



## 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

Evelyn W.	12/02
James R.	12/02
Sona M.	12/04
Judith W.	12/05
Shirley J.	12/14
Kayleen B.	12/17
Audry S.	12/19
Loraine P.	12/20
Barbara F.	12/23
Mary R.	12/25
Christopher F.	12/25
Connie B.	12/27
Jean Mc.	12/27
Ethel C.	12/27

## Staff

Tyler H.	12/01
Kiersten T.	12/03
Amber G.	12/29

## Taste of Town

Taste of Town will be on Monday, December 16 at noon. We will be enjoying Pizza Cottage.

## Sunday Brunch

Sunday Brunch will be Sunday, December 29th at noon. Please R.S.V.P. with the number of guest that you will have joining you for lunch that day. The first 2 guest are complimentary and each additional guest will cost \$7.00 per person.



## 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,

*Tiffany Goins*  
Executive Director

## FAMILY NIGHT

Our annual Trick or Treat Family night was a huge success. Everyone had a great time dressing up and passing out candy as well as receiving it.

*Resident's passing out candy* ►





# More from FAMILY NIGHT



*Alexis with her daughter*



*Christy and Kenzie*



*Austen and Brantlee*

## Volunteer News

We are always looking for volunteers that would like the opportunity to enhance the lives of others as well as their own. It can be something as simple as talking with a resident, playing cards, putting a puzzle together, calling bingo, painting fingernails or going on an outing. Please contact Misty Bookless or any of the other Life Enrichment staff member at 740-452-3800 for information.



*Cassie with her husband and children*



*Corey with her family*



*Gracie with Brooklyn and Nick*



*Katy and her family*



*Judy with her granddaughter Lexie*



*Kota with his mom*

## Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link:  
[www.oaksatbethesda.com](http://www.oaksatbethesda.com)

The Private Dining Room, Recreation Room and Activity Room can be reserved for family parties and community groups. Please contact a member of Life Enrichment for details.

Happy Hour is weekly at 3:00pm on Fridays in the Assisted Living Dining Room!

The Trilogy Foundation grants Live a Dreams to residents wishing to relive an experience or engage in something they have always wanted to try. See a member of Life Enrichment for details.





# THE OAKS AT BETHESDA

*A Trilogy Senior Living Community*

2971 Maple Avenue  
Zanesville, OH 43701

740-452-3800

[oaksatbethesda.com](http://oaksatbethesda.com) | [t](#) [f](#)

*Tiffany Goins*  
Executive Director

*April Huffman*  
Director of Health Services

*Darby Guthrie*  
Assistant Director of Health Services

*Penny Butcher*  
Resident Services Director

*Misty Bookless*  
Life Enrichment Director

*Cassie Lloyd*  
Community Service Representative

*Ashley Richards*  
Director of Food Services

*Stacey Holland*  
Business Office Manager

*Aaron George*  
Director of Plant Operations

*Judy Spaulding*  
Environmental Services Director

*Layne Paladino*  
Therapy Director

## Stay in the Loop [t](#) [f](#)

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)*

*Newsletter Production by PorterOneDesign.com*

# '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
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