



WALKER'S TRAIL
SENIOR LIVING
A Trilogy Senior Living Community

Gazette

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

Elizabeth N.	12/08
Carolyn T.	12/19
Bettie Y.	12/20
Billie R.	12/21
Joetta D.	12/31

Staff

Brittany W.	12/07
Sarah R.	12/12
Deborah D.	12/27

Coo-Coo for Cooking

Give these folks a bowl, spoon, and the ingredients, and watch them go! Our Personal Care and Memory Care residents both take an active part in cooking each week! Each week they are whipping up delicious treats to share with one another. Good food tastes better when it's shared with good friends!



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,
Lindsey Foster
Executive Director

Live Entertainment

The Ol' Elkhorn Pickers Club rocked the house at Happy Hour! This group of talented men believe they are "pickin' with a purpose" as they travel to different Senior Living communities in the area. We certainly enjoyed them and can't wait to have them back! You don't want to miss it!



Final Theme Week Of The Year

The Great Gatsby Gala went out with a BANG! Our last Theme Week of the year was the best one yet. The elevated experience for our residents and staff was for sure a memorable one! Let's gear up for next year's Theme Weeks! We are eager to continue to 'WOW' our residents with our Theme Dinner nights thanks to our amazing Culinary team and Life Enrichment team, as well as those who always have a helping hand. Bring on the Theme Weeks of 2023!



Legacy Lane: Our Best Friends

Life doesn't have to be perfect to be wonderful. The root of all joy is gratefulness! Here at Walker's Trail, we are very grateful for our forever friends and the bonds we share with them!





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A Trilogy Senior Living Community

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Executive Director

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Director of Health Services

Laura Montgomery
Customer Service Representative

Latia Spann
Life Enrichment Director

Becky Hale
Director of Food Services

Chris Worthington
Director of Plant Operations

Becky Ware
Guest Relations

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