

# **Keeping Holiday Traditions Alive**

#### 'Tis the season!

With Christmas just around the corner, many of our residents look forward to the traditions of the holiday season and the sense of togetherness that it brings. If you're looking for ways to celebrate the giving season with your loved one from the comfort of our campus, here are a few activities that are sure to put you in the holiday spirit!

**Create a holiday book.** Create a festive scrapbook filled with memories of Christmas' past, and invite your friends and family to participate! **Light up the room.** Fill your suite with decorations and ornaments to transform your living space into the North Pole.

Make holiday cards. Sending cards to friends and family members can bring an extra loving touch to the holidays for those that you care about. With the assistance of our *Artisans* program, we'd be happy to help you make one!

**Play Santa Claus.** Do you need to get some last minute shopping done? Trust us - you're not alone. Browse through a magazine or shop online to find that perfect gift for your loved one.

Make a Christmas tree perfect. Join your fellow community members in the fun of decorating the campus Christmas trees!

**Sing carols.** Buddy the Elf said it best – "The best way to spread Christmas cheer is singing loud for all to hear." If you're feeling the need to sing your favorite Christmas Carol this holiday, ask our Life Enrichment Director about our *Music to My Ears* program, where musical activities happen three times

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## Happy Birthday!

#### Residents

12/3	Jane F.
12/5	Don A.
12/11	Mary G.
12/22	Jewel G.
12/25	Hershel M.

#### November Servant Leader

Melynda Gower, Cook, has been employed at Blair Ridge for over 3 years! Melynda has worked in a few departments during her tenure here. She is the mother of six children; five boys and one girl. She enjoys 4-wheeling, gardening, crafts and cooking. Her favorite quote: 'Seek respect, not attention, it lasts longer!' Congratulations, Melynda!



### What's Been Happening

October was filled with a theme dinner, fall decorations and trick-or-treating!



Welcome to December! It's officially the most wonderful

time of the year, which means that every day becomes a merry celebration. This could mean baking a favorite family recipe, creating a decorative holiday items, or attending a worship service with our Inspirations program, which meets once weekly. We always strive to honor the traditions that mean so much to those we serve, so ask our Life Enrichment Director about how you can celebrate the holidays your way!

At a time when there's so much joy to be shared with friends and family, we also remember those who may be spending their Christmas worrying about their livelihood. That's why until December 31st, we'll be continuing to accept donations towards our annual *Hope for the Holidays* campaign, which supports our local charities throughout the holiday season. This year, we're working with

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our sister campuses to achieve our companywide goal of raising \$750,000 for those less fortunate. If you or a loved one would like to make a donation, be sure to visit The Trilogy Foundation's website at https://thetrilogyfoundation. org/donations.

As 2019 begins to draw to a close, I also wanted to say thank you to each and every one of you for such a fantastic year. From our "Party in the USA" Theme Dinners to our lunch outings, our Happy Hours to our birthday celebrations, there hasn't been a single moment that I would trade to be anywhere else but with you and your families. It's truly been a pleasure.

I hope that you have a great Christmas and an unforgettable New Year. The next time I write, we'll be starting a new decade – and I can't wait to experience it with all of you.

Yours in Service,

Mike Wray, RN Executive Director







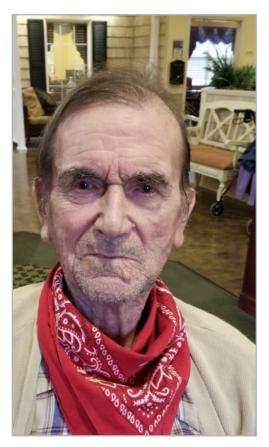








### *More from...* What's Been Happening



### Did You Know...?

That you can read the monthly newsletter on-line? Please follow the campus link: www.blairridge.com.

The Private Dining Room and basement can be reserved for parties, meetings and get togethers. Contact Life Enrichment to reserve a room.

Happy Hour is held every Friday at 3:00pm.

Sunday Brunch is on the second Sunday of the month. Please be sure to RSVP by the first Tuesday of the month..



HEALTH CAMPUS A Trilogy Senior Living Community

> 269 Meadowview Drive, Peru, Indiana 765-472-8049 blairridge.com | ♥ f

> > Mike Wray Executive Director

Jen Astrup Director of Health Services Mary Gross Customer Service Representative

> Becca Iliff Business Office Manager

Erin Murphy Life Enrichment Director

Jeremy Fisher Director of Plant Operations

Mary Ann Estes Director of Food Services

Nancy James Environmental Services Director

> Angela Diehl Therapy Program Director

Corinne Roland Social Service Director

#### Stay in the Loop 🛩 f

Keep up with latest campus news and happenings by following us on your favorite social networks!

We strive to provide the best customer service and quality care for our residents. Our Department Leaders are here to solve any concerns you may have. In the event that you need further assistance with any unresolved concerns, we encourage you to call or email our Compliance Hotline: 800-908-8618, ext. 2800; or comply@trilogybs.com

Newsletter Production by PorterOneDesign.com

#### 'Holiday Traditions'

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a week. It's a great way to celebrate, and a great way to create lasting memories!

Plan a festive movie night. Whether it's *How the Grinch Stole Christmas* or *It's a Wonderful Life,* Christmas movies have the power of making the holidays even more enchanting than they already are. So sit back with a warm cup of coca, relax, and turn on a timeless holiday flick. From making melted-snowman cookies and candy jeweled gingerbread houses to surprise visits from Santa, our campus is sure to be full of merry moments and even merrier people this holiday season. We've loved listening to your stories about your holidays as children, and we're honored to be a part of your holidays as an adult. Merry Christmas from our family to yours!



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