



FOREST PARK

HEALTH CAMPUS

A Trilogy Senior Living Community

Press

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

Jane S.	12/12
Quentin W.	12/13
Carole P.	12/21
Mary H.	12/22
Joyce M.	12/28
Ronald R.	12/29
Vadis H.	12/30

Staff

Setiva L.	12/1
Britney S.	12/1
Melissa Y.	12/10
Barbara M.	12/16
Julie S.	12/17
Mary S.	12/18
Elizabeth B.	12/20
Gregory S.	12/24
Terri B.	12/27
Madison H.	12/28
Michelle L.	12/30

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,

Dawn Black

Executive Director

THEME DINNER

We had a great time celebrating Oktoberfest Theme Dinner with our residents!



HALLOWEEN

Thank you all who joined us at our Halloween Event!



Outings

We are super excited to host weekly outings once again beginning this month. Please review our activity calendar to RSVP for our next adventure!



Holiday Night & Brunch

Grab your favorite holiday jammies and join us for our Pajama Party- Tree Decorating Party on December 2nd. We can't wait to sing, laugh, and spread holiday cheer together (oh & don't forget the cookies and hot chocolate).

Please RSVP for our Sunday Brunch to be held on December 18th. Up to 2 guest eat free!



Welcome

My name is Cynthia Manning. I have been married for 26 years and have 2 boys which both recently graduated from Ball State University. I have been a part of Trilogy's family for two years working in Admissions/Marketing position and loved hearing everyone's stories while getting to know all the families. Prior to Trilogy, I had worked with mentally and disabled clients which I absolutely adored. I had the opportunity to give those clients a normal life by taking them out into the community to enjoy the simple pleasures life has to offer and is

beyond grateful to have this opportunity to bring such joy to our residents. Creating a great relationship, not only with the residents, but also with family members is the greatest gift. I am very thankful for this opportunity to be able to spend more time with the residents on a more personal level while looking forward to bring life to our Life Enrichment Program gives me great pleasure. I hope to give our residents a fun new outlook in life and bring smiles to everyone's faces, even to the staff.



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Executive Director

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Christine Cela
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Cindy Manning
Life Enrichment Director

Cara McClellan
AL Unit Manager

Heather Graham
Director of Environmental Services

Kendra Lester
Director of Social Services

Brett Shock
Director of Food Services

Bill Amyx
Director of Plant Operations

Nikki Kemp
Therapy Program Director

Jean Varner
MDS Coordinator

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

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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?*

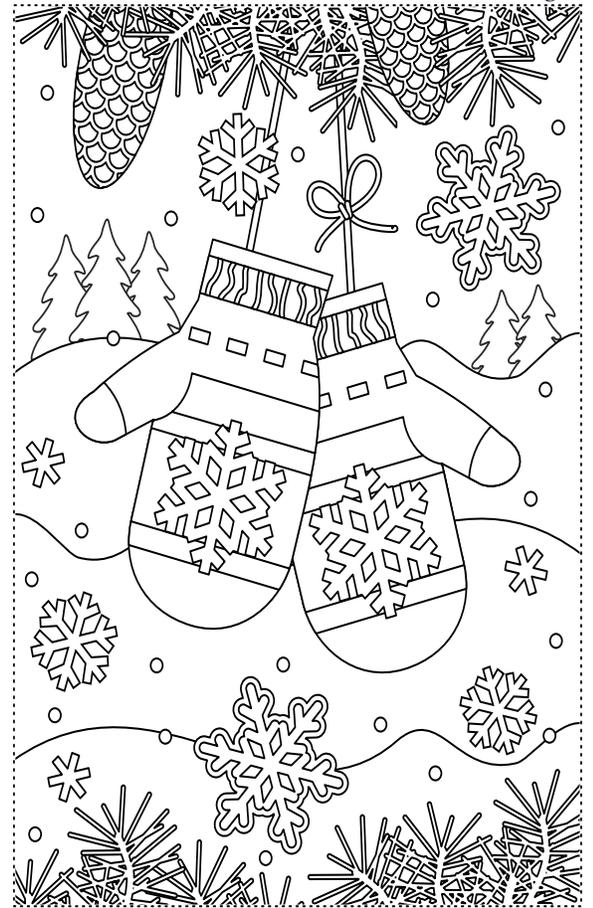
Question 3: *What country does eggnog originate from?*

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