



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

Elbert A. November 16
Carol S. November 17
Beverly S. November 18
Gerald G. November 19
Kathleen C. November 23
Lois B. November 25

November 26

November 19

Staff

Larry M.

Alexis K.

Kelly M. November 17
Samantha G. November 17
Alioune N. November 19

POTTERY 101

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,

Jessica West

Executive Director

Our residents have wanted to expand their crafting skills into new projects. So we have started our first project, our pottery 101 class. Each month we will be learning different clay based projects and over time working towards making



Men's Group

Frying up some Fun- Once a month we get the men together for a big meal of their choosing. This month they selected a fish fry. All of the men left with full stomachs after frying up almost 30 lbs. of fish.





Creative Cooking

Making monkey bread- Our first attempt at a group made meal were a success. We gathered around and each resident split and rolled a a loaf of homemade cinnamon monkey bread.



HEALTH CAMPUS

A Trilogy Senior Living Community

1325 Rockport Road Boonville, IN 47601 Phone: 812-897-4114 Fax: 812-897-4072 woodmonthc.com | ♥ f

> Jessica West Executive Director

La Toya Lindsey Health Services Director

Brooke Mcatte
Customer Service Representative

Sarah Foltz Legacy Lane Coordinator Angel Allen Business Office Manager Holly Chittenden Director of Environmental Services

> DiAnna Ligon Director of Food Services

Eric Engle Director of Life Enrichment Steve Talbot

Steve Talbot Director of Operational Services

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: 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:

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 survog? The Nash car

QI: In Britain, the season of fall is more

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LIFETIME
MEMORIALS
NOVEMBER

REMINISCE SERVICE SKY

VETERAN