THE HERITAGE
A Trilogy Senior Living Community

Herald

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 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	
Edward V.	12/07
Merlin C.	12/09
Edna M.	12/09
Patricia B.	12/10
Naomi S.	12/13
Carol B.	12/15
Karon M.	12/20
Virginia B.	12/22
Barbara R.	12/22
Sibyl V.	12/24
Ruth P.	12/29
Wade R.	12/29
Staff	
Mackenzie W.	12/02
Leslee K.	12/07
Matthew P.	12/07
HopeK.	12/10
Amber S.	12/10
Lauren K.	12/12
Cheri R.	12/15
Emily F.	12/15
Trista K.	12/16
Deidra F.	12/17
Mila B	12/20
Corinthia G	12/22
Miquela M	12/26
Melanie H	12/27
Kristine S	12/27
Marcena L	12/28
Sue Ann H	12/28
Carrie W	12/30
Michael A	12/30

Entertainment

We have live entertainment every Friday from 2:00-3:00 for our health center and assisted living, and from 3:00-4:00 in our legacy building. Please feel free to join your loved ones.

A list of entertainment for December:

Dec. 2 Key and Sarah

Dec. 9 The Harp

Dec. 16 Paul Grover

Dec. 23 Tim Holt

Dec. 30 The Trombone Guy

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!

Emily Sweeney
Executive Director

Photo Highlights

More Photo Highlights

Volunteer News

The holidays are fast approaching and we would love to have you come and volunteer your time whether it's singing carols, making crafts, or decorating the campus. Hope to see you.

Sunday Brunch

Sunday family brunch is December 11. Please come join your loved ones for our Christmas Brunch.

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Emily Sweeney
Executive Director

Kendyll Johnson
Director of Health Services

Hannah Jordan
Director of Resident Services/SS

Sandy Campbell
Customer Service Representative

Jenna Sigler
Customer Service Representative

Jenna Gasser
Business Office Manager

Renee Row
Life Enrichment Director

Dr. Michael Manuel
Medical Director

Chandra O'Dell
Program Director

Ben Hindall
Director of Food Services

Robin Coffman
Legacy Neighborhood 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

Newsletter Production by PorterOneDesign.com

Monthly Trivia & Activity Corner

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

Cut, color, and make a card to give!

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	GESTURE	JOYFUL	SEASON
BRIGHTEN	GIFT	LETTER	SPECIAL
FEELING	GIVING	NOTE	STICKERS
FESTIVE	HOLIDAY	NOVEL	WISHLIST