



FOREST SPRINGS

HEALTH CAMPUS

*A Trilogy Senior Living Community*

Press

December 2019



## 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

Bill P.	Dec 20
Thomas O.	Dec 21

## Sunday Brunch

We always look forward to mingling with our residents and their families and friends during our Sunday Brunches, the second Sunday of every month. Each resident can invite up to two guests free of charge. Additional tickets may be purchased for \$10 from the business office or that day from a staff member. If you anticipate bringing a large group, reservations are accepted up to three days in advance. *So come join us for a delicious meal!*

## Live a Dream

Our "Live a Dream" program is designed to grant long-held wishes for our residents. We collaborate with the Trilogy Foundation to help finance our bigger dreams, but even small dreams are granted, through this wonderful program. Please let the Life Enrichment Director know if your loved one has expressed a wish and will do our best to grant it! Also we are a part of the Honor Flight! If you are a Veteran and would like take part in the Honor Flight please make us aware so we can get you signed up.

## Theme Week

We ended the year with our last theme week with a Boot Scootin Time! We had a wonderful time. Look for our upcoming theme weeks in 2020!



## Executive Director Corner

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 wreath, 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 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,

Sincerely,

*Matthew Jones*  
Executive Director





## More from... Theme Week



## Taste of the Town

Taste of the Town is an opportunity on the third Tuesday of every month for our residents to “eat out” without the hassles of leaving the building! Residents are encouraged to provide feedback to our chef during “Chef Circle”. Resident preferences will determine the restaurant we will host at our campus for the month.

## Volunteers Needed

Forest Springs strives to make all of our resident's days fun and enjoyable. Volunteers are the heart and soul of our campus and the key to making that happen. We are asking for just one hour per week/month to make a difference in their lives. If you are interested please contact: Becky Dunaway Life Enrichment Director.

## LifeShare

LifeShare Technologies, in partnership with this campus, provides an innovative service that allows you to connect with family and engage in your community, all through your personal television. With LifeShare, you can do all of the following through your television:

- View Photo's
- View community information, such as activities, announcements and dining menus
- Receive event reminders on the screen or by phone
- Read daily news
- Play games, music and faith based programs

See your Life Enrichment Department to get started today!





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forestspringshc.com |

Matthew Jones  
Executive Director

Brandon Campbell  
Director of Post-Acute

La'Keisha James  
Assistant Director of Post-Acute

Denise Bivens  
Director of Assisted Living

Kelsey Strader  
Community Services Representative

Taelor Adams  
Customer Service Specialist

Julie Cash  
Business Office Manager

Becky Dunaway  
Life Enrichment Director

Keith Dobson  
Director of Plant Operations

Nicholas Booker  
Director of Food Services

Taylor Bruderle  
Director of Environmental Services

Taelor Adams  
Villa Lifestyle Director

Jennifer Alvarez  
Social Services Director

## 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](mailto:comply@trilogyhs.com)

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# '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 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
Z	Z	K	I	M	D	B	O	O	Q	Y	M	R	J	R	N	G	G	S
E	J	I	X	E	Y	S	L	N	W	T	G	A	R	P	W	N	P	F
T	A	M	P	N	S	M	A	S	D	U	F	E	S	T	I	V	E	C
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