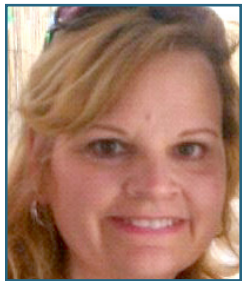




LETTER FROM THE ADMINISTRATOR



Hello
Everyone, I
hope you all
enjoyed your
Thanksgiving. I
want to thank
Jason and his

whole kitchen staff who made the wonderful Thanksgiving dinner for everyone. It seems that the time is flying by and we are all so busy, but we still need to take care of ourselves every day. If you wake up with good thoughts and positive thinking and go to sleep with the same positive attitude it makes a whole lot of difference in your day and maybe in someone else's day. During the Holidays some are suffering for different reasons, we never know what someone else is going through. Remember you are never alone; someone from your Lakeview family is always here for you.

**I wanted to announce that we
have another award for one of**

**our fabulous Med-Tech/
Caregivers. The second quarter
rock star award goes to Rachel
Bejar.** You can find Rachel
working in Memory Care with our
Residents doing crafts, baking or
playing Bingo. Rachel finds ways
every day to create moments of



Joy,
Independence
and Wellness
for our
Residents and
Families.

December is such a busy month
full of festivities for everyone. I
would like to take this opportunity
to wish you all a very Merry
Christmas as well as a healthy and
prosperous New Year.

Warm Regards,

Mary Rush
ADMINISTRATOR

Dates to Remember

**Meet The Local Author:
Joe Von Rhyn**

December 2, 10:00am

**Boulder City Library
Mobile Service**

December 7, 12:30pm



Michael's Angel Paws

December 21, 2:00pm

In-House Wellness Clinic

December 18, 10:30am

Caregiver Support Group

December 18, 2:00pm

Movie Matinee

Saturdays at 2:30pm



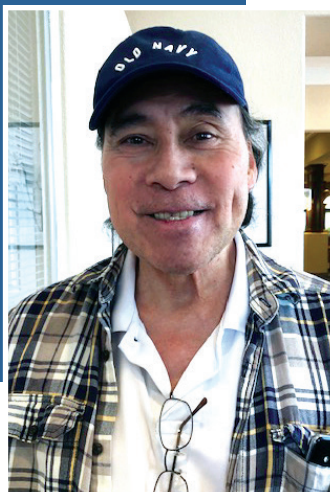
Happy Birthday

RESIDENT BIRTHDAYS

Dorothy B. Howard H.
Bill H. Ruth L.
Mike L.

WELCOME

New Health Services
Director:
Pamela Schmidt, LPN



Putting the Spotlight on Our Featured Resident: Howard H.

Howard has been a resident of Lakeview Terrace since 2013. Howard is very helpful in the dining room, always providing assistance when needed. Howard is well-liked by all of the residents and staff of Lakeview.

Employee of the Month: Liz

Elizabeth "Liz" Gullledge has been with our community for 6 years. She is the hallmark of an expert housekeeper and shows commitment to professional truthy worthy conduct. She takes pride in our community and displays her abilities with her attention to detail. Liz is a caring, kind and compassionate a great benefit to our community. She is willing to help in the community where ever she is needed. She is a vital member of our team at Lakeview Terrace and we appreciate all that she does.



Note from Maintenance

A few safety tips for Christmas decorations. Do not use extension cords, use a power strip with a reset switch instead. This also makes it easier to turn off all lights before bed and when leaving your room. Check all string lights for frayed wires. Never use metal tacks or nails to hang lights, use plastic hooks instead. Consider using the newer unbreakable ornaments. Poinsettias, while festive, are poisonous to pets.

What's New in the Kitchen

Greetings from the Kitchen! Happy December, I hope everyone had a great Thanksgiving. We will be having a Christmas Cookie decorating contest this month, the date will be posted on the event calendar. Christmas dinner will be served at 11:30am on Tuesday December 25th; we will post a flyer with all the details. If you will have family joining you for Christmas dinner we as that they RSVP by Monday December 17th.

See you at Food for Thought!

