

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

Carolyn D.	9/04
Joseph M.	9/13
Naomi S.	9/16
James B.	9/27
Mary Ann M.	9/27

Staff

Ke'Oyndra S.	9/01
Sherita V.	9/06
Christy H.	9/09
Beverly W.	9/13
Melissa P.	9/15
Maggie S.	9/16
Cheryl C.	9/19
Karen S.	9/19
Angela A.	9/22
Nancy G.	9/25
Breonna B.	9/27



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,

Marty Hawkins

Executive Director

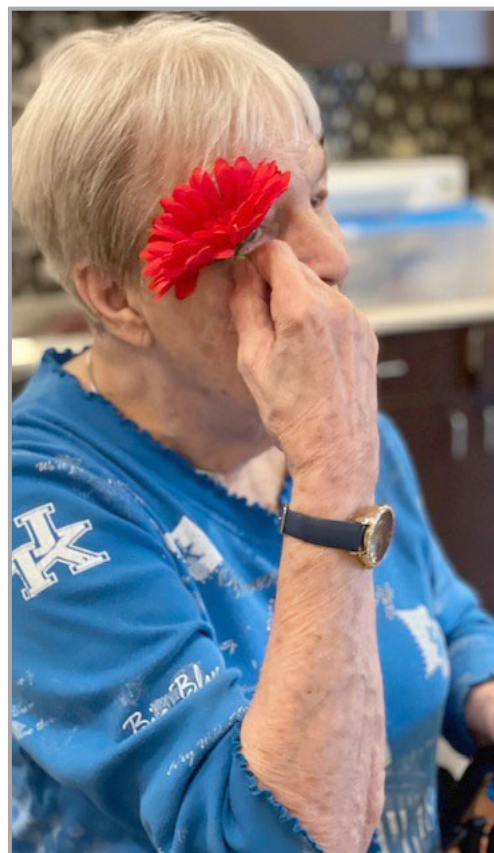
Our Mission

Our mission is to strive to serve our residents to the best of our ability, to embrace their passions, and to give back a little piece of what they have given and continue to give. *Please visit our Live a Dream Website: <https://thetrilogyfoundation.org/live-a-dream>*

**VETERAN
HIGHLIGHTS:
GUESS WHO**



CRAFTY CREATORS MAKING WREATHS AND HAVING SILLY FUN



Sunday Brunch

Please Join Us for Sunday Brunch

2nd Sunday of Each Month

2 Guest per resident

Upcoming Events

Glen Ridge Retreat

September 15th

Fall Carnival

A day filled with fun

Activities, Food, & Music

Entertainment

Musical entertainment 1st
& 4th Friday of each month,
during Happy Hour

Smile of the Month

Ruth is from Fern Creek area. She has 3 children and worked as a School Teacher. Ruth taught at Fern Creek & J-town High School. Her favorite hobbies include Travel, Boating and spending time with her family at Rough River. Ruth enjoyed playing sports as a child such as: Basketball, Girls Field hockey and many more summer sports. Ruth really took pride teaching students, humanities & English. She is very proud of the fact that she took high school students to Europe: Russia, Germany, & France. Ruth now resides at Glenridge, and we are so honored to serve her.

Live A Dream

The Live a Dream program demonstrates our continued commitment to exceeding the expectations of our seniors and their families in everything we do. Live A Dream offers opportunities for seniors to enjoy activities that they used to do more often, but have since been unable to do so. This time, however, we make them extra special! Live A Dream not only grants these chances, such as skydiving, zip lining, or riding motorcycles, but we also grant priceless experiences that encourage us all to keep our dreams alive



GLEN RIDGE

HEALTH CAMPUS

A Trilogy Senior Living Community

6415 Calm River Way
Louisville, KY 40299
502-297-8590
glenridgehc.com | [t](#) [f](#)

Marty Hawkins
Executive Director

Crystal Combs
Director of Health Services

Jen Humphreys
Customer Service Specialist

Taelor Adams
Community Service Representative

Ayla Burkett
Business Office Manager

Cindy Allen
Life Enrichment Director

Crystal Dickey
Director of Social Services

Quinta Watson
Asst. Director of Social Services

Kurt Hayden
Director of Dietary Services

Bob Lee
Environmental Services Director

Mary Kate Landry
Guest Relations

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