



LETTER FROM THE ADMINISTRATOR

Dear residents and family members,

Happy Holidays to you and yours!!! As we transition from one holiday to another I want to express my thankfulness to each and every one of you for allowing the Southern Knights family to be a part of your family. Merriam Webster defines "Joy" as a source or cause of delight. How can we be a source or cause of delight

this holiday season? There are so many people who might be alone this time of year. Let's reflect on the real reason for the season. Get wrapped up in the magic of Christmas and bring a little "Joy to the World." I wish you all a safe, festive, fun filled, healthy holiday season. I am so looking forward to celebrating many more future holiday events with each of you.

Season's Greetings,

*Mateki M.
Joseph-Dyson*

ADMINISTRATOR

Keeping You Informed:

Our care givers are not on the phone!

They are required to log care into a hand held device that looks like a phone.

SOUTHERN KNIGHTS
SENIOR LIVING COMMUNITY

BE SURE TO WASH YOUR HANDS!

December 3-7, 2018 is National Hand Washing Awareness Week and, according to the Centers for Disease (CDC), "the most important thing you can do to keep from getting sick is to wash your hands."

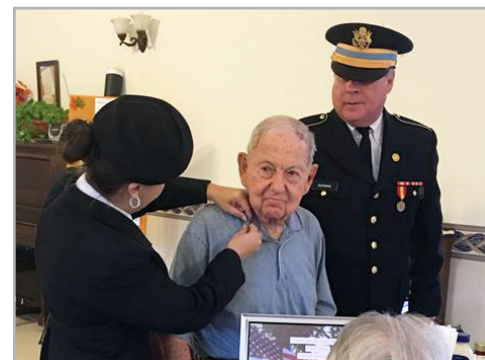
Handwashing can help prevent illness. It involves five simple and effective steps (Wet, Lather, Scrub, Rinse, Dry) you can take to reduce the spread of diarrheal and respiratory illness so you can stay healthy. Regular handwashing, particularly before and after certain activities, is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others.

The CDC recommends you should wash your hands:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet waste, food or treats
- After touching garbage

Info taken from cdc.gov

Honor our Veterans



Activities and Shenanigans



The Beauty of the Holidays

The beauty of the holidays is the gift to slow down, reflect on what's important, and remember that our lives are valuable and worth being fully enjoyed.

So, before the next holiday approaches, plan a party, and gather friends and family. Carve out time for a totally relaxing and fun day together. Organize a game-night, a trip to the movies, or stay in to watch your favorites at home. Even a dinner with some close friends can be enough to warm the spirit on a cold winter night. Make a commitment now and embrace your winter holidays. You won't be sorry, and you just might make a tradition of it!

Holiday Crafts

Whimsical Light Bulb Reindeer Ornament

You will need:

- One used light bulb
- Brown felt cloth or fun foam
- Acrylic paints and brushes
- Ribbon
- 1 small red pom-pom
- Glue

First, paint the light bulb brown. Set aside and let dry. Once the brown paint on the light bulb has dried completely, use a paint brush to paint eyes and a mouth on your reindeer. When the paint has dried, begin to glue the red pom-pom nose onto the end of the light bulb, just above the mouth. Next, use the brown cloth or foam to fashion a pair of antlers for your reindeer. Glue these to the side of the light bulb. Finally, cut a small piece ribbon, loop and tie into a knot, and glue it to the top of your reindeer light bulb ornament.

Greeting Card Ornaments

Cut out your favorite Christmas card images and mount them onto wooden craft shapes with glue. For an older finish, varnish them, drill a small hole at the top, and then tie ribbons at the tops. You can also cut out your favorite images from cards, laminate them, punch a hole at the top, and use a piece of ribbon as the hanger.

SOUTHERN KNIGHTS
SENIOR LIVING COMMUNITY

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DECEMBER – WORD SEARCH

Q	M	S	N	Y	N	Y	J	I	L	D	B	W	L	P
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CHEER
COCOA
COLD
COMMUNITY
CRAFTS

FAMILY
HOLIDAY
PILATES
RESOLUTIONS
SKIN

SLEEP
SOAP
WASH
WINTER
YOGA