

GENTRY PARK ORLANDO

Assisted Living & Memory Care

3201 Center Pointe Drive • Orlando, FL 32825 • www.gentryparkorlando.com
Main Phone Number: 407-382-1002 • License # 12797

A MERIDIAN SENIOR LIVING COMMUNITY

Our Management Team

Jack Barnes

Executive Director

Kari Batey

Business Office Manager

Noracely Diaz-Rivera

Director of Health Services

Annemarie Bowman

Director of Sales and Marketing

Patricia Washuta

Director of Culinary Services

Robert Cook

Director of Plant Operations

Sarah Krattinger

Director of Life Enrichment



Battling the Blues

Stop festive shades of green and red from making your life blue during the holidays. There may not be a more emotion-packed time of the year than the holiday season, and trying to avoid being overcome by melancholy and sadness can be a job in itself. You also may feel overwhelmed with expectations ranging from family gatherings to purchasing gifts. If so, you are not alone, according to a report by the University of Maryland Medical Center. It states that feelings such as sadness and loneliness, known as the holiday blues, are common. The causes include financial pressures, family gatherings and preparing food.

The key to beating the blues, numerous sources say, is to face them with a plan of attack. According to www.MayoClinic.com, three “don’ts” you should follow are:

- Don’t allow yourself to burn the candle at both ends.
- Don’t try to be perfect.
- Don’t focus on past disappointing holiday experiences.

Instead, the Mayo site suggests several positive “do’s” that can help alleviate potential holiday blues:

- Do maintain a regular schedule and routine as much as possible. If that means making a daily list and prioritizing, do so.
- Do ensure you eat a healthy and balanced diet. Avoid too many sugary foods or too much alcohol.
- Do exercise. It helps reduce stress, plus it’s good for you.
- Do ask for help from others on some tasks.
- Do get plenty of sleep.
- Do stick to your budget.

MARK YOUR CALENDARS

Wednesday, December 4th, at 11:00 am

Resident Council Meeting

Atrium

Thursday, December 5th, at 10:30 am

Activity & Culinary Committee Meeting

Atrium

Veterans Day Celebration



The Gentry Park Orlando family would like to thank Cornerstone Hospice for hosting our Veterans Day pinning ceremony held on Thursday, November 7th. Mrs. Diana Ballard from Cornerstone Hospice, along with volunteer and retired veteran of 24 years, Mr. Elthon Rivot Del Valle

presented our veterans and the spouses of veterans with pins, flowers and certificates of recognition. Thank you for your service and dedication to our country. Your commitment to our country is hands-down honorable and appreciated.

Welcome, New Residents!

Refer to Us

You've been enjoying the high life at our community for a while now. The great services and exciting events and amenities that make life so much easier have turned living here into a great experience for everyone. But did you know you can make it even better? All you have to do is tell your friends how much you've enjoyed being part of our community. If someone you refer decides to join our family based on your recommendation, you'll receive a referral incentive-up to \$1,500 off your rent! Just think, you can add more friends to those you already have here, and you'll have a little something extra to show for your efforts. Be sure to inform Annemarie Bowman, Director of Sales and Marketing that you are bringing in your friends to move in!



MILESTONES!

Please join us on Wednesday, December 18th, at 12:30 pm to celebrate our December birthdays in the Dining Room. Birthday cake will be served!

Indulging in Eggnog

Rich, creamy, sweet and spicy, eggnog is a favorite holiday treat.

Before evolving into the drink we know today, eggnog began as a medieval English punch called posset, which was served hot. Since its ingredients of milk, eggs, some type of alcohol, and spices were expensive, posset was reserved for special occasions and used when toasting to prosperity and good fortune.

In the 1700s, settlers brought their posset recipes with them to Colonial America. Historians believe the name "eggnog" emerged around this time and may derive from the word "noggin," the term for a wooden cup used to serve drinks like posset, or "grog," an alcoholic beverage.

Before the days of refrigeration, eggnog was more likely to be whipped up during the winter months. This led to it becoming a staple beverage served at holiday parties. Along with homemade versions, more than 15 million gallons of commercially made eggnog are sold in the U.S. each year. The drink's popularity has inspired a range of eggnog-flavored products, such as coffee, ice cream and baked goods. Dairy-free varieties of eggnog are also available.



Brain Bender: Prefix Puzzler

The words listed in each group below can be made into new words or phrases by adding the same prefix to them. Each prefix is a common three-letter word. Can you come up with the correct answer before you reach the last word in each group?

1. shot, luck, belly, boiler
2. age, cream, hockey, breaker
3. glove, hole, trot, terrier
4. flower, screen, roof, tan

(Answers: 1. pot; 2. ice; 3. fox; 4. sun)

Our Community

Elf on the Shelf

The 5th Annual Elf on the Shelf Holiday Charity Event held on November 21st was an absolute success! We appreciate all those who attended and sponsored the evening. DJ Stevie G. provided holiday music favorites, while we made fun memories in the photo booth. With your support, the Gentry Park Orlando Purple Bees were able to raise over \$7,500- the most money raised to date! All monies raised benefit the Alzheimer's Association of Central and North Florida. The year is not over yet! Thank you again for the constant support.



