



AUTUMN WOODS

HEALTH CAMPUS

A Trilogy Senior Living Community

Journal

December 2021

Celebrating the Holidays

'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. Here are a few ways you and your loved ones can celebrate the season of giving together!



Create a holiday book. Ask your loved one to bring in pictures of past holiday celebrations so that you can create a festive scrapbook together.

Light up the room. Talk to your loved one about bringing decorations and ornaments with them the next time that they visit so that you can transform your suite into the North Pole!

Make holiday cards together. Sending cards to family members can bring an extra loving touch to the holidays of those that you both care about.

Play Santa Claus. Assist your loved one in coming up with gift ideas you for family members! Whether you're shopping online or browsing through a magazine, they'll appreciate that you're there to help. They might even come up with some gift ideas for you!

Trim a tree. Join your loved one 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." Ask your loved one to bring lyric sheets over the next time that they visit so that you can both sing along to some of your favorite Christmas carols. 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. Ask your loved one to bring a flick over that you'll both enjoy.

Happy Birthday!

Residents

Jean A.	12/2
Michael M.	12/5
Harvey B.	12/13
Inez B.	12/16
Della E.	12/21

Staff

Lea C.	12/5
Victoria B.	12/17
Autumn W.	12/21
Michelle B.	12/25
Ebony R.	12/26

Save The Date

Family Brunch will be held on Sunday, Dec. 12th from 11am-1pm. Please call and make RSVP. Limit to two vaccinated guest per person.



Executive Director Corner

Welcome to December!

This time last year at our campus, we

were getting ready for the all the joy that 2021 would bring. News that a life-saving vaccine was just around the corner meant that better times were ahead, and that the next year would see us brought back together in ways that we only could have hoped for in the early days on the pandemic. After all that we've experienced together in the past 12 months, I'm happy to report that this was absolutely the case.

Whether we were telling stories by makeshift bonfires, celebrating Oktoberfest with

some of the best German cuisines, or simply enjoying the comfort of having a loved one in the dining room with us, 2021 has been an incredible blessing for those of us who know and love the Trilogy lifestyle. Even so, it hasn't been without its hardships – and we know that we couldn't have done it without your love, patience, and support throughout this time. Thank you for always entrusting us with your care.

Have a wonderful holiday and a Happy New Year!

Yours in Service,

Sean McCoy
Executive Director

PHOTO HIGHLIGHTS



MORE PHOTO HIGHLIGHTS



Community Connections

Please join our volunteers in Rosary and Communion on Friday, Dec. 10th beginning at 10am.

Entertainment

Performance by "Here By Grace" this month will be held on Thursday; Dec 9th beginning at 6pm.

Musical Therapy with Tyler will be held on Wednesday; Dec.15th 10am on our Legacy Lane and 10:45am in our small dining room.

Musical Interactions with Susie will be held on Tuesday; Dec 21st beginning at 11am in our Main Living room.

(musical entertainment is subject to change upon Covid numbers)

Family Night With Santa

We will be having a special evening where your family is invited to enjoy cookies with Santa and take photos! Please join us, Thursday December 16th beginning at 6pm.

Hope For The Holidays

This fundraiser is under way! Please donate canned goods and dry perishables by December 15th!beginning at 6pm.



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2911 Green Valley Road

New Albany, IN 47150

812-941-9893

autumnwoodshc.com |

Sean McCoy

Executive Director

Victoria Blankenship

Director of Health Services

Tammy Barger

Assistant Director of Health Services

Natalie Foushee

Business Office Manager

Bobbie Jo Adams

Life Enrichment Director

Amanda Rusk

Director of Rehab Services

TBD

Legacy Lane Coordinator

Ronald Webster

Director of Food Services

Chris Wright

Director of Plant Operations

Melissa Nance

Social Service 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

Newsletter Production by PorterOneDesign.com

Monthly Trivia & Activity Corner

Cut, color, and make a card to give!

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

Question 1: Who sang "I'm Dreaming of a White Christmas"?

Question 2: How many reindeer in total help pull Santa's sleigh?

Question 3: What country does eggnog originate from?

Question 4: What is another name for a Christmas tree?

Question 5: Over 360 million glasses of ____ are consumed across the world on New Years Eve.

Flip the page for last month's trivia answers:

Q1: The first US harvest feast of Thanksgiving occurred where? Plymouth
Q2: How many sides do snowflakes have? 6
Q3: Where were the 1952 Winter Olympics held? Oslo
Q4: What is a group of robbers called? A pod
Q5: What does the color white represent on the American flag? Purity and innocence



Word Search

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

BOOK
CARDS
CAROLS
CHRISTMAS

FESTIVE
GRINCH
HOLIDAY
LIGHT

MITTENS
MOVIE
SANTA
SEASON

SING
SNOWFLAKE
TRADITION
TREE