



ADMINISTRATOR'S NOTES

I can't believe it's already December! The year has passed by so quickly. I always tell myself that I will have all my Christmas shopping and decorating done by Thanksgiving so I can relax and enjoy the season. But guess what? I haven't started at all this year (as usual), so I'll be hurrying around with everyone else. About 3 years ago I didn't have time to put up our Christmas tree and put a few decorations on my Norfolk Pine tree, and now that has become my Christmas tree. It's the best Christmas tree I ever had!

We had a lot of fun in November with our activities and events including balloon volleyball, Doughnut Galore, Color the World Orange, Nacho Bar,

Healthy Eating through the Holidays seminar, and more. It was very nice to see all the families at our Thanksgiving luncheon and catch up. Our residents always look forward to seeing their loved ones.

We have a full calendar of activities and events this month. Part 2 of our Healthy Eating for the Holidays seminar will be held on December 7th. Mark your calendar for December 13th for our Christmas Bazaar followed by Family Night. Family Night will include dinner for all who attend as well as entertainment. Our Resident Christmas Party will be held on December 21st, and of course we'll have a special lunch for Christmas

and New Year's Eve. Please be sure to let us know if you plan to attend any of our events so that we can plan accordingly.

We have some vacancies right now, and it's a great time to take advantage of our Refer A Neighbor program. You'll both receive \$500 off your rent if someone you refer moves into our community. What a great Christmas gift!

I wish everyone a very happy and blessed Christmas and holiday season!

— *Nita Collins*

FLOWER MOUND
ASSISTED LIVING



Happy Birthday

RESIDENTS

Helen	Dec. 11th
LaVonne	Dec. 15th
Georgia	Dec. 15th
Joe D.	Dec. 27th

EMPLOYEES

Mark	Dec. 30th
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ONE YEAR ANNIVERSARY

Bert and Teresa
Nelda

Circle of Excellence

Many of our events are sponsored by our local Home Health and Hospice agencies. We are so thankful for all of their support!

ACT Home Health

Kindred at Home

Texas Home Health

Advanced Rehab Trust

Total Hospice & Palliative Care



UPCOMING EVENTS

December 7th, 3:00pm:

Want to learn different ways to eat healthy during the holidays? Then join us for part two of our Healthy Eating series.

December 13th, 2:00pm to 4:30pm:

Get your Christmas shopping done in one stop. Join us for our second annual Christmas Bazaar.

December 13th, 5:00pm:

We hope to see all our families join us for family night. We will have dinner and entertainment.

December 21st, 3:00pm:

Please join us for our annual Winter Wonderland Christmas party.

To R.S.V.P. or to request more information please contact Rachel or Kristian.

Prepare Your Skin for Winter

Dry, itchy and cracked skin goes hand-in-hand with the winter season. Changes in temperatures and humidity, indoor heating, hot showers and baths remove important oils and moisture from the skin causing dryness, flakiness and cracking of the skin. Read on for some TLC for your winter-weary skin.

Bathing. Hot water bathing breaks body oil that is easily washable. If you cannot avoid hot bathing, add oils like almond, sesame or other bath oils to your water.

Cleanse & Exfoliate.

Before you begin your bath, exfoliate your skin with loofah. Avoid strong base ingredients and anti-bacterial products; opt for gentle moisturizing or revitalizing products.

Drink at least 8-10 glasses of water every day. By keeping your skin well hydrated, your skin is protected from dryness, rashes and itchiness. Avoid excessive usage of caffeine beverages that strips moisture from the skin.

Moisturize properly and your skin can remain soft and supple all through winter. Use moisturizer that has the necessary vitamins and hydration properties for your skin.

Use sunscreen in winter as you would in summer. Ideal sunscreen is one which is light, oil free and has SPF 15.



ACTIVITY HIGHLIGHTS



Healthy eating through the holiday event



Happy Hour



Nacho Day - We love nachos

IN MEMORY OF OUR DEAR FRIEND TROY

Troy moved into FMAL in June 2017. He always had a bright smile for everyone and enjoyed talking with his friends at his table. Sometimes you would see him sit for an hour after each meal talking with his friends. He was a great friend and will be truly missed. Our hearts and prayers go out to his family and friends.



FLOWER MOUND ASSISTED LIVING

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OUR STAFF

ADMINISTRATOR

Nita Collins

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MAINTENANCE DIRECTOR

Nicco Rios

DIETARY MANAGER

Mark Derichsweiler

ACTIVITY DIRECTOR

Rachel Layne



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DECEMBER – WORD SEARCH

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

CHEER
COCOA
COLD
COMMUNITY
CRAFTS

FAMILY
HOLIDAY
PILATES
RESOLUTIONS
SKIN

SLEEP
SOAP
WASH
WINTER
YOGA