

THE GARDEN SQUARE GRAPEVINE



LETTER FROM THE ADMINISTRATOR

Greetings! Gosh I love the holidays! Family is so important and when you are all around it fills my heart with joy. I am so very excited for all of the great things we have planned this month. Please remember to check the activities schedule for the upcoming exciting events. I want to thank all of you for your support during our times of change this year. We are always

growing and hoping to make the lives of our residents better.

Congratulations to Hail, he has been promoted to Maintenance Director! He is always moving up and we are so proud of him.

This leads me to my next announcement, we are so very pleased and excited to welcome Linda, our new activities director. Linda has a lot of experience in

this field, and she is extremely talented and crafty. Each of the Leadership team members spent some time getting to know her, and we all felt a connection to her. She is going to be just what we needed! I cannot wait to see the memories you will build with her.

If you haven't seen our "Pick Your Neighbor" cards going around to your friends and family members, please stop by and see myself or Courtney! We are offering a discount on your rent if you refer a new resident and they move in!

I hope to see you all at our Tree Trimming and Christmas Parties!

Warmest Wishes,

Mercedes Ortega
Administrator

*This coupon is good for ONE
FREE MEAL at Garden Square!*



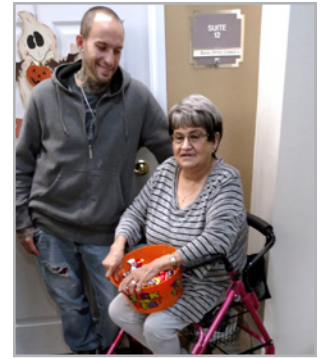
Please
present
coupon
at time
of meal.

A Note From the Business Office

Hi everyone! I just wanted to remind everyone of some changes in our rental agreements. We recently sent out a letter stating that payment is due in full on the 5th of the month. We also sent out a form for automatic withdrawal which would hopefully help make paying the rent a little easier. If you have any questions please feel free to reach out to me at any time.

Courtney Huggins,
Business Office Manager

Halloween Fun!



Having Fun with Hail

I want to thank you all for your support and encouragement during my time as the activities director. I loved all of the time I spent with you, and I look forward to joining in on many of the activities you will all be enjoying. I am excited for my new opportunity, and look forward to being able to help all of you in my new role!

Hail Russell, Maintenance Director



Betty O.

Graduated to Heaven

"How lucky are we to have something that makes saying goodbye so hard."

Betty R. (Not Pictured)



Erik H.



Helen H.

Thanksgiving Fun!



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.



GARDEN SQUARE

ASSISTED LIVING OF CASPER

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LEADERSHIP TEAM

ADMINISTRATOR

Mercedes Ortega

BUSINESS OFFICE MANAGER

Courtney Huggins

MAINTENANCE DIRECTOR

Hail Russell

ACTIVITIES DIRECTOR

Linda Jordan

HEALTH SERVICES COORDINATOR

Deborah Poppe

DIETARY SUPERVISOR

Martha Casiano



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DECEMBER – WORD SEARCH

O	M	O	S	Z	Q	A	P	G	K	H	S	K	Q	I
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CANDLES
COOKIES
CRAFTS
FAMILY
GIFTS

GLITTER
HOLIDAY
ORNAMENT
PINE CONES
RESOLUTIONS

SNOWFLAKE
SNOWMAN
TEA
WELLNESS
WINTER