



## Leadership Team

Amanda Roby Executive Director

Erin Baumann Business Office Manager

Jeannette Singler RN Oversight

Rita Frazier Life Enrichment Director

Kayla Butler Dining Services Director

Robin Keppler Resident Care Coordinator

Jared Johnson Plant Operations Director

## Holly

December's flower is the hearty, vibrant holly plant. Its bright red berries and glossy, deep green leaves have come to symbolize the winter holiday season, and particularly Christmas. Holly also symbolizes truth, protection, fertility, and eternal life. In fact, some holly trees live up to 400 years. Holly grows in temperate and subtropical climates. Its berries are slightly toxic to humans but can be eaten by birds. Some types of holly leaves are used to make tea.

# **Cutting-Edge Fun**

Nothing announces the arrival of the holiday season like the smell of freshly baked cookies. If you're looking to spruce up your baking this year, ditch the common round shape for some fun cookie cutters during Cookie Cutter Week, held the first week of December.

While evidence shows that ancient Egyptians created interesting molds for baking cakes, Queen Elizabeth I of England is said to have popularized the novelty of baking cookies in the shape of her guests. Gingerbread men and women soon became popular in bakeries across 17th-century England.

## Today, you can find cookie cutters in

every conceivable shape and size. Some manufacturers will even create custom cookie cutters. Some people enjoy collecting cookie cutters, and serious enthusiasts belong to the Cookie Cutters Collectors' Club (CCCC). In fact, it was the CCCC that originally conceived Cookie Cutter Week about 30 years ago. Members enjoy benefits such as a quarterly newsletter and an exclusive cutter designed to commemorate Cookie Cutter Week.



## Life Enrichment Corner

"When we give cheerfully and accept gratefully, everyone is blessed."

— Maya Angelou

We have a busy calendar this month, be sure to check the calendar daily so you don't miss anything. Lots of outside entertainers coming to share their joy this December!

Wishing everyone a blessed holiday season! With love,

-Rita

## Wellness Reminder

Please notify staff at the front desk of all appointments. Staff will prepare paperwork for you to take to your doctor for review. We ask that you bring this back to the med tech after your appointment. This will help streamline your care and ensure that you're taking medications as directed.

Doctor Transport is <u>Tuesday</u> from Noon to 4:00pm & <u>Thursday</u> from 8:00am to Noon (sign-up required).

## Van Outings Policy



To assure effective time use and planning, **ALL** outings with the van to events, shopping, drives, etc. will require residents to sign up in advance.

Three residents are the minimum number of passengers for any outing, so if there are not at least 3 people interested in each outing, the event will be

# Upcoming Events

(Sign-up required for all outings)

Dance with Pani Sunday, December 8<sup>th</sup> at 2pm

Harold & Annette Perform Monday, December 9<sup>th</sup> at 2pm

**Christmas Lights Drive** Monday, December 9<sup>th</sup> at 6pm

Sara Scofield, Vocalist Wednesday, December 11<sup>th</sup> at 2pm

Lunch Outing to PF Chang's Sunday, December 15<sup>th</sup> at 11:30am

**Sing Along w/The Bad Manors** Monday, December 16<sup>th</sup> at 2pm

**Christmas Lights Drive** Monday, December 16<sup>th</sup> at 6pm

Eugene Gleemen Tuesday, December 17<sup>th</sup> at 7pm

**Students from Edgewood Elementary** Wednesday, December 18<sup>th</sup> at 10:30

Nathalie & Kara on Piano & Violin Wednesday, December 18<sup>th</sup> at 2pm

**Timothy Patrick on Guitar** Thursday, December 19<sup>th</sup> at 2pm

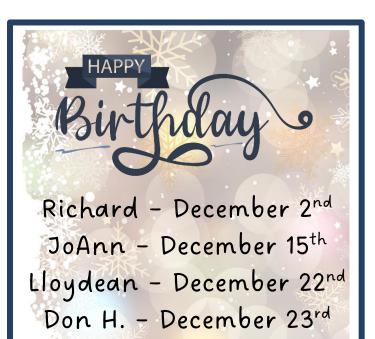
**Celebration of Christmas Family & Friends Buffet** Thursday, December 19<sup>th</sup> 4:30 to 7pm (Happy ½ hour at 4:30)

Holiday Tea Sunday, December 29<sup>th</sup> at 2pm

**FETCH Therapy Dog Visit** Sunday, December 29<sup>th</sup> at 4pm









# Good Friends Make Good Neighbors Program

From our elegantly appointed interior and beautifully maintained grounds to the exceptional healthcare programs and services provided by our professional staff, residents who introduce Cascade Living Group's Living Well philosophy to their friends or family members could receive credit)s\_ applied towards their rent.





How it Works ...

When a resident or family member refers a new potential resident to a Cascade Living Group community and that person moves in for at least 90 days, the referring resident will receive a \$2,500 credit, applied to their base rent.

In order to qualify as a new potential resident, the person being referred must not already be on our contact list.

To make a referral and to ensure you receive proper credit for making the introduction, please provide your name and the name of your friend or family member to our Executive Director or Director of Sales and Marketing prior to the inquiry of the tour.

INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE



The Difference Between Living and Living Well 4550 W. Amazon Dr. Eugene, OR. 97405

