

## The Trilogy Experience – Highlights

Being a part of a Trilogy campus means living life to the fullest – whether you're a resident, an employee, or a member of the local community! From intimate campus events to large statewide fundraisers, we're proud to make a difference in the life of those that we serve by making each day more special than the last. Here's how.

### Theme Weeks

When it comes to celebrating Trilogy culture, there are few things better than our iconic Theme Weeks! Four times a year, we take a Theme and use it to change our campus into something new entirely – whether it's New Orleans during Mardi Gras, Willy Wonka's Chocolate Factory, or, more recently, the

venue of a Snowflake Ball! More than just a decorative overhaul, these events also feature a week of theme related activities and menu options.

### Customer Satisfaction Survey

Twice a year, we use our Customer Satisfaction Survey to gauge how our residents and families are feeling about their experience at our campus. Based on the feedback we receive, we'll make corrections and improvements to further enhance the Trilogy experience for those who call our campus home. This spring's survey will close on March 17th, so if you've been happy with our services, be sure to give us a "high five"!



### Happy Hour

It's 5 o'clock somewhere! Held every Friday, Happy Hours bring our residents and employees together to enjoy delicious beverages served up by the members of our team. Whether you're wanting to start the weekend with a cocktail or just want to socialize, Happy Hours are a perfect way to catch up with friends both old and new.

*For more information about everything that we have to offer, be sure to visit our website at <https://trilogyhs.com/lifestyle/>.*

# Happy Birthday!

## Residents

Lila J.	03/01
Coreta S.	03/03
Marjorie K.	03/19
Isabelle J.	03/25
Jeanne M.	03/26
Raymond V.	03/28

## Staff

Curtis W.	03/05
Jessica M.	03/05
Olufunke A.	03/16
Jennifer M.	03/20
Selamawite T.	03/23
Joshua B.	03/26
Gabrielle R.	03/30

## Bird of the Month

Robin Robins are cheerful migratory birds commonly seen throughout most of North America. These lovely songbirds are easily identifiable due to their bright orange breasts, upbeat chirping, and early morning feeding. They love to dig up worms from the grass in the wee hours—making them the quintessential early bird getting the worm. In addition, they also eat insects, seeds, and fruit. Robins live in both urban and rural areas. They are not aggressive with humans but can be quite territorial with other birds. They will fight to the death to maintain control over their territory. While robins can live well into their teens, they have high mortality in their first year of life, so their average lifespan is only about two years. Robins are very adaptable and are good at finding food and shelter in new locations. In many traditions, the robin symbolizes faith, love, optimism, renewal, and joy.



## Executive Director Corner

Welcome to March, everyone!

With warmer weather ahead, it's time to start looking forward to a springtime of community outings and outdoor adventures. We'll have more to share as temperatures continue to go up – so be sure to keep your eye out in the weeks ahead!

This year's Theme Dinner's over-all theme is Dancing Through the Decades. For our 1st quarter theme dinner on March 2nd our theme is the 1950s. Our amazing Life Enrichment and Culinary teams will be working hard to bring the 1950s alive! We will start the week with "North by Northwest" by the infamous Alfred Hitchcock. We will be hosting activities such as 1950s' trivia, name that 1950s tune and more. Thursday March 2nd we will have our grand dinner complete with live music. We will wrap up the week with quarterly family party on Friday March 3rd from 2:30 pm to 4:00 pm.

Our family party will include appetizers and party games from the 1950s! If you are interested in joining us please RSVP to our Life Enrichment Director, Amy Bell, by emailing her at amy.bell@wellbrookeofavon.com. We will have several games

and contests for family and residents. If you are interested in signing up for these please email Amy, at the above email address. A list of games and contests are listed in the article, "Our 1st 2023 Theme Dinner."

In honor of National Employee Appreciation Day (March 3rd), I want to give a special shoutout to everyone who helps bring our numerous special events to our residents! From Life Enrichment to Culinary, each of our amazing teams work tirelessly to make each Special Event unique and really come to life – and we couldn't ask for a better team! We can't wait to see what they have planned for the residents over the next year!

Finally, the last day to participate in our spring Customer Satisfaction Survey is March 17th. This is a great opportunity to let us know how we're doing and tell us what improvements you would like to see. The survey has been sent via email and SMS text message, so be sure to participate and let us know how we're doing. Just a reminder we are now doing a 5-star rating.

