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1214 E 18th St.
Carroll, Iowa 51401

SunnyBrook of Carroll
Assisted Living & Memory Care
Carroll, Iowa 51401

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Leadership Team

***Executive Director**

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***Interim Director Of Nursing**

Susan Cunningham

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***Community Relations Coordinator**

Paige Iversen

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***Life Enrichment Coordinator**

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***Culinary Service Coordinator**

Matthew Brinkman

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***Maintenance Coordinator**

Mark Tunning

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Important Dates

Resident Birthdays

Marie W - 1st



Employee Birthdays

Lori T - 8th



SunnyBrook Gazette

Notable December Events

4th - National Cookie Day

6th - Saint Nicholas Day

7th - Pearl Harbor Remembrance Day

8th - National Brownie Day

9th - National Christmas Card Day

11th - International Mountain Day

12th—National Gingerbread House Day

13th - National Violin Day

15th - Bill of Rights Day

17th—Ugly Christmas Sweater Day

21st - Winter Solstice

25th - Christmas Day

26th - National Candy Cane Day

31st - New Years Eve



ABOVE - We celebrated a VERY special milestone this past month for a very special lady. Doris celebrated 100 years!! What an accomplishment!



BELOW - We definitely ate a lot of delicious cake in November celebrating 13 birthdays here at SunnyBrook.



December Fun Facts

- ♦ The zodiac signs for December are Sagittarius through the 21st and Capricorn beginning on the 22nd.
- ♦ The birthstone for December is turquoise. This birthstone is a symbol of fortune and success. Two other birthstones that are considered to be for December are Zircon and Tanzanite.
- ♦ The birth flowers for December are the holly and the paperwhite Narcissus (this is a relative of the daffodil).
- ♦ December was originally the 10th month of the Roman calendar. The word "December" comes from the Latin word decem meaning "ten". Back in Roman times the calendar began in March.
- ♦ The winter solstice this year is on Tuesday, December 21st. This will be the shortest day of the year.
- ♦ The full moon in December is known as the Cold Moon. This will appear on Saturday, December 18th this year.
- ♦ On December 13th this year, you will be able to see the Geminid meteors. This is the most active shower of the year.

RIGHT - Wednesday game night consisted of playing some Thanksgiving trivia as well as Wheel of Fortune.



Esther has always loved hosting gatherings of family and friends. She has wanted to do this for quite a while with some friends from SunnyBrook. The Tuesday before Thanksgiving we made her wish a reality by taking a couple ladies to her house to have some pie and apple cider. What a wonderful treat for these ladies!



LEFT & BELOW - Lots of people have been coming to enjoy our Sing-A-Long sessions on Monday mornings.



With the help of Kindred Hospice and Ed we were able to honor and recognize our veterans with a pinning ceremony. We were also able to recognize the spouses of veterans who have gone before us. What a special day to honor our heroes!



December Riddles

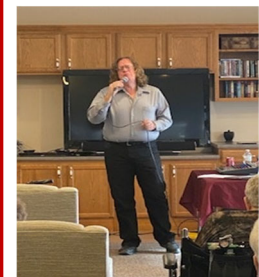
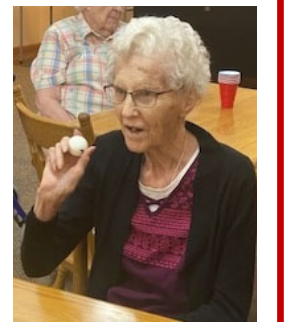
- 1) What do you call a cow at the North Pole?
- 2) What is Frosty's favorite breakfast cereal?
- 3) What do you have in December that you do not have in any other month?



These ladies got a head start on making their Christmas cards for the year. They did a fabulous job thanks to Sarah H for coming and teaching us her ways.



RIGHT & BELOW - Residents came to play some Minute to Win It games for a Wednesday evening activity.



These gentlemen have provided us with lots of great entertainment in the past month.



Riddle Answers - 1) An Eski-moo 2) Snow Flakes 3) The letter D