



SPRINGHURST

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

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# Happy Birthday!

## Residents

Jacqueline S.	December 01
Luclare S. M.	December 03
Joanne N.	December 10
Debbra H.	December 18
Constance R.	December 30

## Assisted Living

Avis A.	December 06
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## Legacy

Mabel B.	December 03
Geneva D.	December 11

## Staff

Stephanie T.	December 01
Beth S.	December 05
Michelle G.	December 10
Deiadra I.	December 10
Trent B.	December 19
Rachael C.	December 19
Rob L.	December 19
Mike M.	December 19
Tom R.	December 19
Tara R.	December 19
Tiffany V.	December 19
Christina C.	December 20
Ashley S.	December 21
Wade H.	December 27
Norma M.	December 27

## 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.

Sincerely,

*Karen Marzec*  
Executive Director

## Themed Week



## Volunteer News

All volunteer hours should be logged daily now, only using the Campus MobileServe tablets. If you are still struggling with this process, Please reach out to Angie Brooks LED.



# More from Themed Week



## Live a Dream

The Live a Dream program demonstrates our continued commitment to exceeding the expectations of our seniors and their families in everything we do. Live A Dream offers opportunities for seniors to enjoy activities that they used to do more often, but have since been unable to do so. This time, however, we make them extra special! Live A Dream not only grants these chances, such as skydiving, zip lining, or riding motorcycles, but we also grant priceless experiences that encourage us all to keep our dreams alive.

## Family Night

Our Tree Lighting Ceremony will be December 03, 2019 at 6pm.

## Sunday Brunch

Join your loved one for brunch December 15, 2019. We offer two free tickets per resident, if needing more tickets the cost to purchase is only \$7.00 each.

## Celebrity Birthdays

- Richard Pryor (comedian) – December 1, 1940
- Bette Midler (entertainer) – December 1, 1945
- Gianni Versace (designer) – December 2, 1946
- Jianwen (emperor of China) – December 5, 1377
- Ira Gershwin (lyricist) – December 6, 1896
- Dame Judi Dench (actress) – December 9, 1934
- Emily Dickinson (writer) – December 10, 1830
- Dick Van Dyke (actor) – December 13, 1925
- Patty Duke (entertainer) – December 14, 1946
- Edith Piaf (singer) – December 19, 1915
- Diane Sawyer (journalist) – December 22, 1945
- Ava Gardner (actress) – December 24, 1922
- Steve Allen (entertainer) – December 26, 1921
- Denzel Washington (actor) – December 28, 1954





# SPRINGHURST

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springhursthc.com |  

*Karen Marzec*  
Executive Director

*Janice Davis*  
Director of Health Services

*Angie Brooks*  
Life Enrichment Director

*Dana Kirkpatrick*  
Director Resident Services

*Teri House*  
Community Services Rep.

*Angie Janes*  
Director of Environmental Services

*Deb Vetter*  
Legacy Neighborhood Director

*Jimmy Fletcher*  
Director of Dining Services

*Lindsey Bruce*  
MDS Coordinator

*Jean Wuerch*  
Villa Lifestyle 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