



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. However, with family members potentially living further away than we're used to, upholding these traditions can sometimes become a challenge. For those able to visit our campus, rest assured there are still plenty of ways to celebrate the giving season with your loved one. Here are just a few of the activities that you can enjoy together!

Create a holiday book. Ask your loved one to bring in pictures of past holiday celebrations so that you can create a festive scrapbook together.

Light up the room. Talk to your loved one about bringing decorations and ornaments with them the next time that they visit so that you can transform your suite into the North Pole!

Make holiday cards together. Sending cards to family members can bring an extra loving touch to the holidays of those that you both care about.

Play Santa Claus. Assist your loved one in coming up with gift ideas you for family members! Whether you're shopping online or browsing through a magazine, they'll appreciate that you're there to help. They might even come up with some gift ideas for you!

Trim a tree. Join your loved one 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." Ask your loved one to

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Happy Birthday!

James (Jim) E.

Joyce J.

Shoshana K.

Did You Know...?

In addition to following us on Twitter or Facebook, our campus is using LifeShare to keep you connected to your loved ones? This app allows you to see photos of joyful moments of friendship and laughter during our Daily Rhythms programming and special events. Join us in just four easy steps:

1. Download the LifeShare Mobile App by searching "LifeShare Family" in the App Store. Click "Download" and then "Open" when the App has finished downloading.
2. Click the "I have a Community Access Pin" button.
3. Enter "ES1234" and click "Sign In."
4. Stay informed of the campus activities, menus, announcements, and pictures!

Taste of Town

Our Taste of Town was truly a great experience for our residents and team members at English Station. Our dining services team brought the Cracker Barrel experience into our very own dining rooms. Complete with checker boards and peg games, residents enjoyed country cooking from the restaurant and were served by our team members dressed in Cracker Barrel aprons!

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,

Tori Harper

Executive Director



Allen welcomes us to Cracker Barrel at English Station!



Kathy and Dana enjoy a Taste of Town!



Volunteer News

Our volunteer growth continues, and we are grateful to each and every person who gives the gift of time to our campus. Do you know someone who could be a “Best Friend” to our residents? The great-granddaughters of resident, Carolyn M., are bringing a double dose of hospitality on Fridays when they help us with Happy Hour. The twins are adding joy and giggles to our holiday season!

◀ *Skylar & Zoe are Happy Hour volunteers!*

THEMED DINNER

Nashville Boot Scootin’ Boogie week was full of adventure. Learning the “Git up Challenge” dance, decorating cowboy hats, baking Nashville’s Confetti Cornbread and using VIP tickets to attend Sam Brown’s Old Country Concert brought out the Nashville spirit in all of us!



Cowboy Hats for everyone!



Boot Scootin’ Boogie!



Sandy enjoys the country concert.



Geneva & Nashville Art!



Nashville Night!

Live a Dream

The Legacy at English Station makes dreams come true. The holidays are a perfect time to discuss with your loved ones something they always wanted to do, or something they wish to do again. We love to hear our residents mention a wish we can make come true. If your loved one shares a wish with you, please let us know. Our Live a Dream program now includes an amazing Virtual Reality headset with over 100 experiences to choose from. For example, if we have a thrill seeker who loved roller coasters.... no problem! Our team is delighted to offer Live a Dream programs to our best friends!

Family Night

We look forward to celebrating the season with our best friends and their families! We invite you to join us for any of our holiday events this month.

Wednesday, December 04
from 4:00-6:00pm -
Holiday Open House

Monday, December 09 at
2:00pm - Music with Jeanette

Wednesday, December 18
at 10:30am - Presbyterian
Church Choir

Wednesday, December 18 at
1:30pm - Louisville Orchestra

Friday, December 20 at
3:00pm - Holiday Cookies
and Gift Exchange

Monday, December 23 at 10:00am
- Holiday Music with Don



THE LEGACY AT ENGLISH STATION

A Trilogy Senior Living Community

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legacyatenglishstation.com |

Victoria Harper
Executive Director

Nikki Foree
Director of Health Services

Amy Vanover
Community Relations Director

Lauren Storm
Business Office Manager

Natalie Casto
Life Enrichment Director

Allen Schroeder
Director of Plant Operations

Jonathan Ross
Director of Food Services

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@trilogybs.com

Newsletter Production by PorterOneDesign.com

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bring lyric sheets over the next time that they visit so that you can both sing along to some of your favorite Christmas carols. 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. Ask your loved one to bring a flick over that you'll both enjoy.

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 Christmas. We're confident our residents will especially enjoy this holiday season with the recent launch of our *BFF Program* (Best Friends Forever). With *BFF*, we look forward to reminiscing on years past, as well as creating lasting memories with those that we serve this holiday season. We hope that you can join us along the way!



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
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CARDS
CAROLS
CHRISTMAS
COOKIES

ELF
FESTIVE
GRINCH
HOLIDAY

LIGHTS
MOVIES
NORTH POLE
SANTA

SING
SNOWMEN
TRADITIONS
TREE