

Marilyn Carstens  
Business Office Manager

Crystal Prather  
Life Enrichment Director

Wesley Northcutt  
Director of Plant Operations

Mary Martin  
Director of Food Services

Michael Effner  
Environmental Services Director

Francis Duncan, LPN  
MDS Coordinator

Joanie Sosbe  
Accounts Payable/Payroll Coordinator

Ashley Bennett  
Director of Social Services

Becky Northcutt  
Therapy Program Manager

Ethan White  
Guest Relations

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: 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  
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CONNECT  
EXPERIENCE  
FAMILY  
FLOWERS

GARDEN  
GROW  
HORTICULTURE  
LIFESTYLE

OUTINGS  
RETREAT  
TRIPS  
VARIETY