

December 2021

Reflections at Garden Place

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Celebrating December

Holy Cross Prayer Club
December 2

Cookies for the Community
December 7

Rodney Conner Performs
December 9

Facility Birthday Party
December 13

Red Hat Society Meeting
December 14

Allison Ramsey's Birthday
December 15

Father Carl Immaculate
Conception Mass
December 15

Holy Cross Prayer Club
December 16

Virtual Christmas Program
December 20 1pm

Amber Kalagian's Birthday
December 21

Gentleman's Club Meeting
December 21

Holy Cross Prayer Club
December 30

New Year's Eve Party
December 31

"Christmas is most truly
Christmas when we celebrate it
by giving the light of love to
those who need it most."

Mark your calendars!

**On December 20 at 1pm we will be
having a virtual Christmas program on
Facebook LIVE!**

**There are sure to be laughs and
bloopers!**

Look out January!
Snow Ice Cream
Elvis's Birthday
Eat around the World
National Pie Day
Someone is turning 99!

Every Friday will be PJ Day for the
staff and residents. We will be
having Christmas movies, trivia,
cookies, and cocoa!

Employee Spotlight for December: **Karen Sonderman**



Karen was an obvious choice for December's Employee Spotlight. She is a Christmas lover and loves everything that has to do with the holiday. Karen has a son and daughter. She adores her grandkids. Karen is lovingly called Framz by her grandkids.

Karen has been with the Reflections family for 4 years and is loved by so many of the residents. Karen has a way of spoiling them that no one else does. Residents eat it up. Karen has a beautiful heart and loves her job and her co-workers. One co-worker said "Karen is a friend to many and a stranger to none" We love you Karen!

Resident Spotlight for December: **Faye Sortino**



Our friend Faye has been here for a little over 2 years. She is a sweet spirited and funny addition to our family. Faye is from Florida originally and loves snakes, the beach, shopping and traveling. Her laugh is infectious, and she never misses an opportunity to laugh with the staff or follow up with a witty comment. Faye is such a perfect fit for this community. We would not know what to do without her!

Faye, we love you so much. We are so happy you are a part of our family here at Reflections!

The Dementia Minute:

A little-known fact is that people with dementia can also have visual difficulties because the dementia affects the parts of their brain that manage visual information coming from the eyes. This means they will have visual problems but have healthy eyes.

People with Alzheimer's disease may especially have problems recognizing colors in the blue-violet range. Decreased peripheral vision: It's common for people with dementia to have decreased peripheral vision. Reduced side vision can lead to a variety of challenges for people with Alzheimer's.

Several types of dementia can damage the visual-perceptual system in diverse ways based on how the disease changes the structure of the brain. Common visual perceptual difficulties are:

- Less sensitivity to variations in the contrast between objects and background
- Diminished ability to detect movement
- Reduced ability to see assorted colors
- Problems directing or shifting gaze
- Problems with recognizing things and faces
- Reduced sensitivity to depth perception

December Birthdays

In astrology, those born from December 1–21 are Archers of Sagittarius. The Archers are the travelers of the zodiac, curious and energetic, with open minds craving new experiences and challenges. Those born from December 22–31 are Capricorn's Goats. Like goats that perch on mountain crags, Capricorns are masters of self-control and responsibility. Intense focus and fortitude help them reach their goals.

Bette Midler (entertainer) – Dec. 1, 1945
Lucy Liu (actress) – Dec. 2, 1968
Sammy Davis Jr. (entertainer) – Dec. 8, 1925
Raven Symone (actress) – Dec. 10, 1985
Frank Sinatra (entertainer) – Dec. 12, 1915
Jamie Foxx (actor) – Dec. 13, 1967
Beethoven (composer) – c. Dec. 16, 1770
Cicely Tyson (actress) – Dec. 18, 1924
Samuel L. Jackson (actor) – Dec. 21, 1948
Clara Barton (nurse) – Dec. 25, 1821
John Legend (musician) – Dec. 28, 1978
LeBron James (athlete) – Dec. 30, 1984

Gift Ideas for your loved one:

Pajamas
Lotions
Framed pictures of family
Sweaters/Cardigans
Comfortable Pants
Shirts
Soaps
Candy/ Snacks
Items for their favorite past times

Friendly Reminder:
When you stop in, please check to see if we have mail for you!