



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

...continued on back page

Happy Birthday!

Residents

Flossie B. 12/04

Daisy B. 12/12

Staff

Sara L. 12/04

Pamela S. 12/05

Leana O. 12/05

Holly C. 12/10

Jennifer C. 12/15

Joyce H. 12/16

Susie G. 12/16

Alex T. 12/17

Missy W. 12/18

Marleigh P. 12/18

Maria F. 12/19

Cathy L. 12/27

Desta S. 12/30



Executive Director Corner

Greetings
from Cedar
Ridge!

Welcome once again to that special time of year that can be equal parts magical and stressful. Whenever I find myself in danger of slipping into that winter slump, I try to focus on taking small steps to nourish my mind and my body. We encourage our residents to do the same. As is the tradition around the holidays, we start with food. We offer delicious, nutritious meals three times a day, but more than that, we make sure that healthy snacks are available 24/7. Sometimes all you need to perk yourself up is a warm mug of hot cocoa and a little something to snack on.

This time of year, it's also easy to get cooped up in your room. The holidays can be a tough time for some, which is why we offer plenty of fun activities every day. You might find us

decorating our Christmas tree, making holiday crafts, or just swapping our favorite holiday stories in front of our fire with some warm cocoa. Whatever we're doing, we welcome you to join in. After all, that's what the holidays are about – family.

With all of this socializing and snacking, it's also important to stay healthy. We offer free flu shots to our campus team members, so that they can feel their best during this busy season. It's also our way of keeping everyone who calls our campus home safe from illnesses.

I hope that you and yours enjoy a healthy, happy holiday season, and I encourage you to stop by when you have time. We'll have a warm cup of cider waiting for you.

Yours in Service,

Somer Hurston
Executive Director

Artisans and Creative Cooking

Pumpkin this and pumpkin that. Making pumpkin snacks is as fun as painting the pumpkins.

Take Note

Anyone wanting to volunteer to help with resident activities and road trips should contact Crystal Prather in the activities department. Families are encouraged to volunteer for any daily activity such as crafts, painting fingernails, calling bingo and going on road trips.

Activities on the calendar are subject to change. Any changes will be posted on LifeShare.

Campus Visitors

Roger Slade made spooky visit as he came to share Cynthiana's most famous ghost stories. Residents had a few stories of their own to share with him as well.





Boot Scootin Boogie

Another theme dinner from another great US city. Nashville was where our thoughts went as we ate delicious food, listened to country music and had fun line dancing.



Out and About

Residents have shopped and ate at the new local shops and dives. Eating at the new Cheese Store in downtown Cynthiana was a treat. The old but newly renovated building brought back some great memories to several. We shopped at the new Dollar General out on 27 North, resident said "we must go back". Shopping for jewelry is always fun but even more so when it's all \$5 per piece at the HMH jewelry sale fundraiser.

MUSIC TO OUR EARS

Kara's Silver Strings came to present us with our new dulcimers and gave a wonderful lesson on how to play. The best part was seeing Miss Mollie receive her very own dulcimer for all the hard work she did on the fundraiser that helped to provide us the opportunity to have this wonderful new program. We will be adding silver string lessons to our daily activity plans twice a week. We were hoping to practice to perfection to hold a concert for our families to come listen.



Smile of the Month

David L. was all smiles when he won the silliest little ghost as a prize at our Halloween party. David enjoys watching westerns and he's gearing up for a great basketball season for the UK wildcats.



Eagle Award

Shelby R. is a wonderful asset to our dietary department. She always pitches in to help her team and meet the needs of the residents.





CEDAR RIDGE

HEALTH CAMPUS

A Trilogy Senior Living Community

1217 US Highway 62E

Cynthiana, KY 41031

859-234-2702

cedarridgehs.com |  

Somer Hurston
Executive Director

Andrea Harkins, RN
Director of Health Services

Kacey Tucker
Customer Service Representative

Marilyn Carstens
Business Office Manager

Crystal Prather
Life Enrichment Director

Mary Martin
Director of Food Services

Becky Northcutt
Therapy Program Manager

Kris Cunningham
Director of Social Services

Crystal Race, RN
Assistant Director of Health Services

Melissa Wiggins
LPN Director of Assisted Living

Leighann Mogenhan
RN Legacy Lane Coordinator

Francis Duncan
LPN MDS Coordinator

Wesley Northcutt
Director of Plant Operations

Kathy Brown
Customer Service Specialist

Jessie Florence
Environmental Services Director

Joanie Sosbe
Accounts Payable/Payroll Coordinator

Stay in the Loop

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@trilogyhs.com*

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'Holiday Traditions'

...continued from cover

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 cocoa, 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!



Word Search

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

CARDS
CAROLS
CHRISTMAS
COOKIES

ELF
FESTIVE
GRINCH
HOLIDAY

LIGHTS
MOVIES
NORTH POLE
SANTA

SING
SNOWMEN
TRADITIONS
TREE