

Look at the Candy Cane
What do you see?
Stripes that are red
Like the blood shed for me
White is for my Savior
Who's sinless and pure!
"J" is for Jesus My Lord, that's for sure!
Turn it around
And a staff you will see
Jesus my shepherd
Was born for Me!



Merry Christmas!

The Brookridge Stream

Resident Newsletter

December 2018



We are on the web!

Come visit us at

www.brookridgecommunity.org



Upcoming Events

12/3 Podiatrist Appointments @ 1:30
12/4 Special Music by John Houston @ 3pm
12/7 Employee Christmas Party @ 2pm
12/10 Sweater Weather the Play @ 6:30pm
12/11 Special Music by Nancy McGimsey @ 10:30am
12/14 Resident Christmas Party @ 2pm
12/14 Yoga USA @ 10am
12/14 Massages w/ Sara @ 10am
12/18 The White Christmas Carolers @ 7pm
12/20 Gingerbread Designs @ 2:30pm
12/24 Trumpet Performance by Micah @ 1:30pm
12/28 Massages w/ Sara @ 10am
12/28 Book Club @ 3pm
12/31 New Year's Eve Social @ 2pm

December Trips

12/1 Christmas Parade @ 2:30pm
12/4 Harris Teeter @ 10am
12/5 Walmart @ 2pm
12/6 Billy Graham Library @ 2pm
12/7 Piedmont Chamber Singers/Maple Springs @ 7pm
12/11 Lowes @ 1pm
12/13 Lunch at First Presbyterian @ 10:30am
12/17 Mrs. Hanes' Cookie Factory @ 1pm
12/18 Breakfast at K&W @ 8am
12/18 Harris Teeter @ 10am
12/19 Tanglewood Holiday Lights @ 5:15pm
12/20 Lunch at Maple Springs @ 11:30am
11/21 Walmart @ 2pm
12/26 Lunch at Mayberry's @ 10:45am



Join the fun!



Christmas Word Search

Level 4



G	L	E	T	W	C	R	S	T	O	C	K	I	N	G
Y	I	P	I	D	A	E	R	B	R	E	G	N	I	G
A	C	O	V	T	R	P	Y	A	E	C	E	F	F	U
R	E	A	S	L	E	Q	I	X	O	C	T	A	P	Z
E	M	I	R	Y	H	A	U	D	P	S	A	J	O	N
S	E	A	P	O	B	E	T	H	L	E	H	E	M	I
N	R	U	L	O	L	D	O	N	T	F	O	S	P	U
A	R	L	S	L	E	I	G	H	A	A	S	U	D	O
M	Y	N	O	K	L	T	T	O	Y	S	I	S	H	R
W	C	E	N	E	M	E	S	I	W	F	E	T	A	N
O	B	M	K	A	J	L	O	Z	Y	E	G	V	M	A
N	E	R	N	O	L	U	H	M	G	O	T	E	L	M
S	O	G	I	E	O	Y	D	N	A	C	X	O	N	E
V	E	R	B	I	J	O	T	H	U	W	B	K	A	N
R	E	E	D	N	I	E	R	Q	C	A	E	E	R	T
L	O	O	C	H	R	I	S	T	M	A	S	T	I	



- | | | |
|----------------|--------------|--------------|
| 1. Bells | 9. Holly | 17. Sleigh |
| 2. Bethlehem | 10. Jesus | 18. Snowman |
| 3. Candy | 11. Manger | 19. Star |
| 4. Carol | 12. Merry | 20. Stocking |
| 5. Christmas | 13. Ornament | 21. Toys |
| 6. Elves | 14. Peace | 22. Tree |
| 7. Gifts | 15. Reindeer | 23. Wisemen |
| 8. Gingerbread | 16. Santa | 24. Yuletide |



Reminisce

By Margaret East



When I was 8 years old, my Daddy sold life insurance policies. Many of his clients lived in rural areas and he would drive to their homes to collect their small payments. One day when school was closed for Thanksgiving, Daddy asked me if I would like to go with him and count the money he collected. I was thrilled to go! Mama had made several batches of her special cookies for the holidays, and I had helped her fill many small cloth squares full of them for our neighbors and Daddy's clients. He let me give them to his clients that day for fun! Up, down and around those rough country roads, Daddy drove his old Chevy, stopping at each of his clients homes. They all seemed to enjoy our visit, especially the kids when I handed them a cookie! When we returned home, Daddy told Mama what a big help I had been. He laughed and said that when I grew up, I would make a good insurance sales woman! Mama smiled and shook her head.

May the spirit of the holidays live in our hearts always!



Carlyle Bledsoe 12/08

Dot Bris-Bois 12/29

Leon Cameron 12/18

Ralph Massey 12/31

Gussie Mustian 12/08

Nancy Schroeder 12/24

Randall Sledge 12/21

**Remember to sign up for your Birthday
Dinner that will be held on
December 27th at 4:45pm in the
private dining room.**

April's Schedule



Friday, December 7th

9:00 Regular Yoga-LR
10:00 Water Aerobics-P
1:00 Chair Yoga-GR

Come join April for a fun time exercising. Exercise is not only good for your body but your mind too!

Six Tips to Avoid Holiday Weight Gain

by Carole Carson

We are in the middle of one of the most dangerous seasons for overeating. The onset of winter, combined with back-to-back holidays, provides endless temptations. Dr. Holly Hull, a researcher at the University of Oklahoma who studies holiday weight gain, affirms our own experience: during the next few weeks, we'll face an enticing array of opportunities to consume calorie-dense snacks, finger foods, appetizers, desserts and alcoholic drinks.

