

Courtyard News

AT A GLANCE

HAPPY
Holidays!

We hope everyone has a great holiday season!



mmmm peppermint pie inside!



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FROM THE DESKS OF THE CO-PRESIDENTS:

JULIE SIMPKINS & GREG ECHOLS

As the holiday season approaches, we find ourselves reflecting on the joy and connection we share, and extending our gratitude following the celebration of our awards. We want to take a moment to express how deeply thankful we are for each and every one of our residents, team members, families, and friends. This time of year offers the perfect opportunity to acknowledge the incredible communities we've built together—ones rooted in kindness, dedication, and shared moments of happiness.

To our dedicated employees, thank you for your relentless commitment, passion, and the positive energy you bring to your work every day. Your hard work makes a profound difference, and we are truly fortunate to have such a talented and compassionate team.

To our residents, we are deeply grateful for the trust, engagement, and support you offer, which are at the heart of our community. Being part of your lives is a privilege, and we are endlessly thankful for the warmth and spirit you bring into our space.

As we embrace this season, we're reminded that gratitude is more than just a word—it's a feeling that lives in our hearts, especially as we reflect on the generosity and kindness that surrounds us. We look forward to continuing this journey together, growing stronger and sharing many more moments of joy in the years to come.

Wishing you all a holiday season filled with peace, love, and joy. We are beyond grateful for each of you.

With Gratitude,
Julie and Greg



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IN THE NEWS



ABOUT THE MONTH OF DECEMBER

RICK BANAS, VP OF DEVELOPMENT AND POSITIONING

The 10th Amendment to the U.S. Constitution, commonly known as the Bill of Rights, became effective on Dec. 15, 1791.

On Dec. 21, 1846, anesthesia was used for the first time during an operation in Britain.

The 13th Amendment to the U.S. Constitution was ratified on Dec. 6, 1863. The Amendment abolished slavery.

On Dec. 12, 1870, Joseph Hayne Rainey of Georgetown, South Carolina, became the first Black American to serve in the U.S. House of Representatives.

Humorist and artist James Thurber was born on Dec. 8, 1894 in Columbus, Ohio. He authored “The Secret Life of Walter Mitty,” a short-story about Mitty’s vivid day dreams, including one in which he is the commander of a Navy hydroplane, another in which he is a World War I pilot, and another in which he is a world-famous doctor.

Walt Disney was born in Chicago on Dec. 5, 1901. He released his first full-length animated movie, Snow White and the Seven Dwarfs, in 1937.

December is Gift of Sight Month. It is designed to raise awareness of the importance of eye health, getting your eyes checked regularly, and taking care of your eyes.



The first full week of December is Handwashing Awareness Week. The purpose is to help people stay healthy one hand wash at a time by promoting the importance of hand hygiene and proper hand washing techniques.

Dec. 2 is National Build Joy Day; Dec. 8 is Pretend to be a Time Traveler Day; Dec. 12 is Gingerbread House Day; Dec. 19 is Heroes and Heroines Day; Dec. 21 is National Crossword Puzzle Day; and Dec. 28 is Card Playing Day.

Dec. 21 is also Look on the Bright Side of Life Day. As the lyrics to the song “Always Look at the Bright Side of Life,” remind us, remember to smile, laugh, dance, whistle, and sing.





WELLNESS



HOW TO STAY POSITIVE DURING THE HOLIDAYS

DEB DENHAM, VP OF QUALITY AND RISK MANAGEMENT

Being positive takes work. It is a choice that takes practice.

The holidays can be very draining for some people. It is a time when people can be overworked, over scheduled, over stimulated and overtired. Below are some tips to help stay positive during the Holidays. Prepare a positive topic. The holidays offer opportunities for small talk and conversations with acquaintances and family. When asked "How is it going?" or "What have you been up to?" have an idea of a joyful experience or memory you can talk about. You know that talking with someone who only has negative things to say or that recount all the unhappy experiences they have can be draining. Make an effort to have a topic or two that you can use and respond "I am glad you asked, I cannot wait to tell you about..."

It is easy and can be habitual to pick others apart or find the worst in others. Make it a point to counter every negative thought about another person with a positive one. This can be a stretch at first, but it is very good practice for positivity. Soon you will not be thinking about the negative things but automatically looking for something nice instead.

Thinking happy thoughts can boost serotonin, dopamine, oxytocin and endorphins in your brain. Who does not need more happy chemicals in their brain, right?

While on the subject of happy neurochemicals, smiling releases these same chemicals in your brain, even if it is a bit forced. Smiling helps you recover from stress, reduces your heart rate and blood pressure, increases your confidence and helps make you feel more socially accepted. The holidays tend to be a very social time. Make an effort to smile at everyone you see including yourself. You deserve that smile!!



