



SENIOR LIVING AT
FOREST RIDGE

A Trilogy Senior Living Community

Leaflet

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

Mary G.	12/9
Ronald B.	12/13
Norma S.	12/27
Joseph T.	12/29

Staff

Hannah M.	12/27
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ER3 Highlights

Employees participated in both a Halloween Costume Contest and a Pumpkin Carving Contest, during our legendary Halloween Employee Recognition Party. Stephene P. won the pumpkin carving contest with her hedgehog pumpkin design and her sister Emilee O., won the costume contest by dressing as a gumball machine. Congratulations to both employees!



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,

John Craig

Executive Director

ENTERTAINMENT

Employees hosted an indoors, Fall Carnival for all our residents this year. Many residents loved the traditional carnival foods like homemade cotton candy, Halloween Cookies, and Lemon Shakeups. Residents also played Blinko and they tried to throw rings around toy ducks, while they were floating in water. Prizes were awarded to the residents who mastered any of these carnival games.



Jean C. is playing Blinko during our indoor carnival for the residents.



Ethel C., Sara F., and Iris B. are posing for pictures during our indoor carnival.



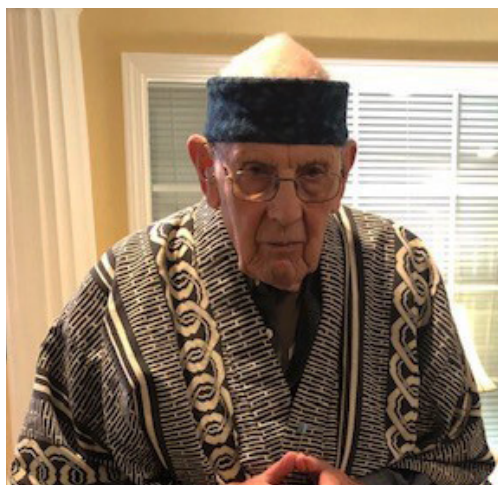
Lisa Miller, CSR with her family at our Trunk or Treat Event.



An astronaut was present during our Trunk or Treat Event.

FAMILY NIGHT

Our campus sponsored a "Trunk or Treat" Night at the campus and handed out candy to the community for Halloween. Many children showed up in their best costumes to trick or treat with their loved ones. The residents were excited to spend time with all the children and loved seeing the neat costume creations. We would also like to congratulate resident Allen K. for winning best resident costume for Halloween.



Allen K. won Best Halloween Costume for a resident.



Residents loved handing out candy to our little Trick or Treaters.

Upcoming Events

Saturday, December 4th from 10am-12pm, we will be hosting a "Have Cookies with Santa" Event. Bring your children in to take free pictures with Santa and design their own cookies to take home.

Sunday, Dec. 19th, we'll be hosting our Family Brunch from 11:30am-1pm. At 1:30pm, Melanie Mashner/Harpist with the Richmond Symphony will perform her Christmas Program.

OUT AND ABOUT

We visited Westwood Park and participated in our annual picnic. The residents enjoyed the scenery and watched as the autumn leaves began to fall. We also mushroom hunted and found many types of colorful fungus.



Residents are enjoying their annual picnic at Westwood Park in Henry County.

Creative Cooking

To celebrate the beginning of autumn, resident Ida B. fried up some green tomatoes. Residents reminisced about the good old days, as they enjoyed their tomatoes. Next month, we are planning to fry up some pickles with a different residents' recipe.





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2800 Forest Ridge Parkway

New Castle, IN 47362

765-521-4740

seniorlivingatforestridge.com



John Craig
Executive Director

Vickie Taylor
Business Office Manager

Lisa Miller
Customer Service Representative

Norma Kriner
Life Enrichment Director

Stacey Bonwell
Director of Food Services

Chuck Riley
Director of Plant Operations

Sara Fitch
Director of Environmental 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
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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
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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