



CREASY 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

Melinda S.	12/04
Michael R.	12/06
June B.	12/15
Susan A.	12/19
Sandra G.	12/23

Staff

Kylie A.	12/04
Debra C.	12/04
Jada T.	12/09
Laurie S.	12/10
Meredith P.	12/10
Jenna C.	12/10
Cidnei B.	12/12
Beverly M.	12/13
Lynette B.	12/21
Mandy B.	12/23
Debbie S.	12/27
Jody K.	12/31

HOPE FOR THE HOLIDAYS

It's that time of year again that we bring in shopping carts and raise funds and supplies for our charity of choice: YWCA Domestic Violence Intervention Prevention Program. We will be hosting a holiday bake sale to further supplement our donations. Our bake sale will be open December 19th-23rd. We invite you to peruse our baked goods and purchase a sweet treat for yourself or a loved one. We welcome you to bake up your own batch of goodies for donations. If you have any questions, do not hesitate to call! Our shopping carts have been placed and are ready to receive delicious nonperishable food donations for the local community food pantry. Let's reintroduce the friendly cart competition to see which programming area receives the most donations by the end of the season. Carts have been placed by both the Health Center and the Assisted Living doorways. CAN you beat the competition? The only way to find out is to bring in your donations today!



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 own 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,

Justin Rife

Executive Director



Ginny receiving a sweet treat!



The fun of Legacy

LEGACY SPOTLIGHT

What a beautiful time of year we are celebrating. Hot chocolate, soft furry blankets and the scent of cinnamon and candy canes fills the air. We are enjoying our trips on our new bus. We are searching for Santa on our outings and of course a snowman is always a treat to see as well. We are in full holiday swing at Legacy. From making gifts to singing holiday cheer we are making every moment count. Drop by and join us are a cup of hot cocoa and share a Christmas memory. Feel like volunteering in the new year? Please consider taking 1 hour a month to share your time at Legacy. We would love people to read, do arts and crafts, tell stories, have a sing a long, paint nails and so much more. As you are already in the spirit of giving, please contact us and ask how to volunteer!

*Kindest Regards,
Debi Lambert, LND*



Have a BALL this season

WINTER WONDERLAND

Thank you to all who attended this quarter's Family Nights. From spooky Haunted Halls to joyful Hot Coco Bars, we love to see family and loved ones come together to make new memories in our campus. It is our hope as we continue to strive back to a sense of normal that we can reinstitute holiday traditions and promote the inclusion of family in all we do here at Creasy! Holiday Brunch will be hosted on December 18th from 11a-1p. We hope to see you all there.



Happy Holidays!!

HOLIDAY BLUES AND WHAT TO DO'S

As we age, it is common for the holidays to seem less joyful than we remember. We expect to feel elated and fulfilled around this time of year and if that expectation is not reached, it can contribute to feelings of disappointment and even depression. Each year around this time the caregiver forum reports an increase in stress related to its senior population. So if you feel this way, know that you are not alone! There are several reasons why many adults and seniors get the holiday blues. One might be grieving a loved ones passing, stressing over having to do too much work for the holidays, and financial pressure. While the holidays may not be how they use to be for you there is still always a reason to celebrate. Here are some ways to challenge the seasonal depression from creeping into your life: keep a regular schedule (physical and mental rest is crucial), get plenty of vitamin D, and reach out to someone you care about (it can have a bigger impact than you think)



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Justin Rife

Executive Director

Brandon Czalbowski

Administrator

Becca Garza

Director of Health Services

Beth George

Social Service Director

Shreen Arora

Director of Therapy

Angela Poole

Business Office Manager

Jodi Hollingsworth

Director of Food Services

Wisner Bernard

Director of Environmental Services

Greg Peterson

Director of Plant Operations

Debi Lambert

Legacy Neighborhood Manager

Dennis Mounce

Transportation Dispatch

Jami Spitznogle

Customer Service Representative

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: 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

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