



THE WILLOWS
AT CITATION

A Trilogy Senior Living Community

Monthly

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

Edna R.	December 03
Charles W.	December 05
Thomas P.	December 09
Joan W.	December 15
Dora S.	December 15
John T.	December 19
Walker F.	December 25
Noah C.	December 27
David M.	December 29
Rita S.	December 29
Christine B.	December 31

Staff

Karen A.	December 06
Emily R.	December 13
Stephanie M.	December 17
Lucy B.	December 17
Verlena C.	December 21
Grace M.	December 28
Cecilia P.	December 28



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,

Renee Moore

Executive Director

OKTOBERFEST

Our final theme dinner of the year was a huge success. We learned about the traditions of Germany and ended the week with our very own Oktoberfest! Our Life Enrichment Team served up some German beers, and our Dining Services Team created a delicious dinner!

Save the Date

December 16: Annual Holiday Bazaar 11:00am- 6:00pm

December 16: Pictures with Santa 4:00-5:30pm

Did You Know...?

Did you know that long after our activities team leaves for the day, our activity rooms remain open? That's right, we keep the rooms stocked with games, cards, puzzles, art equipment, and so much more.



OKTOBERFEST CONTINUED...



Happy Hour

Come join us every Friday starting at 2pm for our themed Happy Hour! Each week we will sample some amazing food, have a drink, and listen to music. Whatever the theme may be, this is a great time for some good old fashion fellowship! Here is a list of our themes for December:

December 3: Silver Bells

December 10: Little Saint Nick

December 17: Hard Candy Christmas

December 24: T'was the Night Before Christmas

December 31: Ringin' in 2022!



Halloween

We had a "spook-tacular" time celebrating Halloween with our residents! From staff parades, trick or treating, to a Halloween-themed Happy Hour, our residents were all smiles!



Out and About

We have lots of opportunities for resident to go out into our local community. Below is a list of a few dates we have scheduled. Keep a close eye on the Activity Calendar as more dates are added all the time!

December 1: Half Priced Books

December 2: Southern Lights

December 8: Scenic Drive

December 15: Scenic Drive

Sunday Brunch

December 12

We always look forward to mingling with our residents, their families, and friends each month during our monthly Sunday brunches. Each resident can invite 2 guest that can dine free of charge. Please make sure to RSVP to a member of Life Enrichment as space fills up quickly.

VOLUNTEERS NEWS

The Willows at Citation strives to make all our resident's days enjoyable. Volunteers are the heart and soul of our campus, and the key to make this happen. Therefore, we are calling all who want to volunteer and bring joy to our residents. You can give 1 hour a month to make a huge difference to many people. If you are interested in volunteering for the following programs, please contact Josh Gruneisen- Life Enrichment Director.

Suggested areas to volunteer: Bingo caller, arts and crafts, leading men's groups, or hosting a movie night.



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willowsatcitation.com |

Renee Moore
Executive Director

Rhonda Johnston
Director of Health Services

Brittany Schum
Assistant Director of Health Services

Josh Gruneisen
Life Enrichment Director

Sally Newcomer
Therapy Program Director

Chase Belcher
Community Support Representative

Michelle King
Community Support Specialist

Sara Smith
Business Office Manager

Kathy Ramsey
Social Services Director

Mary Ritchie
Director of Environmental Services

Tyler Sands
Director of Plant Operations

Rachel Hamm
Director of Food Services

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
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