Activities Update

We have special events planned this month which include a Meet and Greet with Local Author Joe Von Rhyn, Holiday Karaoke with Dawn Fellmer, Holiday Cheer Hot Chocolate Bar, Sangria & Tapas Happy Hour, Christmas Dinner, and Housewarming Tea Party. The dates can be found on the monthly calendar.

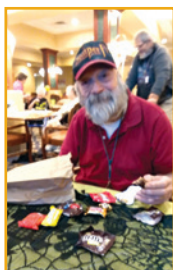
Also highlighted this month are the wellness clinic by In-House Home Health, Art Therapy with Eduardo, and Michael's Angel Paws Pet Therapy.

The Boulder City Library will be here on December 7, with a variety of books for you to check out. If you don't have a library card, you will be able to get one at that time. If you are interested

in joining the Book Club, please see Kelli to sign up and get a copy of this month's book.

Be sure to check out the December calendar and sign up for outings as soon as possible. Space is limited to the first 10 residents who sign up. We generally have trips to the casino scheduled on Mondays and lunch outings on Fridays. The dates for shopping trips has been expanded to Tuesdays, Wednesdays, and Saturdays, so please take a look at the calendar and sign up accordingly.

Please let Kelli know if you would like to suggest restaurants, scenic drives, or places of interest to you, or even a new game you would like to learn how to play.



Halloween



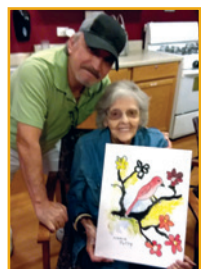
Jive Dancers



Fair



Christmas Craft



Ed



Poker Walk Winner
Jeanne



Book Club

MARKETING CORNER

Happy Holidays!!

The holidays are here and can be a very difficult time for some of us. I want to ask each of you to think of your friends, if you know of anyone who is going to be alone during the holidays please let me know. I would be happy to reach out and invite them to the community to come enjoy the holidays with us. We can even go a check on them and take them a meal to help brighten the holiday. Everyone have a wonderful holiday season and let us know if you know of someone that could benefit from some holiday cheer.

Special Events & Entertainment

Holiday Karaoke with Dawn Fellmer

December 6, 2:30pm

Holiday Cheer - Hot Chocolate Bar

December 13, 3:00pm

Sangria & Tapas Happy Hour

December 20, 3:00pm

Christmas Dinner

December 25, 11:30am

Housewarming Tea Party

December 27, 3:00pm



180 Ville Drive
Boulder City, NV 89005
Office: 702-293-0181
www.LVTerrace.com

Your Team

ADMINISTRATOR
Mary Rush

HEALTH SERVICES
DIRECTOR
Pamela Schmidt, LPN

RESIDENT CARE
COORDINATOR
Ester Negrete

BUSINESS
OFFICE MANAGER
Rodina Savet

SALES AND MARKETING
DIRECTOR
Sherry Hoffeld

DINING SERVICES
DIRECTOR
Jason Hollida

MAINTENANCE DIRECTOR
Shawn Turner



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HEALTH SERVICES

Coping during the holidays

If the holidays are joyous and happy; why am I sad? You are not alone. Many people have the winter time and holiday blues. How can this be you ask? Let's take a look at some causes and some possible solutions.

First let's look at Wonderful Winter. The temperature is frosty. The sky is gray and overcast. It's raining and that has turned to snow. All of the beautiful trees and flowers are bare and frozen. UGH!!!

OK how about the stressors of the holidays? For example our families and their issues, all that shopping for food and presents, cooking the holiday feasts, the worry of paying for everything, traveling to spend time with our family and friends. YIKES!

Now for some solutions to make your winter holiday time tolerable. Start with your environment. Decorate your area with the beautiful fall foliage. At the start of winter evergreen boughs are very inexpensive and give your surroundings a pine aroma. Poinsettias are bright, cheery and colorful. Scented candles help to brighten your mood. Wearing colorful clothing is helpful. Learn to make lists of all the holiday tasks. This can help streamline shopping. Have a strategically planned seating chart for family gatherings. This will help avoid conflict. Set a dollar amount limit on gifts and plan a gift exchange game. Let your family participate in food preparation by having a pot luck.

Winter and holiday time can be tolerable with just a few simple adjustments. The above was just a few of the basic stressors. Here is wishing you all a joyous winter and holiday season.