



ST. CHARLES

HEALTH CAMPUS

A Trilogy Senior Living Community

Connection

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

Wilma M	12/01
Alphonse B	12/01
Bernice M	12/07
Pamela K	12/23
Sharon H	12/27
Virginia M	12/28

Staff

Kristen F	12/20
Lenlee H	12/24
Angel C	12/24
Lisa B	12/25
Stephanie B	12/27
Jenny C	12/29
Clifford M	12/30



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!

Yours in Service,

Jon Howard

Executive Director

Community Connections

Jasper High School's JAG Club (Jobs for America's Graduates) helped out by volunteering for a Bingo evening. It's always wonderful to see the faces of the future!



OUT & ABOUT

From checking out the pumpkins, eating at Cracker Barrel and Schwartz's, sight seeing at Buzzard Roost, and the beloved DQ trips, we always have a great time on our outings!





Theme Dinner

Having a roaring 20's time at our Great Gatsby Theme Dinner!



Activities Corner

We spent time getting into the fall spirit by carving Jack-o-Lanterns and making leaf bowls. What's a little mess if you're having fun!



HAPPY HOUR

We celebrated our Halloween Happy Hour in style! No tricks here, just a happy St. Charles family!





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Executive Director

Allison Braun
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Lisa Dorsey
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Director of Dining Services

Sherri Byers
Life Enrichment Director

Josh Shumaker
Director of Plant Operations

Jamie Welker
Environmental Services

Conni Thorpe
Business Office Manager

Toni Matthewson
Community 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
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G	P	S	V	K	V	T	B	O	O	T	A	I	G	D	J	R	U	S
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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
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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