

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

Caroline C.	9/03
John H.	9/15
Charleen P.	9/17
Malcolm B.	9/17
Georgette T.	9/19
Donald B.	9/22
Carol M.	9/28

Staff

Patricia P.	9/04
Sabrina K.	9/11
Makayla W.	9/19

Featured Resident

This month our Featured Resident is the one and only Sherry! Sherry is a fun-loving dancing queen! She brings a smile to everyone around her and is always willing to put herself out there and be the life of the party. Sherry won over the hearts of all when she moved into our neighborhood, and we can't imagine our lives without her sassy and free personality. Thank you for always brightening our day, Sherry!



Sherry F. showing off her dance moves at happy hour!

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,
Holly Grenard
Executive Director

From Our Kitchen to Yours



CeCe showing off her amazing charcuterie board for the National Wine and Cheese Day Celebration!

Our dietary team is top notch! CeCe our fearless Director of Food Services has made some pretty exciting changes to our menus, and we are loving it (and you seem to be too!) She and the rest of the amazing dietary team have been listening to your feedback and truly making those suggestions a reality. Do you have a suggestion that you want heard? A quick and easy way to make your opinions known to CeCe is to join us for Chef's Circle on Wednesday's at 1:30 pm in the activity room! While your down in the activity room stay awhile and join us for more fun filled activities.

The life enrichment and dietary departments have been teaming up more and more to offer food celebration activities throughout each month. The last few celebrations we've had showing off both departments' skills include the Wine and Cheese Day Celebration, National Hot Dog Day, National Chocolate Chip Cookie Day, and National Beer Day. Keep an eye out for more food celebration days coming up!

HAPPY HOUR

Music, food, games, live entertainment, and friends... who wouldn't want to come? Friday afternoon's at 3:00pm our dining room is packed with laughter and fun! We love being able to see our St. Mary residents, family, friends, and staff being able to let loose and enjoy each other's company while unwinding from the week.

Recently we've had entertainment including games surrounding facing your fears and doing "Fear Factor" types of games, acting on our inner mischievous childhood selves and having water balloon fights and pieing staff in the face, live entertainment from Jeff Anderson, the Kona Ice truck coming to visit and so much more! Did I mention the food? Our dietary team really goes all out for us! If this sounds up your alley and you like having fun stop by and stay awhile... you won't regret it!



Edith N. showing off her new jewelry at our "Gorgeous Grandmas" happy hour!



John H. is all smiles while sharing stories over drinks and snacks.



Kathy G. proving she's not afraid of a little "Bean Boozled" challenge during our "Fear Factor" themed happy hour.



Residents look on after Pam S. pies our LED Erica in the face during our "Be a Kid Again Day" happy hour.

Smile of the Month

...AND "Smile of the Month" for September goes to...

Darlene! Darlene is one of a kind, gentle, calm, kind and funny! Darlene is always there for you when you need someone to talk to and to go along with your plans. She loves all activities and watching The Gilmore Girls on tv. We love you, Darlene!



Darlene showing off her beautiful smile at "Gorgeous Grandmas Day"

Save the Date

Thursday, September 01:
National Letter Writing Day

Friday, September 02:
College Spirit Day

Sunday, September 11:
Sunday Brunch

Wednesday, September 14:
Chicken Noodle Dinner

Thursday, September 15:
Sparkling Fall Time at the Vineyard Retreat!

Friday, September 16:
Taste of Town - Harvest Bread Company

Saturday, September 17:
Walk to End Alzheimer's Event



ST. MARY

A Trilogy Senior Living Community

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Holly Grenard
Executive Director

Jennifer Onwudiwe
Interim Director of Health Services

Tina Linder
Assistant Director of Health Services

Nathan Snyder
Business Office Manager

Allie Linder
Director of Social Services

Erica Chezem
Director of Life Enrichment

Beth Sabados
Legacy Lane Coordinator

Tim Goodrich
Director of Plant Operations

CeCe Johnson
Director of Food Services

Hope Lowell
Director of Environmental Services

Concetta Mirelez
CSR

Joy Miller
MDS Coordinator

Stay in the Loop [Twitter](#) [Facebook](#)

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