



CYPRESS POINTE

HEALTH CAMPUS

*A Trilogy Senior Living Community*

# News

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

Linda S.	12/07
Tommie A.	12/08
Barbara K.	12/10
Robert G.	12/14
Harold W.	12/14
Jerry N.	12/14
Joe N.	12/16
Larry K.	12/16
Dale C.	12/20
Jean H.	12/21
Dail D.	12/21
Jean H.	12/21
Kathleen B.	12/24
Mary H.	12/24
Barbara L.	12/27

## Staff

Melissa S.	12/07
Ashley M.	12/08
Greenlee F.	12/12
Wanda T.	12/13
Julie S.	12/17
Jaidyn B.	12/20
Taylor B.	12/20
Yolanda M.	12/28
Anna I.	12/29



## 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,

*Tony Valentine, LNHA*  
Executive Director

**This month's Smile of the Month goes to Carol D. and Fran D.**



*Paige Shively for dancing with a resident and making memories.*



**Family Night Highlights**





# Out and About Highlights

## Save the Date

Trilogy's 25th Year Celebration!

## Sunday Brunch

December 11th at  
11:30am – 1:00 pm

## *Volunteers Needed*

Painting, manicures, calling bingo would be a great and easy way. To volunteer In our campus, please feel free to reach out to a member of Life Enrichment today!

## Upcoming Events

- Join us for our Christmas Spectacular at Cypress Pointe Health Campus.
- Thursday December 8th at 6pm-8pm
- Live Nativity Scene. Appetizers, Hot Coco, Coffee,& Cookies
- Proceeds benefit Wounded Warrior Project.

## Happy Hour

Happy Hour takes place every Friday from 3p-4p

Food drinks and entertainment. Family members are welcome and encouraged to come.

## Theme Dinner

The Gatsby Ball was a success! The residents enjoyed the decorations, the meal and entertainment was performed by Eddie Osbourne.

## Brunch and Bubbly





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*Tony Valentine, LNHA*  
Executive Director

*Annie Carico*  
Administrator

*Latonia Gudger*  
Director of Health Services

*Diane Haggerty*  
Assistant Director of Health Services

*Jessica Ward*  
Customer Service Representative

*Saundra Mendenhall*  
Director of Social Services

*Heather Sedlak*  
Life Enrichment Director

*TBD*  
Director of Food Services

*Nicole Shively*  
Director of Environmental Services

*Steven McCloud*  
Director of Plant Operations

*Julie Shirk*  
Legacy Neighborhood Director

*Alyssa Woods*  
Villa Lifestyle Director

## 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](mailto:comply@trilogyhs.com)*

*Newsletter Production by PorterOneDesign.com*

# 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
G	I	S	Z	U	Y	G	G	A	P	L	Q	D	C	I	I	I	E	C
F	Y	O	N	A	Y	T	F	W	E	Z	E	I	A	L	N	S	T	I
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
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