



PARK TERRACE

HEALTH CAMPUS

*A Trilogy Senior Living Community*

Times

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

Evelyn M.	9/10
Mary D.	9/30

## Staff

Hannah M.	9/11
Chiquita C.	9/17
Eunice M.	9/20
Joshua S.	9/27

## Sunday Brunch

Please join us for our next Sunday Brunch, September 25th for the 11:00am or noon seating. Chef Jason and staff will be creating a delicious meal for your enjoyment. Please RSVP by Wednesday September 21st. The first 2 guests eat for free any additional guests can purchase a ticket for 12.50 per person.

## CAMPUS IN COLOR

We held our 5th annual Butterfly Release Party. It was a beautiful day for us all to celebrate life together in our garden. It makes the residents feel like a kid again and fills them with joy and wonder to hold and let their butterfly free. We watched with awe as the caterpillars grew, formed their chrysalis and hatched indoors so we could set them free. It is so wonderful to witness. We also have a Monarch Waystation with all the plants the monarch butterfly needs for their long migration across the continent. Stop by the garden and check it out.



## 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!

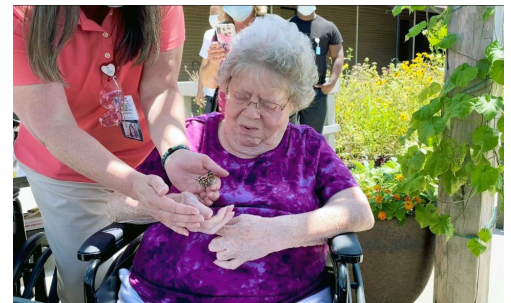
As we begin transitioning away from summer, we'll be letting you know about events, community outings, and opportunities for socialization that you've come to expect from our campus lifestyle. Stay tuned for more information as we head towards the fall!

I hope you have a great month!

Yours in Service,

*Kevin Foote*

Executive Director

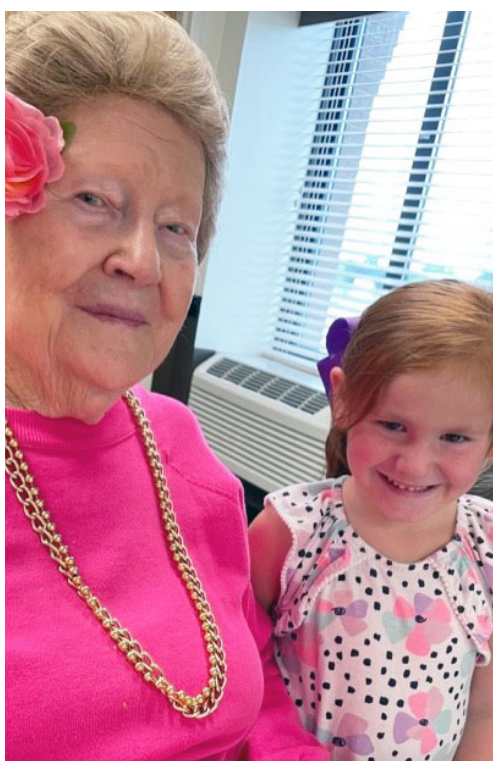






## Activities Corner

Our residents love to create and show off their creations!



## Live a Dream

Our resident Jean told us she hasn't had a birthday party thrown especially for her, we arranged for her family and friends to have a Live a Dream surprise party in her honor for her 93rd birthday. She was truly overjoyed seeing all her family some of which she hadn't seen since before pandemic started. She told us, "I didn't know I was so loved." The family told us the party was more than they could have imagined. We love the Trilogy Live a Dream program it really does make dreams come true!





## PARK TERRACE

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parkterracehc.com |  

*Kevin Foote*

*Executive Director*

*Stephanie Crane*

*Director of Health Services*

*Paula Miller*

*Assistant Director of Health Services*

*Jason Roberts*

*Director of Food Services*

*Jordan O'Connell*

*Director of Social Services*

*Joy Labolle*

*Legacy Lane Coordinator*

*Shirley Manner*

*Environmental Services Director*

*Nick Meyer*

*Therapy Program Director*

*Carla Rhodes*

*Business Office Manager*

*Kathy Umfleet*

*HR & AP*

*Susan English Crider*

*Life Enrichment 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*

# 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  
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EXPERIENCE  
FAMILY  
FLOWERS

GARDEN  
GROW  
HORTICULTURE  
LIFESTYLE

OUTINGS  
RETREAT  
TRIPS  
VARIETY