



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. How ever 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

9/05
9/06
9/06
9/07
9/08
9/17
9/18
9/22
9/01
9/06
9/08
9/19
9/22
9/26
9/30

Smile of the Month

The smiles are on as we're BACK ON THE ROAD! The residents enjoyed some great BBQ at Squealers!



On the Road Again



Squealers

ARTISAN PROGRAM

The residents made and displayed some beautiful art for the Art Walk.



Executive Director Corner

Welcome to September, everyone!

l 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,

Marshall Hopkins **Executive Director**

JUST THE GUYS

The guys enjoyed time together to visit and eat munchies!



Art Walk

CAMPUS IN COLOR

The residents have had so much fun watching the garden blossom and grow! The veggies taste wonderful!



Joyce's in the garden

Activities Corner

My name is Jennifer Rose and I'm so excited to be your new Life Enrichment Director! I am looking forward to meeting and having lots of FUN with you all, here at The Springs!

Activities Corner

- Taste of Town September 13th Gray Bros Cafeteria PIE
- Family Brunch Sunday, September 17th 11 AM – 1 PM
- Campus Retreat More information to come

Live A Dream

If you know of anything you're loved one would like to do, that's on their bucket list, please reach out to a member of the Life Enrichment team. We want to grant some extra special memories!



Gardener's Group



302 North Johnson Road Mooresville, IN 46158 317-831-9033 springsofmooresville.com | ♥ f

> Marshall Hopkins Executive Director Tabitha Miller Director of Health Services

Olivia Payne Assistant Director of Health Services

> Craig Freeman Community Services Rep.

UJ Naik, PT, MS, CLT Therapy Program Director

Brandi Gerholdt Business Office Manager

Bob Carr Director of Dining Services

Michael Derringer Director of Plant Operations

Amanda Jenkins Director of Environmental Services

> Jennifer Rose Life Enrichment Director

Shelby Schwarz Social Services Director

Kate Palmer Customer Service Specialist

Stay in the Loop 🛩 f

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 voltat age does your brain fully form? 25 Q2: The ocean covers more than 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

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