RECIPE CORNER PEPPERMINT PIE

Ingredients - pie crust

- 30 chocolate wafer cookies
- 2 tablespoons sugar
- 1/4 cup butter, melted

Ingredients - filling and topping

- 1½ cups heavy whipping cream
- 1/3 cup confectioners' sugar
- 1 package cream cheese (8 ounces), softened
- 1 cup white candy melts, melted
- 1/2 teaspoon peppermint extract
- Red food coloring
- Peppermint crunch sprinkles

Directions

1. **Make the Crust:** Combine cookies and sugar in a food processor or grind until finely ground. Add the melted butter and pulse the mixture until it's combined.
2. Press the pie crust mixture into the bottom and up the sides of a 9 inch pie pan. Refrigerate.
3. In a large bowl, combine heavy whipping cream and confectioners' sugar using a mixer until stiff peaks form.
4. In another large bowl, beat the cream cheese until it's smooth. Next, add in the melted candy melts and beat the mixture until it's smooth.
5. Fold in 1 cup the whipped cream mixture and add peppermint extract until mixture is smooth.
6. Add in red food coloring until it's pink. Then spread colored filling on-top of the crust and then top with remaining whipped cream mixture.
7. Refrigerate pie until the filling is completely set. Add peppermint crunch sprinkles, crushed peppermint candy, or crushed candy canes.





LIFESTYLE



LET'S CELEBRATE

RESIDENT/STAFF BIRTHDAYS:

12/1 Alisha
12/5 Harry
12/9 Shirley
12/13 Jace
12/28 Michelle

WORK ANNIVERSARIES:

Melissa M 12/20/21
Desirae N 12/21/21

WELCOME NEW STAFF!

Sheyanne-Pt Cook

A NOTE FROM THE EXECUTIVE DIRECTOR

Allison Montgomery

It's cold outside! Be sure to bundle up if you have to go out.

Be sure to watch for slippery spots when walking. We don't want anyone to get hurt on snow or ice or anything else.

I hope you all have a great Christmas making memories!

COMMUNITY PARTNER IN THE NEWS

Make sure to stop in at our December 13th Christmas Market/Festival of Doors on December 13th. We will have some pretty amazing vendors and local businesses here so you can get that last final gift for Christmas! Santa pictures, door judging, and a hot Cocoa & Espresso bar and much more. Thank you to all the local businesses big and small that always come together and support one another for special community events!

Barnyard Crafts Neato's Elements

Treble Crochet Connections Sharon Piersen baked yummys

3G's Boutique Rustic Word Working

Terri Wardell Joyce Payne Sandy Meyers

REMINDERS FOR EVENTS COMING UP

December 11th will be our Shining Star presentation at 2 p.m. We will honor one employee that was voted Employee of the year. This is the first time we have got to do something like this for our staff and we are very excited.



LIFESTYLE



H O R O S C O P E

AQAURIUS (1/20 - 2/18)

THE FAMILY ENVIRONMENT WILL BE FULL OF HARMONY AND HAPPINESS.

PISCES (2/19 - 3/20)

THE ROAD TO SUCCESS REQUIRES A LOT OF WORK AND MANY HURDLES TO CROSS

ARIES (3/21 - 4/19)

COMPROMISES SOMETIMES SAVE RELATIONSHIPS

TAURUS (4/20 - 5/20)

MAINTAIN HARMONY WITH OTHERS AND KEEP WORKING HARD

GEMINI (5/21 - 6/20)

YOU WILL MEET ALL TARGETS EASILY

CANCER (6/21 - 7/22)

YOU WILL EXECUTE ALL THE PROJECTS SUCCESSFULLY

LEO (7/23 - 8/22)

PLANETARY HELP WILL YOU DRIVE TOWARDS SUCCESS

VIRGO (8/23 - 9/22)

ALLOW TIME TO HEAL THINGS

LIBRA (9/23 - 10/21)

TRY TO MAINTAIN GOOD RELATIONSHIPS FOR GOOD RESULTS

SCORPIO (10/22 - 11/21)

EXPECT GOOD HEALTH WITH CHRONIC AILMENTS REMAINING UNDER CONTROL

SAGITTARIUS (11/22-12/21)

YOU WILL GET SUPPORT FROM COLLEAGUES FOR ACCOMPLISHING PROJECTS

CAPRICORN (12/22 -1/19)

YOU WILL HAVE SUPPORT FROM SOCIAL CONTACTS FOR YOUR ACTIVITIES.

UPCOMING EVENTS

DATE/TIME

12/4 Pre K kids come to visit and decorate doors and at 3:00 pJimmy and Me will be here to sing Christmas songs

