



HOW TO BE HAPPY DURING THE HOLIDAYS (10 TIPS FOR BEATING THE HOLIDAY BLUES)

*“Oh Santa may have brought you some stars for your shoes.
But Santa only brought me the blues; Those brightly
packaged tinsel covered Christmas blues*

For many, the Holidays are not happy times. They are filled with stress, anxiety, loneliness, despair, discouragement or a sharp case of the holiday blues.

But they don't have to be. There can be so much more joy in the holiday season than you think. There are, in fact, specific steps you can take to have a happier, more meaningful holiday this year, even if circumstances are not ideal. The following are some of those steps.

1. CONNECT TO THE DEEPER MEANING OF THE SEASON -

On the surface of things, it seems Christmas has become little more than a day of getting stuff—an over-commercialized sales-event of high profits and crazed consumerism. Hardly the inspiration to delve deeper into the soul of the occasion. But Christmas can provide us with a variety of levels of depth and meaning. From family togetherness with gift exchanges and traditions to the religious celebration, as a believer rededicate to living a Christ-like life of faith and virtue to the popular celebration of the giving spirit of the holiday, there's something deeply meaningful for almost everyone. By connecting to the deeper meaning of the season, your holiday celebration can itself be deeper, more meaningful, and therefore more perspective-shifting and happiness-inspiring.

2. SERVE SOMEONE -

Sadness is inward-looking. Service is its opposite. So go make someone else's life better, and watch what happens to yours. Joy will start to replace sorrow. Meaning and purpose will begin to reinsert itself into the holiday experience. Self-pity will give way to a growing appreciation for the bounty of life. The service can be as big as joining a group dedicated to large service projects or as small as random acts of kindness in your neighborhood. Even wishing clerks and others waiting in long holiday lines a “Merry Christmas” can lift their moods, add smiles to tired faces—and chase away your own Christmas blues.

3. CELEBRATE THE SEASON WITH FORGIVENESS -

If all the gifts you give this year, perhaps the most meaningful and life-changing will be the gift of forgiveness you offer someone who has offended you. And here's the surprise: You will likely benefit the most from forgiving than the person you forgive; it's as much a gift to yourself as it is to the offender.

4. MAKE IT FUN AND FESTIVE -

Get out the lights. Put up the tree. Blast the tunes. Decorate. Dance around the house. Invite others over to dance with you. Sing carols. Pour a glass of eggnog (FYI: Silk has a great-tasting, eggless, dairy-free soy-based eggnog we love to drink in our home). Pop some popcorn. Watch a funny holiday movie (Elf is our favorite). Laugh out loud. Get into the season. Don't wait around for the season to get into you! Jump into it head-first and it won't take long before you find the season has snuck in the backdoor—or crashed through the front!

5. CREATE A NEW “FAMILY” -

If sadness overwhelms the holidays because of loss or divorce or estrangement or distance, start now to create a new “family” of friends you can celebrate with. If you don't make friends very quickly, join a club and volunteer to participate on special projects. It's often in such settings where people with shared interests and values engaged in meaningful service that relationships grow fastest. But whatever you do, try to get together with others. No matter what happened to your family, whether decades ago or just last weekend, you can start to invite people into your life today. Or try this: If you're feeling alone this holiday season, go volunteer at a homeless shelter or food line. Check with local churches, the city or volunteer organizations for information about when and where to show up. It just may change how you “celebrate” Christmas forever.

Continued on page 3

Table of Contents

How to Be Happy During the Holidays.....	1
Birthdays, Welcome, Information	2
Trips, Tours & Shopping	2
How to Be Happy During the Holidays continued.....	3
What's Happening in Our Community	4
December Extra Activities & Events.....	5
Religious Services	5
Who's Who	6

BIRTHDAYS... WELCOME... INFORMATION...



Happy, Happy Birthday

Sylvia	12/11	Dolores	12/18
Marilyn	12/12	Sally	12/20
Vera	12/15	Margaret	12/24

The Resident's Birthday Party is the last Wednesday of every month, in the Dining Room. Entertainment w/ Larry sponsored by Compassion Care, Birthday Cake sponsored by CareMore.

