



SENIOR LIVING AT
FOREST RIDGE

A Trilogy Senior Living Community

Leaflet

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

Mary G	12/9
Ronald B	12/13
Joseph T	12/29

Staff

Hannah M	12/27
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THEME DINNER

Senior Living's "The Great Gatsby" Themed Week was a success! At the beginning of theme week, residents went to Bradford Woods in Martinsville, where they fished, pontooned and participated in archery. Then mid-week, residents visited the Henry County Historical Museum and seen vintage roadsters and décor from the 1930's. A few of our ladies even made their own headbands with feathers and jewels, to wear during the theme dinner. The actual "Great Gatsby" Theme Dinner was decorated like the prohibition and gangster era and residents enjoyed many different entrees like, Beef Braciole, Manhattan Clam Chowder, Parmesan Crusted Fish, and for desert was Finger Lady Icebox Cake. In addition, our community enjoyed free pearl necklaces, fedoras, and their very own personal "Welcome" skeleton keys. Everyone had an excellent time and Senior Living would like to thank all employees & volunteers who made the "The Great Gatsby" Themed Dinner the best one yet!



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 donate, 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.

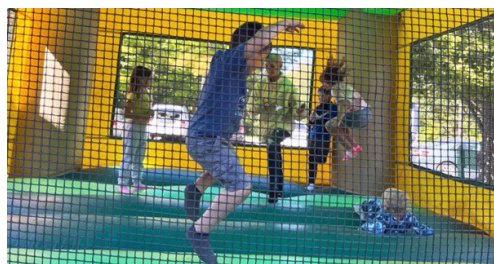
I hope that you have a great holiday and an unforgettable New Year!

Yours in Service,

John Craig

Executive Director





COMMUNITY CONNECTIONS

We were so excited to start our Fall Festival back up this year. Paragon Pharmacy and Beltone participated as vendors and Lisa M.'s family volunteered their face painting skills. There was a bounce house for the little ones and Bingo Games with prizes for the adults. For entertainment, Ciara Huckeby played guitar and sung beautiful classics. Also, our Dietary Department did a fantastic job by offering free hot dogs, chips, popcorn, cotton candy, Jacob's Doughnuts, and beverages. Our families and people from our local community supported our festival and we hope to make it a bigger event in 2023!



Family Night

Residents also sponsored a "Trick or Treat" Night at the campus and handed out candy to the community on Halloween. Many children showed up in their best costumes and make-up to trick or treat with their loved ones. The residents were excited to spend time with their families and loved seeing all the little costumes. Also, our residents and employees competed in a Carve/Paint Pumpkin Competition and the Best Halloween Costume. Congratulations to our winners, Deven C., and Iris B. for Best Pumpkins and to Andre V. and Jean C. for Best Costume.



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A Trilogy Senior Living Community

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John Craig
Executive Director

Vickie Taylor
Business Office Manager

Norma Kriner
Resident Activity Director

Stacey Bonwell
Director of Food Services

Hannah McCubbins
Director of Environmental Services

Chuck Riley
Director of Plant Operations

Lisa Miller
Customer Service Representative

Emilee Overbey
Lead Resident Care Associate

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
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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