



AVALON SPRINGS

HEALTH CAMPUS

A Trilogy Senior Living Community

Chronicle

November 2022

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

Daniela W.	11/01
Patrick L.	11/10
Joyce H.	11/12
Ernest W.	11/15
Geraldine R.	11/16
Dolores H.	11/18
Diane S.	11/23
Patricia G.	11/28

Staff

Jordyn W.	11/01
Hannah R.	11/03
Nathan D.	11/03
Bettye F.	11/05
Jillian F.	11/07
Patricia C.	11/07
Brittany H.	11/09
Todd B.	11/09
Madisson M.	11/13
Stacy S.	11/18
Danielle C.	11/19
Barbara A.	11/21
Bonnie T.	11/23
Karen T.	11/23
Lorna W.	11/24
Kevin B.	11/30



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,

Crystal Wray

Executive Director

Smile of the Month Louise is our smile of the month as she poses for a picture by the Welcome Fall Sign.

Entertainment

We are always looking for those who like to entertain. Can you play an instrument, sing, dance, and tell funny jokes? Let the Life Enrichment Department know, and we can get you scheduled for a happy hour in 2023.

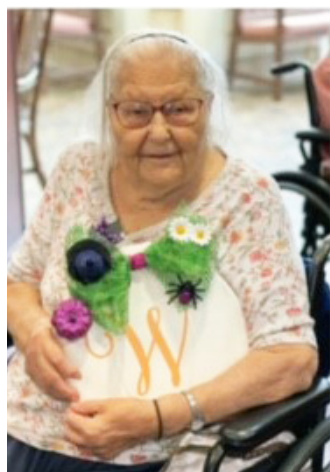
Volunteers Needed

We are always looking for volunteers to help us out. Please see the Life Enrichment Department for a packet to fill out and information on how to get started.



ACTIVITIES CORNER

Residents have been working on fun fall crafts and made these cute monogram Halloween pumpkins.



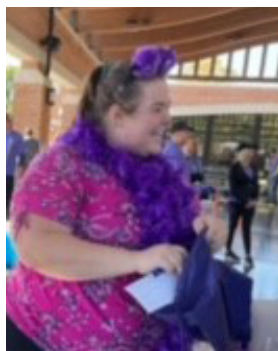
Top left to right Phyllis, Daniela, Laura Bottom left to right Bonnie, Betty, Frances

Did You Know...?

At the 2022 Inspiration Fest Ivana, our Legacy Director, received an award for the Spring CSS 4th highest company-wide score for Legacy. Amy, Life Enrichment Director received a 1st place award for Most Volunteers company-wide and a 1st place award for Most Volunteer Hours company-wide. Way to go Legacy and Life Enrichment!



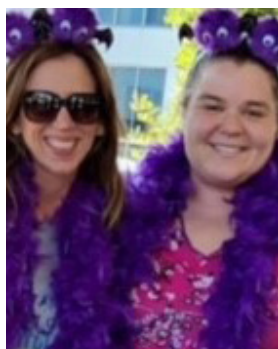
Inspiration Fest Ivana & Amy



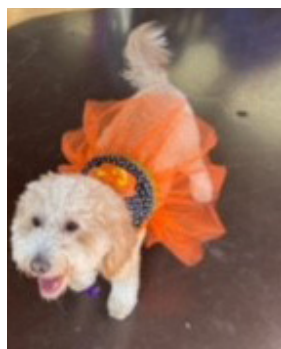
Billie



Derek



Heather & Billie



Hazel (golden doodle)

Community Connections

Avalon Springs Health Campus participated in the 2022 Alzheimer's Walk.



Frankie (chihuahua) Mike, Amy & Lily (chihuahua)



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Crystal Wray
Executive Director

Kim Sheets
Director of Health Services

Chad Abair
Therapy Program Director

Monica Lacy
Business Office Manager

Heather Schlegelmilch
Community Service Representative

Sarah Brown
Social Service Director

Ivana Krstevska
Legacy Neighborhood Director

Amy Plumb
Life Enrichment Director

Jennifer Ruzbasan
Dining Service Director

Todd Burns
Director of Plant Operations

Maurice Ford
Director of Environmental Services

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@vhs.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
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Y	K	C	Z	R	H	L	A	A	V	S	M	R	Q	J	S	G	H	C
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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