

# 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

Virginia B.	9/01
Edward B.	9/08
Barbara P.	9/08
Rosemary T.	9/18
Christine H.	9/19
Robert F.	9/21

## Staff

Shasta R.	9/01
Joe C.	9/03
Marjorie O.	9/13
Sharlie J.	9/20
Peter B.	9/21
Nicole R.	9/24
Amira V.	9/25
Heather O.	9/29
Brittany B.	9/30

## Family Night

We had a fantastic time at our July Family Night- a Picnic at Paddock! We enjoyed delicious food prepared by our culinary team, wonderful music, and even a bounce house! We want to say thank you to all of our families for joining us!



## 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,

*Berto Nunez*  
Executive Director





# More Family Night Highlights



*We had a blast at our Down on the Farm themed Happy Hour! Make sure to join for our next theme!*

## Volunteers Needed

Volunteers give the gift of time. Over 3,000 people presently serve as volunteers within Trilogy campuses. Families make great volunteers! As a volunteer, you are part of the Trilogy team. So why volunteer? Here are just a few benefits:

- Personal satisfaction
- Community involvement
- New, meaningful friendships
- Developing new skills
- Utilizing your skills to teach others
- Suggested ways to volunteer include but are not limited to:
- Manicures (nail painting)
- Visiting with residents
- Leading an activity or teaching a skill, such as knitting or crocheting
- Reading to residents
- Helping residents get to and from activities and meals
- Photography for special events

## Happy Hour

You never know what costumes you're going to see us in at our Friday afternoon Happy Hour! Make sure to join us every Friday at 3 pm for music, food, and themed fun!



# PADDOCK SPRINGS

*A Trilogy Senior Living Community*

2695 Sheldon Street

Warsaw, IN 46582

574-658-9455

paddocksprings.com |  

*Berto Nunez*  
*Executive Director*

*Erica Emley*  
*Director of Health Services*

*Christine Hinz*  
*Assistant Director of Health Services*

*Nicole Ramey*  
*Director of Social Services*

*Raquel Kline*  
*Community Service Representative*

*Shanna Story*  
*Business Office Manager*

*Sarah Meyer*  
*Life Enrichment Director*

*Steven Troup*  
*Director of Plant Operations:*

*Ruby Keene*  
*Director of Food Service*

*Grace Clifton*  
*Environmental Service Director*

*Tom Ross*  
*Director of Therapy 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@trilogyhs.com](mailto:comply@trilogyhs.com)*

*Newsletter Production by 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?

*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