As always, thank you for making each day something special. Let's have a great month!

Yours in service,  
*Shawn Dent*  
Executive Director

# Photo Highlights



*Susie and Edgar*



*Martha and Susie*



*Brian and Cindy*

## MEET OUR STAFF



Wellbrooke of Avon would like to introduce you to our newest member of the admissions team, Joshua Beecher. Josh is the first contact for most new residents. He is the first point of contact for hospitals and new admits. He is responsible for ensuring that our residents have their questions answered and everything they need for success while they are with us.

Josh says even though he has only been with Wellbrooke of Avon for a month, his favorite part so far is chatting with the residents and really getting to know them. He also enjoys popping over to Life Enrichment when there are trivia games and great music playing.

His favorite memory so far is when a resident looked at his size 15 shoes and teased him by saying, “Your shoes are bigger than a cruise ship!” He thought he had heard it all until then!

His tips for staff just starting with us is, “Say hello to everyone, and get to know the residents on a personal level.” When Josh was growing up on the Westside of Indianapolis, he wanted to be a priest. Josh’s favorite childhood memory was meeting The Legendary Peyton Manning. His major “bucket list” is to visit all 50 states he only has 35 more to go! We are proud to Welcome Josh to the team! Please stop by and give him a big Wellbrooke of Avon welcome next time you are in!

## Our First 2023 Theme Dinner

Our first quarter theme dinner is on March 2nd from 4:00 pm- 5:30 pm. The theme is the 1950’s. We will have activities leading up to the big dinner including: A showing of Alfred Hitchcock’s “North by Northwest”, 1950’s trivia and more!

Our 1st quarter family night will round out the week. Family night will take place on Friday March 3rd from 2:30 pm- 4:00 pm. We will have live entertainment, family games and famous look-a-like contest. If you are interested in attending family night please RSVP to Amy Bell, our Life Enrichment Director by email at [amy.bell@wellbrookeofavon.com](mailto:amy.bell@wellbrookeofavon.com). If you would like to sign up for the contest listed below, please email Amy Bell. We look forward to seeing you!

### *Games:*

*Egg on a spoon race*

*Pin the tail on the donkey*

*Limbo*

*Hoola Hoop Contest*

*Celebrity look-a-like:*

*Lucille Ball*

*Audrey Hepburn*

*James Dean*

*Frank Sinatra*



# WELLBROOKE OF AVON

A Trilogy Senior Living Community

10307 E. County Rd. 100 North  
Indianapolis, IN 46234  
317-273-2144  
wellbrookeofavon.com |

*Shawn Dent*  
Executive Director

*Rachelle Morgan*  
Director of Health Services

*Monte Wood*  
Assistant Director of Health Services

*Amy Bell*  
Life Enrichment Director

*Makiah Miles*  
Community Services Representative

*Sonia Turner*  
Business Office Manager

*Dick Bilderback*  
Director of Plant Operations

*Jodi Bell*  
Therapy Director

*Queen Chandler*  
Director of Environmental Services

*Jessica London*  
Social Service Director

*Fernanda Munhoz*  
Director of Food 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@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: What is the name of the dog in *The Wizard of Oz*?

Question 2: Which continent spans all four hemispheres?

Question 3: Which planet in our solar system has the most volcanoes?

Question 4: What was the name of the first monkey

Question 5: What was the first novel ever written on a typewriter?

## SUDOKU

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	2	7		6		8	3	
	9	5				7	6	3
3	6		7	9	2		8	
8	7				6		4	9
6							7	
7	5		6		8		1	
	4		2	7				

Flip the page for last month's trivia answers:

- Q1: "Komichira" means "hello" in what language? *Japanese*
- Q2: What was the first US state? *Delaware*
- Q3: Where is Stonehenge located? *Wiltshire, England*
- Q4: What is the fastest land animal? *The cheetah*
- Q5: Which state is known as "The Golden State"? *California*

## Word Search

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

- |           |            |              |         |
|-----------|------------|--------------|---------|
| BEVERAGE  | DRINKS     | FUN          | SPECIAL |
| CHOCOLATE | EXPERIENCE | HAPPINESS    | SURVEY  |
| COCKTAIL  | FEEDBACK   | SATISFACTION | THEME   |
| COMMUNITY | FRIENDS    | SOCIAL       | WEEK    |