

## Recognizing Our Veterans with Honor Flight

This Veterans Day, we honor our veterans for bravely standing tall against some of history's greatest odds. That's why, through the Trilogy Community Foundation, we're proud to partner with the Honor Flight Network—a once-in-a-lifetime offering available to the veterans who call our communities home.



The Honor Flight Network's main purpose is to provide veterans with the opportunity to visit memorials dedicated to their services at no cost to them. In addition to a free flight, these trips include deluxe tour bus service, meals, snacks, t-shirts, and several other amenities. Honor Flight Network also provides trained, volunteer guardians to accompany veterans through the entire trip if the veteran is without one.

This past July, Trilogy resident Roger McCombs embarked on his own Honor Flight adventure. As a veteran of World War II, he was able to speak with several other WWII service members from the area and take an Honor Flight through the skies of Danville, Kentucky. The spotlight was on



the Greatest Generation once again as Roger and his new friends reminisced on a lifetime of service.

Whether it's Veterans Day or just another Tuesday, thank you to all of our residents, employees, and family members who have answered the call of duty. It is truly our honor to serve you.

*To learn more about Honor Flights and if you're eligible to apply, talk to a member of our team today!*

# Happy Birthday!

## Residents

Maconnna H.	11/02
Mary M.	11/12
Iva M.	11/20
Yvonne D.	11/21
Michael S.	11/22
Dottie H.	11/24
Rosa D.	11/24

## Staff

Miranda T.	11/04
Britany C.	11/05
Sheri B.	11/07
Michelle M.	11/11
Erin W.	11/22
Amy W.	11/23



## Executive Director Corner

Happy November, everyone!

It's hard to believe we're already in the last months of 2022 – a year filled with Happy Hours, family events, and of course, some of the best Theme Weeks we've ever had. Shoutout to everyone who was a part of our recent Great Gatsby Gala – we couldn't have asked for a better time spent with you!

As we get ready for the season of giving, I want to give thanks to all of our residents and employees who have answered the ultimate call to service. Veteran's Day takes

place on Friday, November 11th, and is a time for all of us to reflect on the sacrifices made by the men and women who bravely wore the uniform so that we could enjoy days like today. It is truly our pleasure to serve you.

There's still a lot of celebrating to be done in the days and weeks ahead - so be sure to keep your eye out for everything that we have planned both for Thanksgiving and beyond. More to come soon!

Until our next adventure,

*Todd Frasher*

Executive Director

## LIVE A DREAM

One of our residents, Michael, received the surprise dream of a lifetime in Nashville. Michael had a lifelong dream of going to the Opry, but due to health concerns and COVID, he thought it might never happen. Michael's sisters drove him down to Nashville with him thinking he was only going to visit his niece. Thank you to Bridge the Gap who surprised Michael with VIP tickets to the Opry at their "Dream Again" conference. Michael was shocked! He received VIP access at the Grand Ole Opry where he got a special backstage tour and photos taken with performers in the dressing rooms.

We are so incredibly thankful that he had this opportunity! We love to grant residents Live A Dreams! Please let us know if you have a dream and we would love to make it happen!







# FALL FESTIVAL FUN!

We had so much fun at our Fall Festival! We had a petting zoo with so many different animals and we enjoyed snow cones from Kona Ice! It was a perfect day with the most perfect weather! We love celebrating Fall here at Sanders Ridge!



**Family Night** We had an amazing tailgate themed family night! A BIG Thank you to Bullitt East High School Marching Band for coming to play for all our residents and families on this beautiful night! Ask us when our next family night is! You do not want to miss all the fun!







# SANDERS RIDGE

HEALTH CAMPUS

*A Trilogy Senior Living Community*

119 East Sanders Lane  
Mt. Washington, KY 40047  
502-251-3821  
sandersridgehc.com |

*Todd Frasher*  
Executive Director

*Krista Shepherd*  
Director of Health Services

*Allison Aguas*  
Assistant Director of Health Service

*Valerie Rucker*  
MDS Coordinator

*Bri Harris*  
Customer Service Representative

*Savannah Brown*  
Customer Service Specialist

*John Bates*  
Therapy Program Director

*Brittany Chesser*  
Social Service Director

*Ray Giron*  
Area Director Food Service

*Dana Higdon*  
Business Office Manager

*Morgan Lee*  
AP/Payroll

*Cisco Aguas*  
Plant Operations Director

*Erin Ward*  
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)*

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# Monthly Trivia & Activity Corner

*All trivia answers will be printed  
in our upcoming month's newsletter!*

**Question 1:** *Who was the first U.S.  
President to pardon a turkey?*

**Question 2:** *How many days did the  
first Thanksgiving celebration last?*

**Question 3:** *True or False: Canada also  
celebrates Thanksgiving in November.*

**Question 4:** *Are pumpkins  
vegetables or fruits?*

**Question 5:** *What popular  
Christmas song was originally  
written to be a Thanksgiving song?*

*Flip the page for last month's trivia answers:*

Q1: In Britain, the season of fall is more  
commonly referred to as \_\_\_\_\_. Autumn.  
Q2: Which flying animal is usually  
associated with Halloween? The bat  
Q3: What candy has the slogan  
"Isn't Life Juicy?" Starburst  
Q4: What male sea creature gives birth? The seahorse  
Q5: Which car introduced the first  
electric sunroof? The Nash car

## November Word Scramble

NAOPROIUCC

IMAYLF

FETAS

ALFRTGEU

DTAREUIGT

ERVATSH

RHEAGITE

UNIKMPP

AVIIGKTNGSNH

RKEUTY

## Word Search

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

ADVENTURE

BRAVE

DEDICATION

DUTY

FLIGHT

GENERATION

GRATITUDE

HISTORY

HONOR

LIFETIME

MEMORIALS

NOVEMBER

REMINISCE

SERVICE

SKY

VETERAN