

## Wrapping up our 2021 Theme Year

On October 11th, our 2021 “Traditions Around The World” Theme Year will see us stopping at our final destination – Germany! Here’s everything you can expect when we kick off this incredible week:

### *Lass uns feiern!* (Let’s celebrate!)

As a resident of our community, your experience between October 11th through the 15th will be that of someone who is experiencing the sights and sounds of Munich for the first time! Get in the Oktoberfest spirit as we celebrate with a week filled with German inspired activities and programs, all culminating towards an incredible Theme Dinner on October 14th. Don’t forget to wear black, red, and/or gold!

### *Prost! (Cheers!)*

The activities that we have planned for our final Theme Week are as rich in fun as they are in flavor! Get ready for tastings, decorative crafting, and



delicious snack-making that are sure to bring glück (happiness!). When it comes to the dinner, you can look forward to menu items such as grilled sausage, Chef Bob’s Rueben egg roll, German chocolate cake, and more.

We’ve saved the best for last, so we hope that we’ll see you when this one-of-a-kind event kicks off on October 11th. If you have any additional questions, don’t hesitate to reach out to any member of our Life Enrichment team. They’ll be more than happy to hear from you!

# Happy Birthday!

## Residents

Lois S. 10/9

Jean R. 10/29

## Staff

Mary M. 10/2

Rosetta T. 10/4

Chelsie B. 10/6

Autumn C. 10/7

Wanda T. 10/10

Michelle B. 10/25

Crystal K. 10/26

Brooklyn C. 10/30



## Executive Director Corner

Happy October, everyone!

Let's be honest, Fall

is the best time of the year, right? Cool evenings, scary movies and weekends filled with football. I think we all have had our fill of being cooped up indoors so let's make it a priority to gather around a fire pit and share some laughs this season. Our staff and I are so blessed to have you in our lives. If you need anything please don't hesitate to ask us, that's why we are here!

With Halloween just around the corner, it can be easy to be frightened by images of ghosts and vampires – but with everything coming up in the next few weeks, there's never been more reason to be excited as a member of our community.

This month, we're wrapping

up our "Traditions Around The World" Theme Year with our biggest Theme Week yet – **Germany**. From October 11th – October 15th, we'll be putting on a celebration that rivals Oktoberfest as we dive deep into cuisines, activities, and programs all inspired by German culture. Be sure to come wearing your black, red, and gold as we kick off this incredible week!

With fall officially in full swing, it's time to enjoy the smell of fresh pumpkins, the taste of delicious treats, and the feeling of relief that comes from the cool, steady air. There's so much to appreciate about this time of the year, and we can't wait to celebrate it with you.

Yours in Service,

*Adam Bailey*

Executive Director

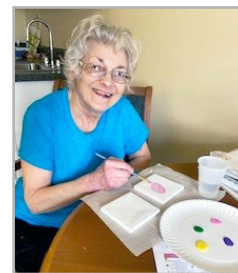
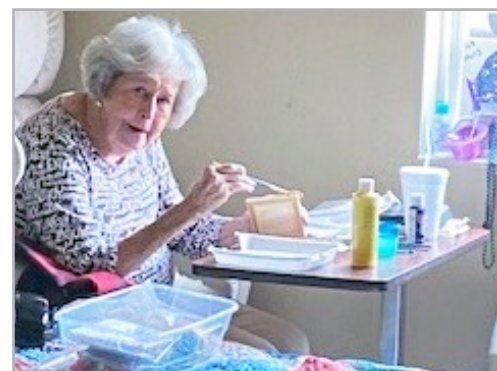
## Smile of the Month

Margaret G is always looking for something fun to do. She enjoys word search puzzles, our weekly art lessons, and happy hour with her friends.



## Artisan Program

Residents continue to enjoy the weekly art lesson from Ms. Kathy on our broadcast channel. Kathy provides all the art materials we need and an instructional video of each project.







## LEGACY LANE SPOTLIGHT

Emma C enjoys our Daily Rhythms program. She joins in with singing, Bible verse recollection, talking about the farm and playing Corn Hole.

## Happy Hour

Residents and staff enjoyed a Sock Hop/Kona Ice Happy hour. It's just what everyone needed on a hot summer day. We loved the sounds of old time rock and roll, staff dressed in bobby socks and poodle skirts and we even got to reminisce about our old family cars when this 57 Chevy pulled in.



## Outstanding Department

During the Covid pandemic we have all had some trying times and situations. When it comes to our residents health and safety we are very protective and want to use every precaution with great detail. Our wonderful Environmental Services Department has always been exceptional when it comes to cleanliness and killing germs. Recently we have had a new device added to ensure even more germ killing power. Welcome the ARC . Arc destroys surface and airborne pathogens in minutes with true hospital-grade efficacy. Arc's potent, proven UV-C light kills over 99.99% of pathogens without harmful chemicals – so it's safe to use around food, electronics, plants and furniture too. It's deadly for pathogens, but friendly for our planet.



