



SENIOR LIVING AT
FOREST RIDGE

A Trilogy Senior Living Community

Leaflet

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

| | |
|-----------|-------------|
| Mary G. | December 09 |
| Ernest R. | December 19 |
| Norma S. | December 27 |

Staff

| | |
|-----------|-------------|
| Alayna M. | December 05 |
| Autumn F. | December 12 |
| Anita F. | December 20 |
| Hannah M. | December 27 |

Volunteer News

Residents also sponsored a “Trick or Treat” Night at the campus and handed out candy to the community on Halloween. Many children showed up in their best costumes and make-up to trick or treat with their loved ones. The residents were excited to spend time with all the children and loved seeing all their neat costumes.

Smile of the Month

The Smile of the Month goes to our employees for wearing Halloween costumes to celebrate the holiday.



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,
Laura Lisa Stamper
Executive Director

Live a Dream

Resident, Jim S. lived his dream this month by visiting Fort Wayne's 122ND Fighter Wing, Air National Guard Base. While Jim was visiting the base, he was given a tour of the base and was instructed on pilot protocol. Later, Jim was granted permission to sit in the cockpit of one of the Black Snakes' Fighter Jets. Jim S.'s Live a Dream was truly exciting and unforgettable.



OUT AND ABOUT

Senior Living went to many seasonal places in the month of October. For example, the residents went to the Dougherty Orchard in Cambridge City and took a tour of the Kennedy Covered Bridges in Rush County. The tour took four hours, as we visited five covered bridges in Rush County. It was visual stimulating for our residents to see the covered bridges during the autumn season. We also visited The Cracker Barrel Restaurant in Anderson and Montgomery Steak House in New Castle. Wrapping up the month of October, our "Men's Only Group" enjoyed a beer and Sparky's famous ham sandwiches at the Dog House in Mt. Summit.



Themed Dinner

Senior Living's "Boot Scootin' Boogie" Themed Week was a success! At the beginning of theme week, residents went to Sunset Stables in Cadiz, to brush and pet the Thorough Breed Horses. Then mid-week, the Cornfield Cloggers performed their country music style dances and we ending the week with singer, Don Loveless, who sang many classic Country & Western Songs for our residents. The actual "Boot Scootin' Boogie" Theme Dinner was decorated with Wild West images and the residents ate entrees consisted of Prime Rib, Grilled Chicken, Mac-n-Cheese, Green Beans, and for desert was Apple Strudel. In addition, the residents enjoyed their different colored bandanas and their own personal "Most Wanted" Posters, which were given to them before the event. Everyone had an excellent time and Senior Living would like to thank all employees & volunteers who made the "Boot Scootin' Boogie" Themed Dinner a lot of fun!



Did You Know...?

You can read the monthly newsletter online rather than receiving it in the mail? Please follow the campus link www.seniorlivingatforestridge.com and let Norma know if you would like to discontinue the newsletter by mail.

Social Hour is weekly at 4:00pm. Come enjoy live entertainment, drinks, and appetizers!

Join us on December 16 for the Family Brunch at 11:00am. Please call 765-521-4740 with any questions.

It is time for our Annual Holiday Play! We will be performing at 6PM on December 20. Please bring your family and join us!



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A Trilogy Senior Living Community

2800 Forest Ridge Parkway

New Castle, IN 47362

765-521-4740

seniorlivingatforestridge.com



LauraLisa Stamper
Executive Director

Vickie Taylor
Business Office Manager

Norma Kriner
Resident Activity Director

Stacey Bonwell
Director of Food Services

Lori Thompson
Director of Environmental Services

Chuck Riley
Director of Plant Operations

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

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CARDS
CAROLS
CHRISTMAS
COOKIES

ELF
FESTIVE
GRINCH
HOLIDAY

LIGHTS
MOVIES
NORTH POLE
SANTA

SING
SNOWMEN
TRADITIONS
TREE