Eleanor D. 12-6
Jeanette W. 12-6
Haydee V. 12-10
Anne B. 12-12
Angeline F. 12-13
Eileen F. 12-13
Jeannette W. 12-14
Lois A. 12-15
Daniel V. 12-19
Barbara M. 12-20
Robert P. 12-25
Doris D. 12-30
William W. 12-30

Christmas Dinner

In Gentry Park Orlando fashion, we will be hosting traditional Christmas meals. Please make reservations in advance with the Concierge. Meal tickets are \$15 per guest. Seating is limited for both lunch (12:00 pm) and dinner (5:00 pm). For more information, please contact Chef Patricia Washuta.



Celebrate!

In Gentry Park Orlando fashion, we try our best at celebrating most major holidays. With that being said, please be sure to provide us with any holiday traditions that you would like to share this month. This includes any favorite recipes, music and customs. We want to build our own traditions with our GPO family for years to come.



On the Eves...

"While visions of sugar-plums dance in their heads" be sure to join us on Tuesday, December 24th, Christmas Eve, as we will host a dessert reception in the Dining Room from 5:30-7:00 pm. Get to bed early though; we don't want you to receive any coal in your stocking!

To bring in the new year, we will be hosting another dessert reception, along with champagne, a week later on Tuesday, December 31st, New Year's Eve in the Dining Room from 5:30-7:00 pm.

DID YOU KNOW?

Winter Hydration

Staying hydrated is important year-round. If drinking ice water doesn't sound appealing in the winter months, replenish your body with soups, herbal teas, decaffeinated beverages, and fruits and vegetables. Our culinary team can assist with any of your requests.

Resident Spotlight: Lois A.



Ms. Lois A. and her twin sister, Alice were born and raised in Scandia, Minnesota, along with their older sister, Dorothy. The twins went to Business College in Minnesota. After working some years they wanted to travel so they quit their jobs and went to California.

One evening while dancing in Hollywood, Lois met a sailor named John McNamara. After the Korean War, he returned to Chicago and began working for IBM. Lois moved to Chicago and they were married in 1953. Soon after, IBM moved John and Lois to Owego, New York and they raised their three daughters there. The sisters both moved back to Minnesota to help their parents in their later years. Lois worked as a medical transcriptionist.

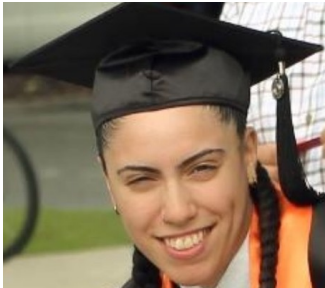
On a vacation to Mesa, Arizona, the sisters visited old friends who had retired there. They were introduced to square dancing. Lois met a fellow square dancer at a dance in Minnesota, his name was Kenneth Anderson. They got married and enjoyed many years together before he passed away.

They traveled to China, Hawaii, Australia, New Zealand (her favorite), also Cairo and the Pyramids, as well as a cruise on the Nile River. They

also visited family in Sweden and brought home a Volvo to the U.S.

To be closer to family and away from the snow, Lois moved to Orlando. She has called Gentry Park Orlando “home” since November 2016. She enjoys playing bingo and spending time with friends during meals.

Employee Spotlight



Brittnee R.
Lead Server

Brittnee R. was born in Bronx, New York and raised in Vineland, New Jersey with an older sister and younger brother. She moved to Orlando, Florida in 2015 to continue her education at Full Sail University. In November 2018, she graduated with a Digital Cinematography degree.

She joined the GPO family in December 2017 as Lead Server in Culinary. Her upbeat personality and crazy antics bring non-stop laughs to the Dining Room.

When Brittnee is not working, she enjoys taking pictures and spending time with her two dogs. Her ultimate goal is to become one of the first successful female cinematographers of her era. Brittnee, we wish you luck!

Director's Corner



Jack Barnes
Executive Director

I cannot thank you all enough for the support and patience that you have provided us during our transition with Meridian Senior Living. We are constantly making sure that our #1 priority is providing excellent resident care and customer service.

The holidays are quickly approaching and our community will soon be transformed into its picturesque winter wonderland. Each day will be filled with holiday music and fun. We will be expecting visitors from the community to share a lot of holiday cheer. Make sure to participate in our weekly themes: cozy pajamas, ugly holiday sweaters and fruitcake toss.

We encourage impromptu holiday sing-a-longs, along with sips of hot chocolate or eggnog. There will be an abundance of cookies and cakes, too.

I hope this new year brings all of you good health and happiness. We love our GPO family and want to see us succeed through 2020.