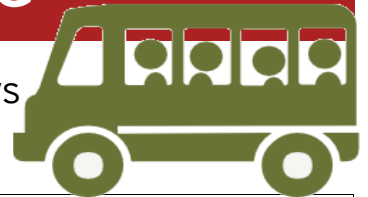


Meet Your New Neighbors

Fidelina	157	Roy	353
Janice	255	Daniella	368
June	351		

TRIPS, TOURS AND SHOPPING

Mondays, Wednesdays & Fridays are Doctor Appointment Days
Tuesdays & Thursdays Trips, Tours and Shopping



Day	Date	Time	Location of Activity
Tuesday	3	9:00 - 11:30 2:15 - 4:15	Wal-Mart The 99 Cent Store
Wednesday	4	5:30 - 7:30	Speedway Holiday Lights Sponsored by CareMore 
Thursday	5	9:00 - 11:30 2:15 - 4:15	Trip to the Bank, DMV or USPS Hobby Lobby, Target or Ross
Tuesday	10	9:00 - 11:30 12:30 - 1:45	Wal-Mart Lunch at KFC
Wednesday	11	5:30 - 7:30	Speedway Holiday Lights Sponsored by CareMore 
Thursday	12	10:30 - 12:30 2:15 - 4:15	Bok Bok, Little, Dumpling, Dickey's, Roberto, Griddle Cakes Aliante Casino
Tuesday	17	9:00 - 11:30 2:15 - 4:15	Wal-Mart Big Lots or Home Goods or Bath Works
Thursday	19	9:00 - 11:30 2:15 - 4:15	Krispy Kreme & Deseret Thrift Store Smith's Grocery Store
Tuesday	24	9:00 - 11:30 1:00 - 4:30	Wal-Mart Fantastic Indoor Swap Meet
Thursday	26	9:00 - 11:30 2:15 - 4:15	Hobby Lobby, Target or Ross Aliante Casino
Tuesday	31	9:00 - 11:30 2:15 - 4:15	Wal-Mart The Dollar Tree

HOW TO BE HAPPY DURING THE HOLIDAYS

6. DO WHAT YOU LOVE - Sometimes when we feel down, we mope around the house feeling sorry for ourselves and wonder why others don't come by and pull us out of our funk. Well, stop waiting! Be your own funk-breaker! Paint. Run. Climb. Sing. Swim. Serve. Learn. Play. Give. And watch what starts to happen to your holiday spirit.

7. BECOME THE NEIGHBORHOOD'S SECRET SANTA - Share some cookies. Buy some gift-cards. And start secretly making your neighbors' day. Put a plate of cookies at their doorstep or a card. Or, of course, personally deliver the cookies or cards to your neighbors yourself.

8. LIST ALL THE THINGS THAT ARE WONDERFUL IN YOUR LIFE - We often tend to over-exaggerate the negative and under-accentuate the good. We're just funny that way. But taking the time to write down all that's sweet in life can act to underscore the good and paint a picture that's not quite as dour as we would otherwise believe. Gratitude is contagious. So do all you can to catch it. Then spread it. Liberally! I guarantee a happier holiday season for the effort.

9. GET UP, GET DRESSED, GET OUT! - Some of the symptoms of depression include oversleeping, staying in bed, undressed, un-showered, self-ostracized. But such behaviors also cause the blues. They feed each other. When we're down, we don't get up and dressed. But when we don't get up and dressed, we often feel worse. So stop the cycle. Get up. Clean up. Shave. Put on your best duds and go somewhere and do something. Anything. Avoid alcohol. The blues and alcohol (a depressant) is not a match made in heaven.

10. PUT YOURSELF ON SANTA'S "NICE" LIST - As you're out doing good to others, spreading Christmas cheer, spread some to yourself as well. Buy yourself a gift. Make it meaningful. Enjoy it. Be grateful you can afford it (no matter how inexpensive it may be). Believe you deserve it. Have fun with it. And then believe you were worth every penny you spent ... and then some!

BONUS #11: HAVE NO EXPECTATIONS - Our biggest cause of disappointment is when our expectations are not met. If you go into the season thinking this time things are going to be different, that no one will argue or get drunk or make offensive comments, that this Christmas will be the best one ever, and it's not, the day will be a letdown, even if it was still mostly pretty okay! If you expect little or nothing, anything good will be a wonderful surprise! Having no expectations, by the way, is not the same thing as expecting the worse. I'm not suggesting we go into the holidays expecting the most disastrous holiday ever with uncles swearing and aunts falling down drunk, the tree catching fire and the house burning down. When we expect disaster, after all, we sometimes inadvertently help create it. But to be without expectations is to be open to whatever happens. It is to accept whatever is, as it is, for what it is. When we impose judgment and expectation on something outside our control – like how others will behave – we try to massage the event into a preconceived vision. The difference between the reality and the vision becomes frustration, anger and disappointment.

