



AVALON SPRINGS

HEALTH CAMPUS

A Trilogy Senior Living Community

Chronicle

December 2022

Embracing the Season of Giving

Whether you're looking for that special something to give to a loved one or are writing up your own wishlist, here are a few simple – but effective – gift ideas to keep in mind as we head into the holiday season.

The Power of Books and Novels

Who doesn't love getting lost in another world? Send your loved one a physical copy of a tale from their favorite author, or refer them to an E-book about a topic they might have an interest in.

As beneficial to the mind as it is to the soul, reading is proven to help sharpen mental acuity – making it the perfect gift for anyone looking to explore the works of others.

What It Means to Receive a Letter

Reflect on what it is that you love most about that special person in your life. Is it their smile? Their wit? How comfortable you feel



when you're with them? Whatever it is about your loved one that brightens your days, use your voice to put those feelings onto paper and let them know just how much they mean to you.

When it comes to gift giving, it doesn't matter how large or small the gesture is – only that it's coming from you. When your

loved one sees your name written on an envelope, stickered onto a box, or signed at the end of a note, they'll simply be reminded of the joy that you bring into their lives, and how easy it is to have those same feelings about you.

**Happy Holidays from
our family to yours!**

Happy Birthday!

Residents

| | |
|--------------|-------|
| Catherine W. | 12/07 |
| Charlene R. | 12/07 |
| Colleen F. | 12/12 |
| Mary S. | 12/13 |
| Sharon B. | 12/16 |
| Virginia C. | 12/16 |
| Carol K. | 12/16 |
| Betty K. | 12/23 |
| Millie D. | 12/26 |
| Lois N. | 12/29 |

Staff

| | |
|------------|-------|
| Emily B. | 12/01 |
| Ivana K. | 12/02 |
| Ciearra S. | 12/07 |
| Paige C. | 12/19 |
| Steve B. | 12/26 |
| Maurice F. | 12/29 |

Live A Dream

We want to make dreams come true. Please share with us your loved ones Dream. Please reach out to a Life Enrichment (activity) staff member to share that Dream with.

Volunteers Needed

We are always looking for volunteers to help us out. Please see the Life Enrichment Department for a packet to fill out and information on how to get started.



Dave, Tom and Don



Executive Director Corner

Welcome to December!

It's officially the most wonderful

time of the year, which means that every day becomes a merry celebration. This could mean baking a favorite family recipe, creating a decorative holiday wreath, or attending a worship service with our Inspirations program, which meets once weekly. We always strive to honor the traditions that mean so much to those we serve, so ask our Life Enrichment Director about how you can celebrate the holidays your way!

At a time when there's so much joy to be shared with friends and family, we also remember those who may be spending their Christmas worrying about their livelihood. That's why until December 31st, we'll be continuing to accept donations

towards our annual Hope for the Holidays campaign, which supports our local charities throughout the holiday season. If you or a loved one would like to make a donation, be sure to talk to a member of our team!

As 2022 begins to draw to a close, I also wanted to say thank you to each and every one of you for such a fantastic year. From all of our incredible Theme Dinners to our lunch outings, our Happy Hours to our birthday celebrations, there hasn't been a single moment that I would trade to be anywhere else but with you and your families. This year has truly been one for the books.

I hope that you have a great holiday and an unforgettable New Year! Until our next adventure,

Crystal Wray
Executive Director

THEME DINNER

Our last Theme Dinner of 2022 was a hit. We celebrated the Roaring 20's with the theme The Great Gatsby. Residents made headbands to wear for the evening. We all had fun taking pictures with props and getting dressed up for the night. Gatsby. Residents made headbands to wear for the evening. We all had fun taking pictures with props and getting dressed up for the night.



Sam, Amy, Ivana, Kelsee, and Jen



Ladies at Theme Dinner

MORE THEME DINNER HIGHLIGHTS



Billie and Sam



Bonnie and Friends



Kelsee and Ann



Betty and Kelsee



Barbara at theme dinner playing cards



Kay



Jimmy



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Valparaiso, IN 46383

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avalonspringshc.com |

Crystal Wray
Executive Director

Kim Sheets
Director of Health Services

Chad Abair
Therapy Program Director

Monica Lacy
Business Office Manager
Heather Schlegelmilch
Community Service Representative

Sarah Brown
Social Service Director

Ivana Krstevska
Legacy Neighborhood Director

Amy Plumb
Life Enrichment Director

Jennifer Ruzbasan
Dining Service Director

Todd Burns
Director of Plant Operations

Maurice Ford
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@vhs.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: How many days
of Kwanza are there?

Question 2: What country was
the original St. Nicholas from?

Question 3: How many ghosts are
in the movie *A Christmas Carol*?

Question 4: How do you say
"Merry Christmas" in Spanish?

Question 5: What are the
names of the three reindeer whose
names start with the letter "D"?

*Flip the page for last
month's trivia answers:*

*Q1: Who was the first U.S. President to
pardon a turkey? George H.W. Bush*
*Q2: How many days did the first
Thanksgiving celebration last? Three days*
*Q3: True or False: Canada also celebrates
Thanksgiving in November. False*
Q4: Are pumpkins vegetables or fruits? Fruits
*Q5: What popular Christmas song
was originally written to be a
Thanksgiving song? Jingle Bells*



Word Search

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

BOOK
BRIGHTEN
FEELING
FESTIVE

GESTURE
GIFT
GIVING
HOLIDAY

JOYFUL
LETTER
NOTE
NOVEL

SEASON
SPECIAL
STICKERS
WISHLIST