



THE SPRINGS
AT STONY BROOK

A Trilogy Senior Living Community

News

May 2023

Celebrating Life with *Live A Dream*

Seeing the Grand Canyon.

Visiting a new city.

Skydiving out of a plane.

These might not be the first things that come to mind when you think about life at a Trilogy campus. You might think about dancing the night away at Theme Weeks, celebrating with your new neighbor at Happy Hour, or planting new flowers in your beautiful home garden. But for those looking to relive their childhoods, meet their lifelong heroes, and go on adventures they never

thought possible, one program stands out among the rest.

Offered through the Trilogy Health Services Foundation, our Live A Dream program invites our seniors to come to us with what it is they want to do most so that we can bring those dreams to life. Wanting to try your luck at the slot machines? We've had residents visit the Las Vegas strip before. Want to watch a baseball game at your favorite stadium? We'll get the car ready if you pick the day. Even if you're just wanting to go for

a stroll down memory lane with a visit your hometown, our Life Enrichment team will be here to make that dream a reality – all while offering the same quality care that you've come to expect.

To learn more about our *Live a Dream* program, contact a member of our team today!



Happy Birthday!

Residents

Gerald P.	05/01
Barbara K.	05/03
Patrick J.	05/09
Theodore L.	05/28

Staff

Darren F.	05/03
Halimatu Sadia A.	05/05
Anne Marie A.	05/10
Run T.	05/13
Joele K.	05/14
Heather W.	05/15
Keshia A.	05/16
Steven G.	05/24
Janyia F.	05/25

Upcoming dates to remember:

Kentucky Oaks and Cinco Da Mayo May 5, 2023

Margaritas and Pink Ladies available during Happy Hour

Kentucky Derby May 6, 2023
Wear your Derby Shirts, Hats and Fascinators 2:00! Mint Julips and snacks served!

National Nurses Week May 6-12, 2023! Hats off to our wonderful nurses and caregivers!

National Nursing Home week May 14-May 20, 2023!

A week full of Fun!

Theme Dinner

Our next Theme Dinner will be in May 21-27, 2023. Get ready for a Groovy Time!

Executive Director Corner

Welcome to May, everyone!

I hope these last few weeks have found you in good health and in good spirits. If you're like me and have been waiting patiently for the cold weather to be put to bed, now is the perfect time to go and enjoy our Out and About program. With Out and About, you'll be treated to trips into town with friends and family all while you soak in the refreshing sunshine. Contact a member of our Life Enrichment team to learn more!

From May 21st through the 27th, we'll be kicking off our next Theme Week – Groovin' Through the 60's. Much like

our Theme Week in February, this event will capture the spirit of dancing through the decades with a unique 60's spin. Come ready to celebrate in bold florals and tie die with a week of theme related activities, events, menu options, and more!

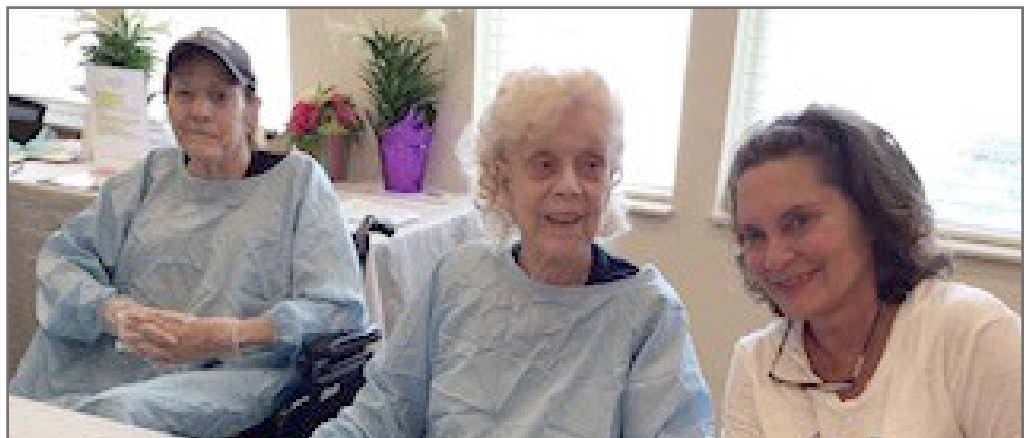
The good times are just getting started – and with the weather getting warmer, there's no signs of them slowing down any time soon. Let's have an amazing month!

Yours in Service,

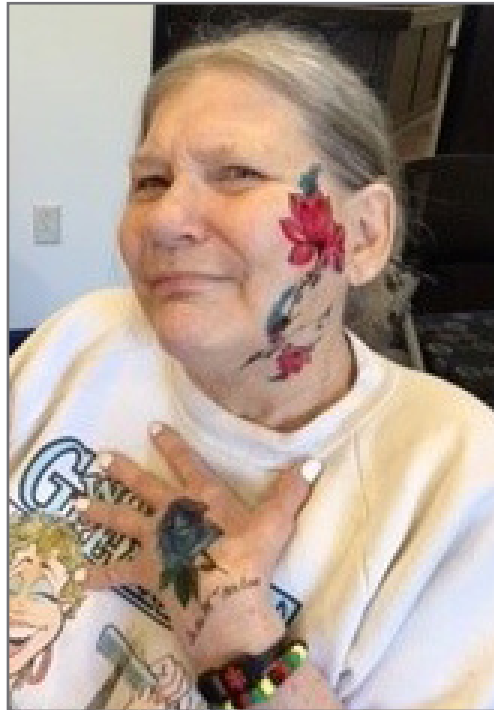
Kara Meredith

Executive Director

EASTER EGGS

 were a fun art project for everyone!