You don't have to be a researcher to notice how much weight Mr. and Mrs. Claus have put on over the years. Given all the cookies Santa consumes on Christmas Eve while delivering presents, one expert asserts that Santa has (or is at risk for) "heart disease, high blood pressure, diabetes, stroke, cancer, gallbladder disease, gallstones, osteoarthritis, gout and breathing problems."

Here are six tips to help you, your family and the Clauses enjoy wonderful occasions without packing on extra pounds:

1. **Slow down.** Enjoy leisurely conversation while eating. By eating slowly, you give your body the time it needs to send a message that you have eaten enough, and you will find that you're able to eat less and still feel fully satisfied.
2. **Fill up.** Eat an apple before a major meal so you won't be so hungry. Keep a pitcher of water on the table to drink throughout your meal and before giving in to the temptation to have a second helping. Drinking other liquids (broth or green tea, for example), will also create a sense of fullness.
3. **Manage hunger.** Forget starving yourself all day so you can splurge at the party. And forget crash diets. Both deprive your body of food that you need to function and will trigger a rebound of overeating. Eliminate empty calories, such as sugared drinks. When eating, focus less on counting calories and more on making calories count.
4. **Nurture yourself.** Find sources of comfort and satisfaction that don't involve food. For example, a massage does wonders for lifting one's mood. Reconnect with an old friend. Visit a shut-in friend and bring a thoughtful card or small gift. Get down on the floor and play with some toddlers. Go to a funny movie or lose yourself in a good novel. And don't be too hard on yourself if you slip up and overindulge. Take a lesson from the weather-it pays no attention to criticism.
5. **Get moving.** Keep your exercise routine despite the hectic demands of the holiday. Commit to a minimum of 30 minutes of demanding exercise, such as a brisk walk, each day. When you shop, park at the perimeter of the lot. Wear a pedometer so you can monitor your daily steps.
6. **Stay mindful.** Pay attention to your thoughts and feelings during the delightful and stressful moments. Set aside a few minutes to meditate each day. During these quiet times, be mindful of your body sensations, for example, whether you feel rested or when your body hurts or feels tense. Notice food cravings without resisting them through willpower. Instead, acknowledge them and simply let them pass like white clouds passing in a blue sky.

By foregoing calorie-dense foods, you can skip lightly through the holidays without gaining weight. And by adopting these strategies, you can begin the New Year feeling good about your accomplishment.

Marketing News

Fill Santa's Sleigh Luncheon

Monday, December 3rd at 12:00pm

Lunch and musical entertainment provided!

Please bring a new toy to put in Santa's Sleigh for a child staying at our local Ronald McDonald House!



Saturday, December 8th at 8am

Enjoy a FREE breakfast and get your picture taken with Santa and Mrs. Claus!
Invite your friends, family and grandchildren.
FUN for all ages!

Come volunteer with us delivering Meals On Wheels in our community!

Every 3rd Friday at 9:45am





Driver Safety Awareness

By 2030, nearly 70 million Americans will be 65 or older – and most will still be driving. As you age sight, hearing, reflexes and judgment of speed and distances diminish gradually. So gradually, in fact, that you may not even recognize a change until something happens. Several health factors including impaired hearing, reduced vision, slower reflexes, ankle rigidity, wrist pain, weakness, and decreased range of motion can affect driving ability. Did you know that 90% of the information drivers need is visual?

Good news! You have the power to compensate for changes due to aging by minimizing your risks.

Move into an intersection only when you feel it is safe – not when another driver pressures you.

Limit conversation and radio noise.

Clean your windshield.

Avoid smoking.

Avoid driving when tired, depressed, or emotional.

Never drink and drive.

Stop by the Legacy Healthcare Services Therapy Department and meet with one of our trained professionals to see if you are doing everything you can to ensure your safety when it comes to driving. We can provide a personalized plan to assist you with gaining the strength, balance, and accommodations necessary to keep you safe on the road!

Chaplain's Article

HO! Ho! Ho! Yep, it's that time of year again!

December brings a whole new and vibrant series of worship experiences, which are different from the rest of the year.

Here is our schedule for worship services in December:

Please note that the service on December 9 is at 6:00 pm, instead of 5:30 pm.

December 2: First Sunday in Advent

December 9: Second Sunday in Advent:

Bethabara Moravian Church will bring **Christmas Lovefeast** to us.

NOTE: This service is at 6:00 pm.

December 16: Third Sunday in Advent:

The Jesse Tree service.

December 23: Fourth Sunday in Advent:

Christmas Communion.

I hope you have a wonderful Christmas season! I also hope that you make plans to participate in these services, in which we prepare to celebrate the birth of our Savior!

-Chaplain Sherrill



Caught On Camera



Halloween Fun!



Attention All Residents!

We are having a Memory Story Contest!
Write a one page story or less of a Christmas Memory you have and submit it to Hillary by December 12th.
Margaret East and her Daughter will be the judges.
1st Place Winner will receive a \$50.00 gift card.
2nd Place Winner will receive a \$25.00 gift card, and
3rd Place Winner will receive a \$10.00 gift card.



Activities will be displaying Memorial Poinsettia's
beginning December 3 around the facility.
If you would like to donate \$10.00 in memory of a loved
one, please see Hillary.
All proceeds will go to our Benevolent Fund.

