



FOREST SPRINGS

HEALTH CAMPUS

*A Trilogy Senior Living Community*

Press

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

Mary S.	9/15
Shirley L.	9/19
Ed M.	9/26

## Staff

Timera H.	9/20
Mallory G.	9/22
Brittani P.	9/23
Maria M.	9/23
Malachi J.	9/30

## Volunteers Needed

Families: If you or someone you know would like to volunteer, please see Andrew Kern, Life Enrichment Director to fill out a volunteer packet. We have various options for volunteering such as manicures, calling BINGO, leading a men's group, helping with our gardening efforts, leading an activity or using one of your special talents! There's something for everyone to help with!

## Save The Dates

September 4  
The Price is Right Day  
September 5  
Labor Day  
September 10  
Arnold Palmer Day  
September 11  
Patriot Day  
September 11  
Grandparent's Day  
September 12  
Chocolate Milkshake Day  
September 17  
Beginning of Oktoberfest  
September 18  
Rehabilitation Services Week  
September 18  
Cheeseburger Day  
September 22  
Ice Cream Cone Day  
September 25  
Rosh Hashanah



## 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,  
*Kristi Noah*  
Executive Director

## Painting Highlights



*We had so much fun with our tree painting!*





## TASTE OF TOWN

Each month our residents enjoy a taste of the town! We bring in appetizers, entrees and desserts from a local eatery and let our residents enjoy the food without leaving the comfort of the community. We even dress up the dining room so it feels like they're really there! This part month, our residents enjoyed Chuy's!



*Residents enjoying Taste of Town from Chuy's!*

## Pennyauction



*Penny Auction is always such a big hit! Never know how many pennies items will go for!*





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Louisville, KY 40245

502-243-1643

forestspringshc.com |

*Kristi Noah*  
Executive Director

*Brandon Campbell*  
Director of Health Services

*Lakeisha James*  
Asst. Director of Health Services

*Denise Bevins*  
Director of Personal Care

*Julie Hardin*  
Business Office Manager

*Shannon Coots*  
AP/ Payroll

*Keith Dobson*  
Director of Plant Operations

*Jennifer Alvarez*  
Social Services Director

*Greg Johnson*  
Director of Food Services

*Andrew Kern*  
Life Enrichment Director

*Geneall Edwards*  
Environmental Services Director

*Amy Vanover*  
Community Services Rep

*Caitlyn Courtney*  
Customer Service Specialist

*Kristen Black*  
MDS Coordinator

## 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  
COLOR

CONNECT  
EXPERIENCE  
FAMILY  
FLOWERS

GARDEN  
GROW  
HORTICULTURE  
LIFESTYLE

OUTINGS  
RETREAT  
TRIPS  
VARIETY