AFTERTHOUGHTS - The holiday season is supposed to be an amazing time of the year, full of family, significance, good people and a recommitment to service and kindness and good cheer. It's fun and sparkly and festive and celebratory. It's also deep and profound and joyous. There are ways of making this holiday season more so on all accounts. But remember, good ideas are only as good as their implementation. So resist the temptation to nod your head in agreement and summarily forget the tips provided. Instead, take action today toward making your holiday season more enjoyable, happier and meaningful this year.



WHAT'S HAPPENING IN YOUR COMMUNITY



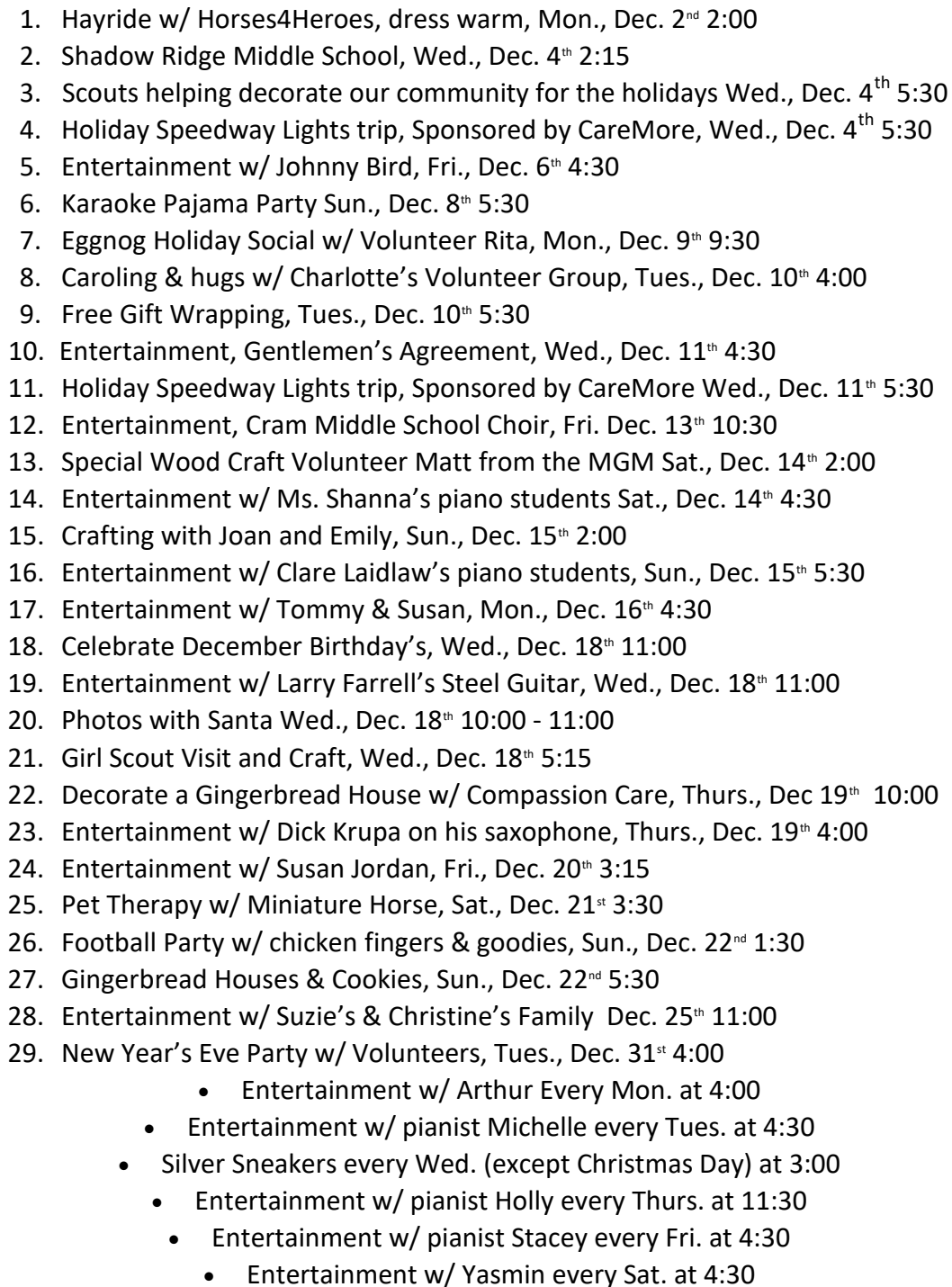
~ Make a New Year's Resolution ~



Come join an exercise class,
Easy Chair Tai Chi, Stretching,
and/or Silver Sneakers



