



THE SPRINGS
AT STONY BROOK

A Trilogy Senior Living Community

News

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

Dolores R	11/04
Carol G	11/09
Jettie P	11/21
James B	11/23
Kenneth G	11/30

Staff

Carol W	11/03
Dana D	11/06
Kevin U	11/06
Tasianna S	11/06
Nakia G	11/07
Lee Ira' R	11/07
Deborah T	11/07
William W	11/11
Bridgett C	11/16
Shantel W	11/23
Jayne P	11/27
Yama G	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,

Kara Meredith

Executive Director

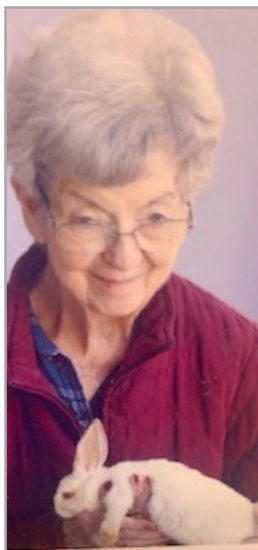
Anniversary Celebration

The Springs at Stony Brook will be celebrating our 4 Year Anniversary on November 3, 2022! Our wonderful volunteers from South East Christian Church will be helping us celebrate this "mile stone event" on November 3, at 3:00 in our Large dining room. Everyone is welcome and encouraged to attend!

Election Day November 8, 2022

Don't forget to vote! Absentee Ballots are available on- line, but the deadline is Oct. 25, 2022. After that date you must go to your poll location.

PHOTO HIGHLIGHTS





◀ SPECIAL RECOGNITION

Special Thanks to Pearls Memory Care Dolls and Dogs, who donated these lovable, puffy pets to everyone on our Legacy Units! Here are a few of the Smiles for the Month!

Sunday Brunch

November 6, 2022



Out & About: *Resident outings for November*

Resident outings are planned weekly on Tuesdays at 10:30am. Our November 1, 2022 outing is to Mike Linings Seafood Restaurant! Be sure your loved one has funds to attend and sign up in Activities if you want to go.

We have van rides on November 22, and 29, 2022.

Our next outing is November 15, 2022 to Walmart at 10:30. We will shop and they have a Subway inside if you want to eat there. Make your shopping lists and sign up to go.

Activities Corner



Welcome to our newest Activity Staff: Nakia, LEA and Sherrie, LEA. Thank you Opal's Dream Foundation for your donations!



Kara, ED Aaron, LEA, Markeita, LEA, Debbie, LED, Nakia, LEA, and Natasha, Concierge.

Veterans Day

November 11, Friday we will celebrate Veterans Day with Rob Brown performing.

Thanksgiving Day

November 24, 2022
Further information TBA about guests during the holidays.

Happy Hour Programs

Happy Hour entertainers for November at 2:00 are:

Nov. 4 Al Hilbert

Nov. 11 Rob Brown:
Veterans Day

Nov. 18 Don Watson

Nov. 25 Mark Pyles



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Kara Meredith
Executive Director

April Caswell
Administrator

Kim Little
Director of Social Services

Crystal Moorman
Business Office Manager

Heather Wesselman
Director of Health Services/
Director of Nursing

Debbie Thrasher
Life Enrichment Director

Rhonda Crist
MDS

Julie Hamilton
Rehab/ Therapy Director

Brad Houchins
Director of Food Services

Chris Crimmins
Director of Plant Operations

Pam Cleaver
Director of Environmental Services

Allie Olsen
Community Service Representative

Demetra Watts
Customer Service Specialist

Stay in the Loop [t](#) [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:

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
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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