12/11 Shining Star celebration

12/13 Festival of Doors/ Christmas market

12/13 North Mac band performs at 1pm

12/19 North Mac middle school choir performs at 1pm

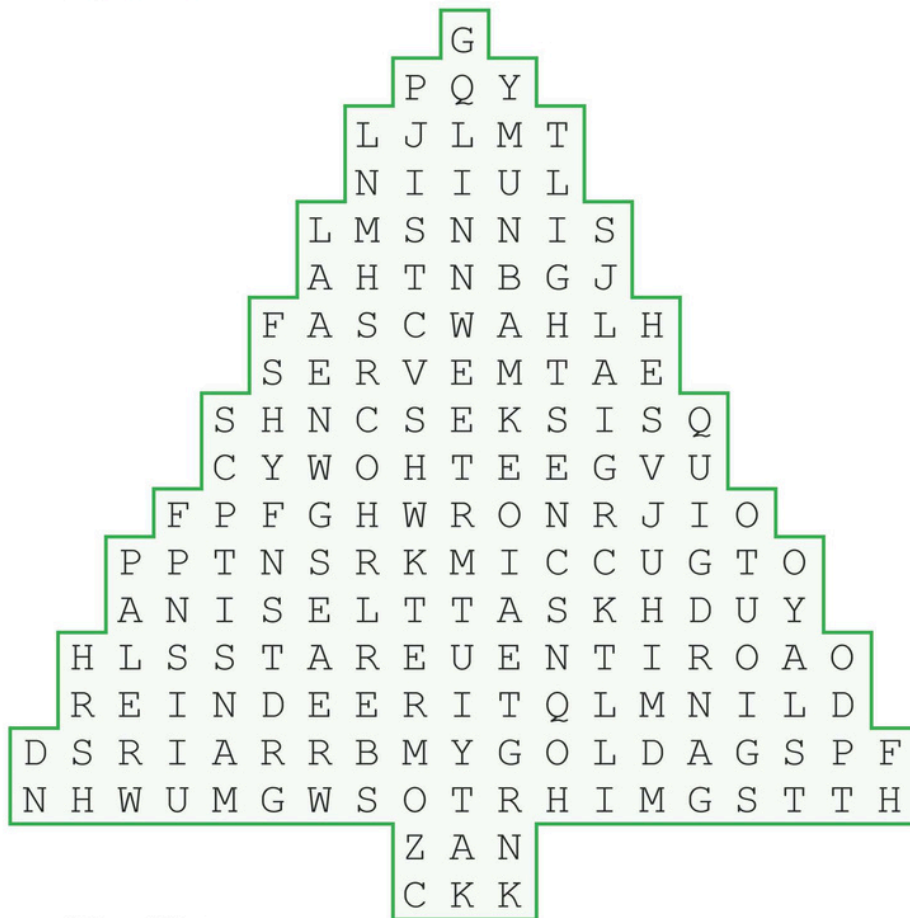
12/20 Christmas party and snowball Magic Show at 3pm

FUN & GAMES

Christmas

Word Search

Name: _____



Word list:

CAROL
CHESTNUT
CHRIST
CHRISTMAS
FAMILY
GREETINGS

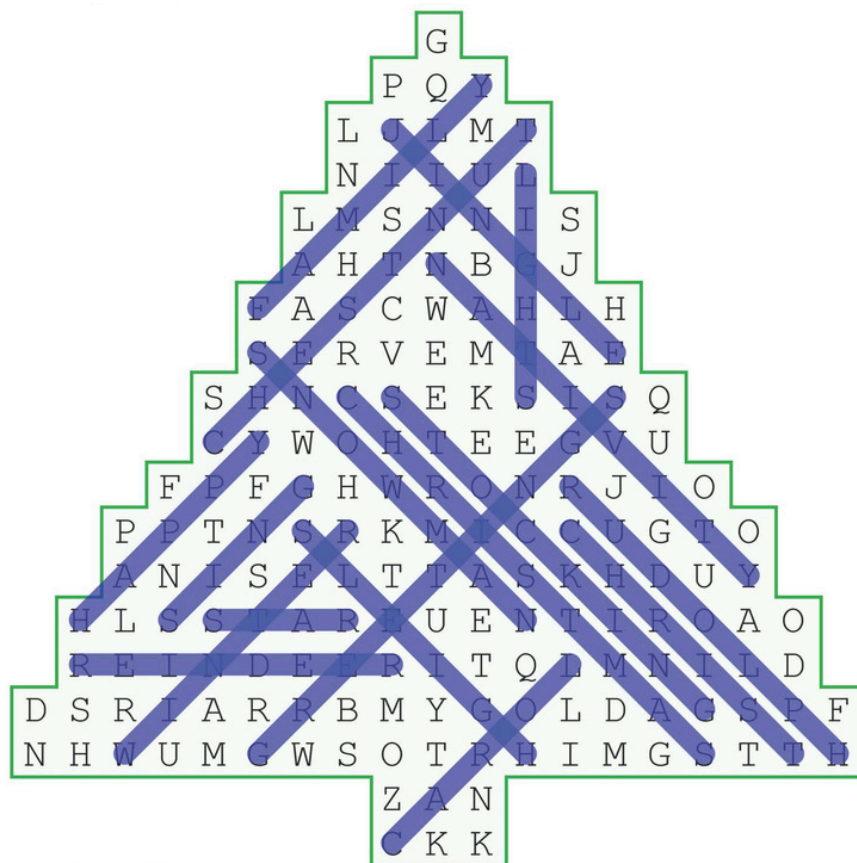
HAPPY
JINGLE
LIGHTS
NATIVITY
REINDEER
RUDOLPH

SING
SLEIGH
SNOWMAN
STAR
STOCKING
WINTER

ANSWERS

Christmas Word Search

Name: _____



Word list:

CAROL
CHESTNUT
CHRIST
CHRISTMAS
FAMILY
GREETINGS

HAPPY
JINGLE
LIGHTS
NATIVITY
REINDEER
RUDOLPH

SING
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