



THE SPRINGS
AT STONY BROOK

A Trilogy Senior Living Community

News

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

Lawrence C.	12/08
Doris B.	12/12
Barbara M.	12/19
Carol P.	12/19
John G.	12/26

Staff

Nivea A.	12/08
Jenna K.	12/08
Kristi S.	12/10
Leslie J.	12/14
Kara M.	12/14
Gene M.	12/18
Demetra W.	12/21
Kayla L.	12/22
Ermias G.	12/23
Cherish A.	12/25
Brad H.	12/26
Bailey A.	12/27
Stephanie S.	12/30

PHOTO HIGHLIGHTS

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,

Kara Meredith

Executive Director



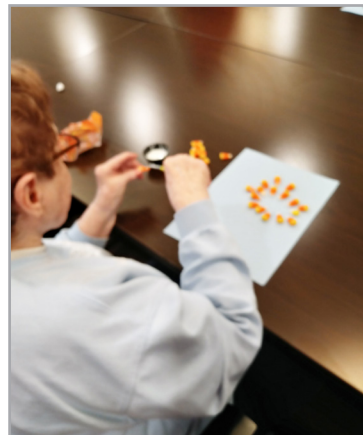
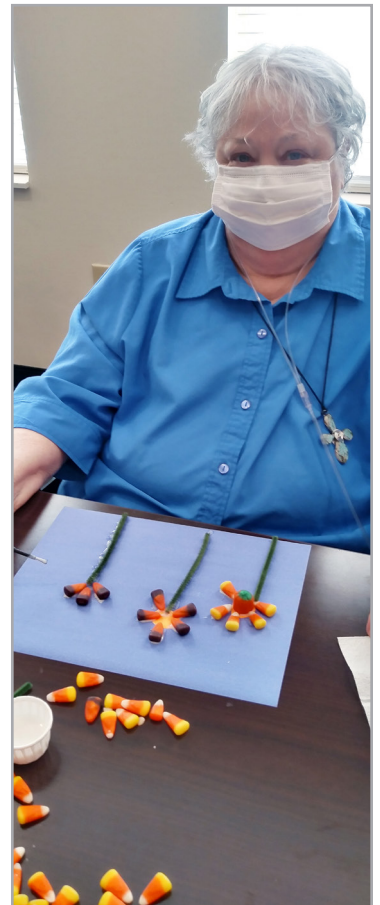
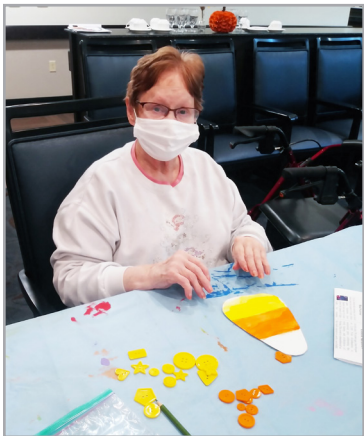
German Beer, Food, and Festivities brought enjoyment to residents and staff.

More PHOTO HIGHLIGHTS



You can't have a complete Halloween without pumpkin decorating. Staff decorated the pumpkins and residents picked the winner.

Remembering the match with the pumpkins.



A little artwork, painting candy corn pictures.

There is more to candy corn than eating them. Candy corn flowers.



THE SPRINGS AT STONY BROOK

A Trilogy Senior Living Community

2200 Stony Brook Drive

Louisville, KY 40220

502-491-4692

springstatstonybrook.com |

Kara Meredith
Executive Director

TBD
Administrator

Tracy Novak
Business Office Manager

Sherrie Mayer
Director of Health Services

Kim Little
Social Services Director

Vernon Jewell
Life Enrichment Director

Julie Hamilton
Rehab/Therapy Director

Brad Houchins
Director of Food Service

Chris Crimmins
Director of Plant Operations

Ansu Ceesay
Director of Environmental Services

Erica Udleboven
Customer Service Specialist

Tori Schmitt
Community Service Representative

Demetra Watts
Guest Relations

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