

## 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

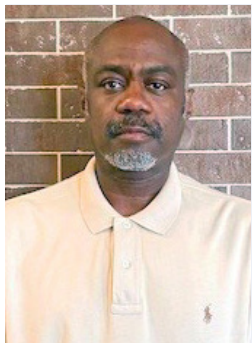
Helen E.	9/05
Charlotte B.	9/06
Iris H.	9/06
Lou L.	9/07
Mary S.	9/08
Barbara G.	9/17
Max P.	9/18
Nina P.	9/22

## Staff

Fernanda M.	9/01
Natalie P.	9/06
Paula J.	9/08
Decontesa P.	9/19
Ciera T.	9/22
Ramiana M.	9/26
Lisa S.	9/30

## BOWLING HIGHLIGHTS

Vitality provides opportunities for physical movement three times a week



## 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,

*Shawn Dent*

Executive Director



# PUZZLE AND BINGO HIGHLIGHTS

Vitality provides opportunities for physical movement three times a week. Inspirational Services allow residents time for worship, Bible study, or meditation twice a week. Lifelong Learning includes courses in art, computers, history, humanities, international studies, languages, music and performing arts, psychology, social studies, recreation, science, health and math. Keeping it Sharp offers cognitive pursuits to keep the brain active.



## Volunteers

We are currently looking for someone to give the gift of time! If you or someone you know is interested in volunteering, please stop by our Life Enrichment office to fill out an application.

## Sunday Brunch

Please join us for our upcoming Sunday Brunch to be held on September 18th from 11am to 1pm. We really look forward to seeing you!

## Happy Hour

Did you know our residents enjoy a weekly happy hour every Friday? Residents receive beverage of their choice along with a delicious treat straight from our Executive Chefs.



# ARTISAN HIGHLIGHTS

Mindful Moments promotes small group engagement every day for those with cognitive challenges using our Themed Sensations or other sensory programs.

Artisans creates time for residents to make multimedia artwork.





# WELLBROOKE OF AVON

*A Trilogy Senior Living Community*

10307 E. County Rd. 100 North

Indianapolis, IN 46234

317-273-2144

wellbrookeofavon.com |  

*Shawn Dent*  
**Executive Director**

*Rachelle Morgan*  
**Director of Health Services**

*Monte Wood*  
**Assistant Director of Health Services**

*Makiah Miles*  
**Community Services Representative**

*Sonia Turner*  
**Business Office Manager**

*Dick Bilderback*  
**Director of Plant Operations**

*Jodi Bell*  
**Therapy Director**

*Queen Chandler*  
**Director of Environmental Services**

*Jennifer Lynch*  
**AP/Payroll Coordinator**

*Fernanda Munhoz*  
**Director of Food Services**

*Cathy Schneider*  
**Guest Relations**

## 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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9				3	1			7

## Word Search

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E	C	Q	A	A	R	I	G	L	E	Q	M	O	P	A	J	Y	U	J
C	J	U	L	T	M	S	U	H	I	X	D	W	R	H	L	Z	F	D
T	K	J	I	A	T	C	T	A	Z	F	P	B	K	E	K	C	O	Q
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S	L	O	N	X	V	V	P	C	T	R	G	H	L	Y	E	Z	W	X
R	H	W	P	Z	H	C	H	P	O	I	R	J	R	O	L	N	M	N
P	V	T	T	G	Z	I	W	R	R	N	O	D	V	N	R	E	C	E
W	S	V	C	A	R	L	Q	Q	D	S	W	N	C	X	Q	N	K	E
M	P	Y	G	R	G	S	U	B	R	P	G	M	S	I	N	K	G	M
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ATTRACTIONS  
CAMP  
CELEBRATE  
COLOR

CONNECT  
EXPERIENCE  
FAMILY  
FLOWERS

GARDEN  
GROW  
HORTICULTURE  
LIFESTYLE

OUTINGS  
RETREAT  
TRIPS  
VARIETY