



STONEGATE

HEALTH CAMPUS

A Trilogy Senior Living Community

Sentinel

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

...continued on back page

Happy Birthday!

Residents

December 01	Mary D. - 72
December 02	Don H. - 84
December 08	Reva W. - 89
December 18	Kay H. - 79

Welcome Residents & Family Members

The Stonegate Health Campus Team would like to welcome all our new residents and their families to our campus and a place to call home. We are looking forward to serving your loved ones in their daily needs and making new memories each day. We take pride in our services and hope we can meet each resident's needs. Please let us know how we are doing, so we can make a difference in our resident's lives!

Spreading Joy

As the holiday season approaches, the Life Enrichment team and some residents will make holiday cards for the residents who don't receive a lot of visits from family and friends. The holidays tend to encourage people to give back to their community and it is amazing when residents receive visits during holidays. Unfortunately, there are residents who receive visits during the holidays but not much throughout the rest of the year. We encourage others to spread joy during the holiday season but also throughout the year! Please contact us if you would like to volunteer during the holidays and/or 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,

Shea Baker

Executive Director

Assisted Living Spotlight: Karen P.

Karen is a 67 year old female resident from Detroit, Michigan. She has been married to her husband, Walter, for 32 years. Together they have 2 children named Rachael and Sara. Karen worked for iHeartMedia for 29 years. She enjoys knitting/sewing, crafting, and gardening. She is active in the Methodist church and enjoys spending time volunteering. Karen likes to watch comedy on TV, listen to Christian and Country music, and enjoys watching her grandchildren grow up who she is very proud of!



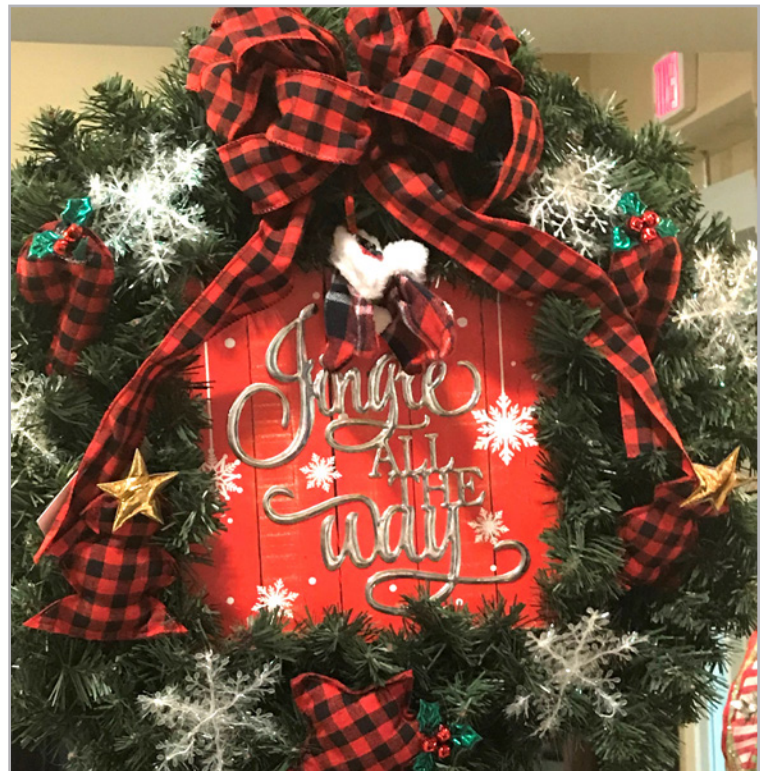


HEALTH CAMPUS SPOTLIGHT: DON H.

Don is an 83 year old male resident from Atlanta, Michigan. He worked for 25 years as a farmer, then worked in a shop until he retired. He has 3 sons and he is one of 7 siblings himself. Don was married to his wife Veda until she passed away in 2010. Don has always loved hunting and fishing but now really enjoys playing Euchre. Don is a guitar player and even played in his own band! His favorite memory is of his father working in the field on his tractor while Don was alongside picking up rocks and they would make silly faces at each other. That is a vivid memory for Don and always puts a smile on his face when he thinks about it. Don has lived in other nursing homes but believes that Stonegate is the best!

FESTIVAL OF LIGHTS

Please join us for our annual Festival of Lights here at Stonegate Health Campus! This December we will be asking local businesses to donate a decorated wreath/tree to help decorate our campus for the holiday season. On December 19th, we will invite community members to our campus to view all of the decorations and bid on their favorites. If your raffle ticket is called for your favorite wreath/tree then you get to take it home with you! This is an event that brings joy and holiday cheer to our community and we hope you join us this December!



Sunday Brunch

December's Brunch will take place on Sunday, December 08! Please invite family and friends to join us for some fun and fabulous food! Please make reservations. We hope to see you there!

Taste of the Town

Stonegate Health Campus looks forward to bringing in the taste and spirit of many local restaurants in Lapeer to our residents. Taste of the Town is a monthly event where the campus chooses a local restaurant and arranges for a favorite meal to be brought to the campus for the residents to enjoy. Our next Taste of the Town will be sponsored by E.G. Nicks on December 31! If you are a local restaurant owner or know of a local restaurant to suggest for Taste of Town, please let us know!



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Lisa Dunn
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Kim Evans
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Sherrie Guttowsky
Business Office Manager

Brandon Birkner
Life Enrichment Director

Ken Doyka
Director of Plant Operations

Eric Schwark
Director of Dining Services

Ruthann Hicks
Director of Environmental Services

Luis Guevara
MDS Coordinator

Angie Howe
Medical Records

Sommer Wrathebell
Scheduling

Mistry Martin
AP/Payroll

Naomi Taylor
Director of Social Services

Adam Ahlgren
Director of Therapy

Breanna Patton
Guest Relations

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
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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