APRIL FOOL'S *Booze & Tattoos were fun for April Fool's Day!*



St. Patrick's Day Fun!

Featured Costumes, Green Beer, and Fish!

Campus In Color

Campus In Color is coming UP! We will be planting flowers and vegetables in our courtyards. Several residents and Families will be helping us!

Volunteer News

Thank you Debbi Cecil for our Easter Crafts, Centerpieces, Mother's Day crafts, and Memorial Day Crafts. Also, for the help with resident Easter Baskets! You are Wonderful!

Upcoming Events

May 5-Al Hilbert Sings country favorites 1:00 & 2:00

May 5-Happy Hour "Cinco De mayo Margaritas!" -2:00

May 6-Derby Day fun and Games!

May 8-Van Ride to Walmart!

May 12-Happy Hour Fun!

May 13 Mother's Day Tea in DR (Please note this is SATURDAY 3:00.) RSVP to Life Enrichment

May 14 Sunday MOTHER'S DAY and Family Brunch 11:00-1:00. RSVP to Life Enrichment.

May 16-Wine Down Wednesday at Captain's Quarters

May 23-Van Ride to Veteran's Park 11:00

May 19 Dean Hill's Radio Show! 2:00

May 26 Special Surprise Birthday Party!! Everyone Welcome! Wear your Super Hero Shirts! 2:00



THE SPRINGS AT STONY BROOK

A Trilogy Senior Living Community

2200 Stony Brook Drive
Louisville, KY 40220
502-491-4692

springstatstonbrook.com |

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

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*

Newsletter Production by PorterOneDesign.com

Monthly Trivia & Activity Corner

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

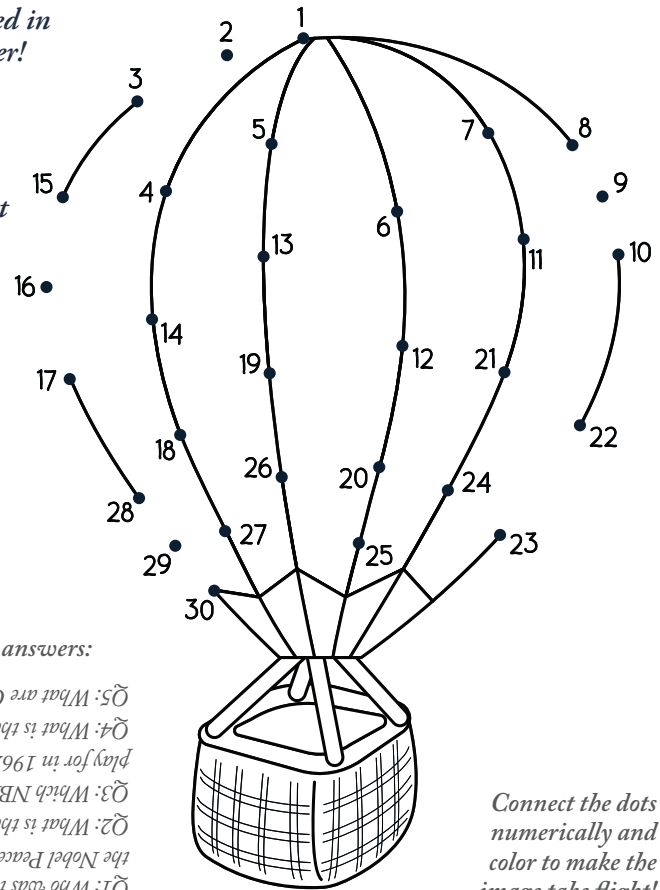
Question 1: Which planet
has the most gravity?

Question 2: What instrument
did John Lennon play in
The Beatles?

Question 3: What is a
female donkey called?

Question 4: Who wrote
"Old Man and The Sea?"

Question 5: What animal
is on the logo for Porsche?



*Connect the dots
numerically and
color to make the
image take flight!*

Flip the page for last month's trivia answers:

Q5: What are California's state colors? Blue and Gold

Q4: What is the fifth sign of the Zodiac? Leo

Q3: Which NBA team did Wilt Chamberlain

play for in 1962? The Philadelphia Warriors

Q2: What is the only food that can never go bad? Honey

the Nobel Peace Prize? Theodore Roosevelt

Q1: Who was the first American president to win

Word Search

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

ENCOURAGE

MEMORY

PROGRAM

BALLOON

FLOWERS

MOTORCYCLE

REALITY

CANYON

LIVE

OPPORTUNITY

SKYDIVE

DREAM

LUCK

PLANE

STADIUM