

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

Brittany V	12/01
Tyler H	12/01
Jennifer S	12/06
Amber G	12/29

Staff

Evelyn W	12/02
Donna M	12/06
Betty H	12/06
Rheta P	12/10
Shirley J	12/14
William G	12/21
Roberta G	12/21
Christopher F	12/25
Eleanor B	12/28
Mary L	12/31

LIVE A DREAM

Roberta enjoyed a day of antiquing and lunch at Red Lobster in honor of Breast Cancer Awareness. We want to thank Buckeye Hospice and Jocelyn Martin for making this such a wonderful and special day for Roberta!



▲ Roberta on the bus on her way to her Live a Dream

Roberta and Jocelyn from Buckeye Hospice ►



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!

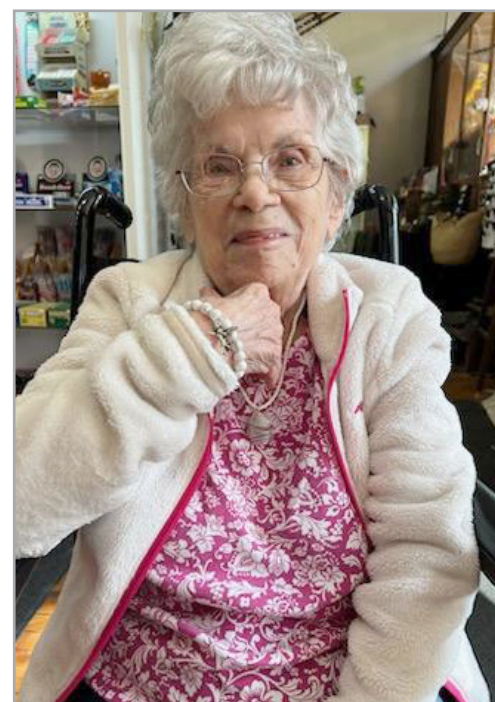
As 2022 begins to draw to a close, I also wanted to say thank you to each and every one of you for such a fantastic year. From all of our incredible Theme Dinners to our lunch outings, our Happy Hours to our birthday celebrations, there hasn't been a single moment that I would trade to be anywhere else 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,

Tiffany Goins

Executive Director



Roberta having such a great time shopping

COMMUNITY CONNECTIONS

Our Trunk or Treat was a SPOOKTACULAR fun time!



Just a Zookeeper and her crazy animals



Betty, Tiffany, and Stacy having trunk or treat fun.



Tiffany is such a great Zookeeper



Larry and his wife are having a great time



Joan having some trunk or treat fun



Flora getting into the Halloween spirit!



Billie enjoyed seeing all the kids dressed up

Volunteer News

We are always looking for volunteers that would like the opportunity to enhance the lives of others as well as their own. It can be something as simple as talking with a resident, playing cards, putting a puzzle together, calling bingo, painting fingernails or going on an outing. Please contact Crystal Daniels, Life Enrichment Director, at 740-452-3800 for information.

Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link oaksatbethesda.com.

The Private Dining Room, Recreation Room, and Activity Room can be reserved for family parties and community groups. Please contact a member of Life Enrichment for details.

Happy Hour is weekly and starts at 3:00pm on Fridays, join us and enjoy unique foods and beverages as we have different weekly themes. Happy Hour is held in the Health Care Dining Room.

The Trilogy Foundation Grants Live a Dream to residents wishing to relive an experience or engage in something they have always wanted to try. See a member of Life Enrichment for details.



THE OAKS AT BETHESDA

A Trilogy Senior Living Community

2971 Maple Avenue
Zanesville, OH 43701
740-452-3800
oaksatbethesda.com |

Tiffany Goins
Executive Director

Stacy Coss
Director of Health Services

Misty Gill
Assistant Director of Health Services

Staci Barnett
Community Service Specialist

Penny Butcher
Resident Services Director

Crystal Daniels
Life Enrichment Director

Ashley Richards
Director of Food Services

Rebekah Brown
Business Office Manager

Courtney Spangler
Director of Plant Operations

Judy Spaulding
Environmental Services Director

Tiffany Hiles
MDS Director

Layne Paladino
Therapy 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*

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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
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