

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.	9/03
Grace J.	9/04
Delores B.	9/08
Lawrence S.	9/08
Janet S.	9/18
Ruth C.	9/20
James N.	9/22

Staff

Jason W.	9/02
Tessa P.	9/07
Latasia A.	9/15
Jean I.	9/18
Sydney P.	9/19
Courtney E.	9/20
Jayla C.	9/20
Madison M.	9/23
Emily D.	9/27
Jamila S.	9/29



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 group stretching, cardio drumming, and resistance

band training up to five 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,

Billie Jean Gerding
Executive Director

Outings

Every Tuesday & Thursday, our Life Enrichment Team takes residents from our Assisted Living and Health Campus to a variety of stores like Meijer, Target, Walmart & 5-Below. Our residents use their own money to purchase the items off their shopping list. We love going to the parks for picnics or just to take a scenic walk or wheel! Looking forward, within the next couple of months, we will be adding restaurant outings where we will eat out at some of our residents' favorite places.





Artisan Program

We get crafty here at the Lakes of Monclova. We do a minimum of one craft each week. Some fun activities that we have done in the past are wine glass painting, string art, wreath-making, bird-seed feeders, & a flowered, ice cream canvas that was made while enjoying an ice cream sundae made by our very own residents! Throughout our artisan's program, we may utilize different skills; i.e. motor skills, that do not solely require our creativity which aides our residents in other areas as well!



Vitality Program

We believe that physical movement is vital to the wellness of our residents! We offer a variety of group exercises that target different muscle groups. Keep an eye out for our new vitality programs that will be incorporated within the next couple of months. You may see cardio drumming, resistance band exercises, core strengthening, stretching, and much more!



THE LAKES OF MONCLOVA

A Trilogy Senior Living Community

6935 Monclova Road
Maumee, OH 43537
419-866-3030
lakesofmonclova.com | [t](#) [f](#)

Billie Jean Gerding
Executive Director

Corinna Root
Director of Health Services

Chris Lyon
Social Services Director

Kristen Lowenstein
Therapy Director

Anissa Rendeiro
Business Office Manager

Ashley Westmeyer
Director of Food Services

Tessa Rice
Legacy Neighborhood Director

Allison Russell
Life Enrichment Director

Neena Mossing
Community Services Representative

Krista Cox
Villa Lifestyle Director

Roxanne Bening
Director of Environmental Services

Timothy Osttfin
Director of Plant Operations

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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