

BRENTWOOD AT NILES



LETTER FROM THE ADMINISTRATOR

I am so excited for **December and the Holiday Season**. Soon the community will be buzzing with trees, decorations and holiday music. **I hope that everyone will join us for our 3rd Annual Holiday Art Gala on December 14th at 5:30.**

We will be focused on amazing artistic talents from our residents, staff, and local

children. It is always so fantastic to see the level of talent that the community of Niles has to offer. **I hope you all get to enjoy visits with your family, yummy holiday goodies and lots of love. Happy Holidays and Happy New Year.**

Jennifer Andrews
Administrator



RESIDENTS

Walter Z.	December 09
Laurie P.	December 11
Janet F.	December 21

STAFF

Jenna P.	December 13
Marian B.	December 27



Staff Anniversaries

Andrea E.	3 Years
Melissa H.	2 Years
Jerry L.	9 Years
Audriannah L.	2 Years

Resident Spotlight for Memory Lane: KAYE W.

Kaye W. recently joined our Memory Lane Family. In this short time she has had a great impact on the residents and the staff.

Kaye is always there to greet you with a smile, she enjoys participating in most activities and especially loves to dance. Kaye often talks about her family and has tons of fun stories to share. Kaye always says everything will be fine as long as you do your best. We are so glad to have Kaye as part of our family we enjoy her every day.

UPCOMING EVENTS:

DECEMBER 5TH

Brian Eddington at 6:00p.m.

DECEMBER 14TH

Family Night Holiday
Gala at 5:30p.m.

DECEMBER 14TH

Shelia V. at 6:00p.m.

DECEMBER 16TH

Girl Scouts to sing
Christmas Carols at 2:00p.m.

DECEMBER 17TH

Hope Church Christmas
Carolers at 5:00p.m.

DECEMBER 19TH

Kathy Leek at 6:00p.m.

STAFF SPOTLIGHT

Maria E. has worked as an aide for 13 years. She came to Brentwood a few months ago and we are so grateful to have her. She is a very hard worker and likes to have fun. Maria takes pride in her work and the care she provides. She enjoys spending time with the residents and is always there to support her coworkers. **In her spare time attends church services and enjoys spending time with her son Isaac.**

ASSISTED LIVING STAFF SPOTLIGHT

Garrett D is 20 Years old he was born in Hammond IN. He now lives in Buchanan (Buck town). Garrett's sister also works at Brentwood, Garrett's hobby is to vacation with his father. Garrett is attending SMC Collage and is in there nursing program, He tells us his best friend Marie C has inspired him to be a nurse. His likes to play tennis and loves to watch all sports. His nick name is winky face. He states his talent is the orange button on the Guitar Hero game and he bowls a 300 on the Wii. Garrett is a lot of fun at work and loves to talk with the residents and learn their life lessons. We are blessed to have him.

Winter Wellness Tips

- Instead of picking up a cup of hot chocolate to keep yourself warm, try an herbal beverage.
- The cold air and indoor heaters can dry out your skin. Make sure

to drink at least 8 glasses of water each day and use moisturizers throughout winter.

- Buy some indoor plants to soften up the dry atmosphere caused through heating. Plants give off moisture and oxygen and the

colors will brighten up a dull day.

- Feel like sitting on the couch with a video and snacking on a cold, dreary day? Reach for a protein bar or packet of almonds instead of sugary, high calorie snacks.

THANKSGIVING DINNER

Here are a few pictures from our November Family Night Thanksgiving Dinner. So many families came and enjoyed a wonderful meal put out by our fabulous kitchen staff. You can see by the smiles how much fun we had!



Tips for *Holiday* Stress Relief

Avoid overeating. The holiday season presents many opportunities for you to overeat. Overeating makes you feel stuffed and uncomfortable. Try taking smaller portions.

Take a time out. The holiday season can be very hectic. If you get caught up in the fast pace you may become exhausted. To avoid this, take time out for self care.

Stay with your routine. Holiday activities can take you out of a regular routine. If you have a routine of regular exercise or meditation stick to it.

Pace yourself. The holiday season is a time to relax, take a break and enjoy the festivities.

Have fun! Whether it is the perfect gift or dinner for the holiday season, it is important to have fun with family and friends. Fun does not mean stressing out about perfection.





ASSISTED LIVING

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NilesALC.com

BRENTWOOD MANAGEMENT TEAM

ADMINISTRATOR

JENNIFER ANDREWS

SALES AND

MARKETING DIRECTOR

STEPHINE LISENKO

WELLNESS DIRECTOR

MELISSA HOCHSTETLER, LPN

ACTIVITY DIRECTOR

CINDY MILLER

MEMORY CARE

COORDINATOR

ANDREA EVANS

BUSINESS OFFICE

MANAGER

CATHERINE MARSH

DINING SERVICES

DIRECTOR

JERRY LAWSON

MAINTENANCE

DIRECTOR

KELVIN WILSON



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DECEMBER – WORD SEARCH

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

CANDLES

COOKIES

CRAFTS

FAMILY

GIFTS

GLITTER

HOLIDAY

ORNAMENT

PINE CONES

RESOLUTIONS

SNOWFLAKE

SNOWMAN

TEA

WELLNESS

WINTER