



NORWICH SPRINGS

HEALTH CAMPUS

*A Trilogy Senior Living Community*

# News

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

Patricia K. 09/25

Betty C. 09/27

## Staff

Kelley M. 09/06

Selda B. 09/17

Debra H. 09/18

Twana W. 09/27

Felicity H. 09/29

## Independence from Hunger Food Drive/Fundraiser

Norwich Springs raised \$283 for the Hilliard Food Pantry last month! Our Culinary Team, Life Enrichment and residents and individual staff baked their hearts out to make this event a success!! Thanks to all who participated!

## Save the Date

Join us Tuesday, September 13th for our first annual Norwich Springs Fall Festival! We are partnering with Assisting Hands Home Care, which is open to both residents and family members of all ages. We'll have games, a photo booth, fall food fare and crafts! There may be a few other surprises as well so RSVP to Mary (614-363-1833 ext. 122) by Wednesday, September 7. We hope to see you 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!

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, zumba, and strengthening activities 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, join us for our Fall Festival on September 13 from 6:00-8:00pm. This is an event for the whole family featuring photo opportunities, group crafts, food and lots of other fun! See Mary in Life Enrichment for more details! Stay tuned for more information about our other events and activities as we head towards the fall!

I hope you have a great month!

Yours in Service,

*Noah Moore*

Executive Director

**LIVE A DREAM** We were privileged to share an afternoon at the wedding of Tim Ellifritz' daughter Amy and her (now) husband Ben! Tim and the Therapy Team worked tirelessly so that he could be a part of the ceremony and walk Amy down the aisle! It was a beautiful outdoor event and a wonderful day! Special thanks to our amazing therapy team and Brandon S. who attended the wedding for helping make Tim's dream come true!



**Out & About** Residents and staff enjoyed a beautiful afternoon at the Columbus Clippers game! The weather was perfect, we enjoyed stadium snacks, and best of all, the Clippers won!!! A perfect summer day!



*Norwich Springs gets a shout out on the Jumbotron!*



*Vito and Martha share a kiss on their Wedding Anniversary.*

## Featured Resident

Independent Living resident Vito C. and his wife Martha celebrated 68 years of marriage on July 24! It happened to coincide with our Family Brunch, so we were lucky enough to be in on the happy day! Congratulations Vito and Martha and here's to many more!!



## Senior Executive Club

**When:** Wednesday, September 14

**Time:** 1:30

Senior Executive Club is held the second Wednesday of every month.

## Taste of Town

**When:** Wednesday, September 14

**From:** Grandad's

**Time:** 5:00pm

## Family Brunch

Norwich Springs Family Brunch will take place on Sunday, September 18 from 11:00-1:00pm. Join us for another great afternoon of great food and community! Please RSVP by Wednesday, September 14.

## Entertainment

Residents enjoyed an evening of music from Phillips and Kerns! We all enjoyed singing along to Neil Diamond, John Denver and Glenn Campbell. What a great night!



*Pat C. sings along with Phillips and Kerns!*



# NORWICH SPRINGS

HEALTH CAMPUS

*A Trilogy Senior Living Community*

4680 Library Way

Hilliard, OH 43026

614-363-1833

[norwichspringshc.com](http://norwichspringshc.com) |

*Noah Moore*  
**Executive Director**

*Melisa Newman*  
**Director of Health Services**

TBD  
**Assistant Director of Health Services**

*Erika Lane*  
**Business Office Manager**

*Andrea Cullinan*  
**Community Services Representative**

TBD  
**Director of Social Services**

*Kelly Lewis*  
**Director of Plant Operations**

*Kevin Stuhldreher*  
**Director of Food Services**

*Veronica Granger*  
**MDS Coordinator**

*Nikki Brandel*  
**Director of Environmental Services**

TBD  
**Staff Development Coordinator**

*Mary Jablonski*  
**Life Enrichment Director**

*Abby Holland*  
**Therapy Program Director**

## 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)*

*Newsletter Production by [PorterOneDesign.com](http://PorterOneDesign.com)*

# 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?

## SUDOKU

	1		5		3			4
7	3	8		6	4	9		
	4		7	9	8		6	
					6		9	
4	9	5		7	2		3	
				1	5	2	4	8
1	8	3		5	7	4		9
2					9	5		
9				3	1			7

*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*

## Word Search

F H G S R C P B F G D M N A L M N L C  
C L N G E B M H U W O W E O M L B S Z  
O D O U T T Q S U V A R I E T Y Z U D  
N F Q W R K D J Y L U D A N C B E E K  
N W X P E K Q L H T C M Q E U T N A C  
E C Q A A R I G L E Q M O P A J Y U J  
C J U L T M S U H I X D W R H L Z F D  
T K J I A T C T A Z F P B K E K C O Q  
R U A F C I R O L W O E E Q B S L J S  
I V W E T A L A S E L C S R V L U L P  
P V T R A R M M C E G T O T I E U Q I  
S L O N X V V P C T R G H L Y E Z W X  
R H W P Z H C H P O I R J R O L N M N  
P V T T G Z I W R R N O D V N R E C E  
W S V C A R L Q Q D S W N C X Q N K E  
M P Y G R G S U B R P G M S I N K G M  
J A V I D B O F C Q N A S R B D S C V  
Z T R W E X Z L G E C E U P E T H B G  
O U T I N G S E M G E U L T K V L P I

ATTRACTIONS

CAMP

CELEBRATE

COLOR

CONNECT

EXPERIENCE

FAMILY

FLOWERS

GARDEN

GROW

HORTICULTURE

LIFESTYLE

OUTINGS

RETREAT

TRIPS

VARIETY