



LETTER FROM THE ADMINISTRATOR

Holiday Greetings! It's the MOST wonderful time ... of the year! What a great time of year this can be – the sights, sounds and smells and all the festivities! **Many of us reminisce about past holidays and traditions that we and our families have enjoyed.** For some people, the holidays bring memories of great joy and yet, for others, the holiday season may bring moments of sadness and loneliness. Here at Brentwood at Elkhart, the staff and I look for ways to bring you more moments of JOY, INDEPENDENCE and WELLNESS every day and especially during the holidays.

At Family Night on November 21st we shared a traditional TURKEY DINNER complete

with all the trimmings. Thanks to all who joined us and special THANKS to those who brought non-perishable food items and gifts that were donated to Church Community Services and Toys for Tots. I'm certain that OUR GIVING helped bring JOY to people in the Elkhart area as well as to us, for it is in GIVING that WE receive.

As the Brentwood family, we look forward to celebrating again with our Prime Rib Christmas Dinner on Tuesday, December 19th. It is always a joy to spend time with you and your families. We know meal time is a very important part of every day and we work hard to help you have an enjoyable

experience. Thanks to Danielle Fisher and her kitchen staff for working to bring you the best and for all the EXTRA effort that goes into planning our holiday celebrations. **I am also thankful to Deb Snell for her extra activity planning and to ALL our staff who give their best to make life enjoyable at the holiday season and ALL year round. We are celebrating life WITH you!**

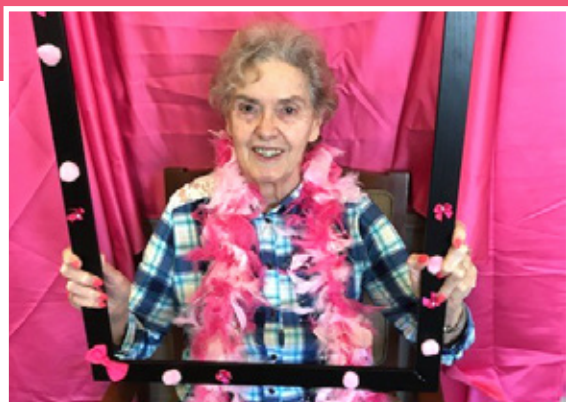
Always,

Fran

Brentwood at
ELKHART

CANCER AWARENESS

Residents going PINK for Cancer Awareness Luncheon



Trick or Treat Photos at Brentwood



ACTIVITY HIGHLIGHTS



Some of the guys just hanging out

EMPLOYEE OF THE MONTH *Ailin G.*



Ailin attends Concord High School and is a senior this year. She plays tennis and loves food and cats! The Residents love Ailin's warm smile and her helpful attitude. Ailin makes sure that the food is delivered to the Residents fast and hot!
Congrats Ailin on being employee of the month.

RESIDENT OF THE MONTH

A *Note* _____ FROM ACTIVITIES



Jack D.

Jack was born and raised in Elkhart and attended Elkhart Central High School. Jack played football, baseball and ran track in school. Jack has been married to his wife Shirley for 60 years, they have 2 sons and a daughter. Jack also has 14 grandkids and 1 great grandchild.

Jack enjoys cards and being at the lake. **Jack loves the nice people and everything that Brentwood has to offer.**

WOBBLE OR GOBBLE

Residents at The Meet & Greet... Wobble or Gobble?



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.

December! Wow the year is almost over, but we have had so much fun this year. Thinking back we have gone on many scenic bus rides. We have gone to the Bristol Opera House, the Cider Mill, Picnic's in the park, Enjoyed many outings to the Quilt Gardens and the fabulous Statues around the county!

We have also watched our card groups grow so that many more residents are joining in the fun of cards and the various games around the fireplace. If you are looking for a place to join in please come see me there are endless activities for you to enjoy. We've laughed at the Meet & Greets and enjoyed all kinds of yummy foods in the Bistro. This month you will see the Christmas trees and lights going up (I'm always looking for Elf's to help decorate). You will have many opportunities to enjoy all of the festivities planned just for you!

I want to encourage everyone to take in all that the season brings.

Merry Christmas to Everyone. May all of your wishes come true and may you feel the love and warmth of Christmas throughout the coming year!

Thanks, *Deb*
Activities Director



Brentwood at ELKHART

3600 E Bristol Street
Elkhart, IN 46514
Office: 574-262-1626
ElkhartALC.com

Brentwood Directors

ADMINISTRATOR/DIRECTOR
OF SALES & MARKETING
FRAN CONNER

ACTIVITIES DIRECTOR
DEB SNELL

DINING DIRECTOR
DANIELLE FISHER

BUSINESS OFFICE MANAGER
SAVANNAH ULMER

HOUSEKEEPING
MIKIEA HAWKINS
CAROL BOWMAN



RIDGELINE
MANAGEMENT COMPANY

Newsletter Production by PorterOneDesign.com

DECEMBER – WORD SEARCH

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F	H	S	E	Z	Z	G	G	U	E	E	T	L	T	V
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