## Oh Great One

Mary Martin is our October "OGO" winner. Mary has been at Cedar Ridge for 8 years. She is our Director of Food Services. She leads our kitchen staff in superior service for our residents. Meals are a very important part of each day and she takes that to heart. Mary will always find a way to fill resident bellies with their favorite requested foods. Her staff look up to her and she shows appreciation to her staff just the way a great leader should do. Thank you Mary for your awesome service at Cedar Ridge.



## Upcoming Events

Trunk or Treat Cruise in will be held in our parking lot on Thursday October 28th 5:30-8:00. Car cruisers will be decorating their cars for Halloween and passing treats. So bring the grandkids dressed in their costumes and enjoy the fun. We will have a DJ playing fun music, playing games and giving prizes for best costumes for children and adults.

Family Forum is the 1st Tuesday of each month. For more information please contact the Campus.

Our theme week for October is centered around the cultures, art, foods and travel in Germany.

# CEDAR RIDGE

## HEALTH CAMPUS

A Trilogy Senior Living Community

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Cynthiana, KY 41031

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cedarridgehs.com | [t](#) [f](#)

Adam Bailey  
Executive Director

Courtney Hamilton  
Interim Director of Health Services

Lisa Dotson  
Assistant Director of Health Services

Kacey Tucker  
Customer Service Representative

Marilyn Carstens  
Business Office Manager

Crystal Prather  
Life Enrichment Director

Wesley Northcutt  
Director of Plant Operations

Mary Martin  
Director of Food Services

Kathy Brown  
Environmental Services Director

Francis Duncan, LPN  
MDS Coordinator

Joanie Sosbe  
Accounts Payable/Payroll Coordinator

Ashley Bennett  
Director of Social Services

Becky Northcutt  
Therapy Program Manager

Autumn Cochran  
Guest Relations

### 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)

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# Monthly Trivia & Activity Corner

All trivia answers will be printed in our upcoming month's newsletter!

Question 1: What is the  
name of Dracula's sidekick?

Question 2: Where did  
Halloween originate?

Question 3: True or  
false: Bees can only  
sting once.

Question 4: Pumpkins  
are \_\_\_\_ % water.

Question 5:  
Who originally  
sang *That'll  
Be The Day*  
in 1957?

Flip the  
page for  
last month's  
trivia  
answers:

Q1: blood type is considered the universal donor. Type O  
Q2: What product was banned from advertising on television in 1971?  
Cigarettes  
Q3: Edwin Budding invented what tool in the 1820s? The lawnmower  
Q4: Who is the only US president to ever resign from office?  
Richard Nixon  
Q5: What is the brightest star in the galaxy?  
Sirius A

## FIND AND CIRCLE TEN DIFFERENCES



## Word Search

N	B	F	E	Y	X	N	M	S	V	S	Y	T	I	N	P	D	J	F
J	M	U	G	B	A	F	Y	K	A	V	A	D	C	A	K	E	Y	Z
T	F	X	V	M	T	Y	C	N	I	U	Z	X	V	T	H	C	M	C
Z	C	Z	R	S	R	X	O	M	E	P	S	U	F	W	F	O	D	Z
P	M	E	C	K	J	S	W	L	M	N	U	A	L	N	L	R	X	O
G	G	S	G	S	A	K	B	I	E	P	R	M	G	Z	W	A	F	K
M	E	J	E	R	A	I	H	E	K	C	P	M	P	E	S	T	M	T
V	S	U	A	E	D	S	W	O	N	N	N	P	Y	K	K	E	I	O
M	H	J	R	E	G	O	T	C	H	E	E	R	S	K	I	H	H	B
T	M	G	R	G	L	O	D	E	L	I	C	I	O	U	S	N	L	E
C	A	C	C	L	I	H	L	S	S	H	V	D	A	X	R	X	S	R
M	N	S	A	E	N	W	S	D	B	V	T	E	R	W	Y	H	Q	F
I	F	H	T	H	L	A	C	T	I	V	I	T	I	E	S	W	R	E
F	J	V	O	I	C	E	S	Q	X	Q	E	C	Z	T	D	G	C	S
J	T	M	T	E	N	F	B	X	P	R	O	G	R	A	M	S	B	T
Z	U	U	N	W	J	G	I	R	D	A	O	F	V	J	R	U	U	Y
P	U	S	B	T	X	N	S	Y	A	T	W	Z	J	T	J	Z	N	O
W	M	S	A	U	Q	H	S	Z	Y	T	S	N	X	A	I	G	D	V
D	F	O	J	Q	Z	J	O	Y	S	I	E	U	O	T	F	K	N	O

ACTIVITIES  
CAKE  
CELEBRATE  
CHEERS

CRAFT  
DECORATE  
DELICIOUS  
GERMAN

GOLD  
HALLOWEEN  
INCREDIBLE  
OKTOBERFEST

PROGRAMS  
PUMPKIN  
SAUSAGE  
TASTINGS