EXTRA ACTIVITIES, EVENTS & HIGHLIGHTS IN DECEMBER

- 
1. Hayride w/ Horses4Heroes, dress warm, Mon., Dec. 2nd 2:00
 2. Shadow Ridge Middle School, Wed., Dec. 4th 2:15
 3. Scouts helping decorate our community for the holidays Wed., Dec. 4th 5:30
 4. Holiday Speedway Lights trip, Sponsored by CareMore, Wed., Dec. 4th 5:30
 5. Entertainment w/ Johnny Bird, Fri., Dec. 6th 4:30
 6. Karaoke Pajama Party Sun., Dec. 8th 5:30
 7. Eggnog Holiday Social w/ Volunteer Rita, Mon., Dec. 9th 9:30
 8. Caroling & hugs w/ Charlotte's Volunteer Group, Tues., Dec. 10th 4:00
 9. Free Gift Wrapping, Tues., Dec. 10th 5:30
 10. Entertainment, Gentlemen's Agreement, Wed., Dec. 11th 4:30
 11. Holiday Speedway Lights trip, Sponsored by CareMore Wed., Dec. 11th 5:30
 12. Entertainment, Cram Middle School Choir, Fri. Dec. 13th 10:30
 13. Special Wood Craft Volunteer Matt from the MGM Sat., Dec. 14th 2:00
 14. Entertainment w/ Ms. Shanna's piano students Sat., Dec. 14th 4:30
 15. Crafting with Joan and Emily, Sun., Dec. 15th 2:00
 16. Entertainment w/ Clare Laidlaw's piano students, Sun., Dec. 15th 5:30
 17. Entertainment w/ Tommy & Susan, Mon., Dec. 16th 4:30
 18. Celebrate December Birthday's, Wed., Dec. 18th 11:00
 19. Entertainment w/ Larry Farrell's Steel Guitar, Wed., Dec. 18th 11:00
 20. Photos with Santa Wed., Dec. 18th 10:00 - 11:00
 21. Girl Scout Visit and Craft, Wed., Dec. 18th 5:15
 22. Decorate a Gingerbread House w/ Compassion Care, Thurs., Dec 19th 10:00
 23. Entertainment w/ Dick Krupa on his saxophone, Thurs., Dec. 19th 4:00
 24. Entertainment w/ Susan Jordan, Fri., Dec. 20th 3:15
 25. Pet Therapy w/ Miniature Horse, Sat., Dec. 21st 3:30
 26. Football Party w/ chicken fingers & goodies, Sun., Dec. 22nd 1:30
 27. Gingerbread Houses & Cookies, Sun., Dec. 22nd 5:30
 28. Entertainment w/ Suzie's & Christine's Family Dec. 25th 11:00
 29. New Year's Eve Party w/ Volunteers, Tues., Dec. 31st 4:00
 - Entertainment w/ Arthur Every Mon. at 4:00
 - Entertainment w/ pianist Michelle every Tues. at 4:30
 - Silver Sneakers every Wed. (except Christmas Day) at 3:00
 - Entertainment w/ pianist Holly every Thurs. at 11:30
 - Entertainment w/ pianist Stacey every Fri. at 4:30
 - Entertainment w/ Yasmin every Sat. at 4:30

RELIGIOUS SERVICES

Sundays	7:30 AM	Catholic Mass Channel 6 KVCW (TH)
Fridays	11:00 AM	Catholic Services w/Deacon Frank (MR) Rosary to follow service
Wednesdays	2:00 PM	Gratitude and Encouragement w/ Volunteer residents Myrna (TH)

WHO'S WHO AT YOUR COMMUNITY

Robert Colbert R.N., R.F.A. - Vice President Assisted Living
Nicole Graham M.H.A., R.F.A. - Executive Director
Rosemary DeLeon LPN - Administrator in Training
Erin Leroux R.N. - Director of Wellness
Dawn Lewis - Director of Community Engagement
Barbara Phillips - Activity Coordinator
Rowena Sagun - Medication Care Specialist
Yazmin Estrada - Dining Room Coordinator
Salvador Martinez-Valle - Sr. Lead Maintenance Tech
Shadé Momodu & Mike Martin - Receptionists
Jackie Reynolds - Transportation

Office Hours:

Monday - Sunday 8:00AM - 6:00PM

If you have any questions,
Please call or come by,
6741 N. Decatur Blvd. Bldg. 3
Las Vegas, NV. 89131
(702) 462-7700



New Year's Eve Party

Tuesday, Dec. 31, 2019

4:00 Bring your boxed dinner to the bingo room to eat and play bingo.
5:00 Bingo w/ Volunteer Susan
6:00 New Year's Eve Games Begin with Family Feud sponsored by Residents Phyllis and Carmella
7:ish Games w/ Volunteers Susan, Gale, Beth, Mary, Betty, Dorian, etc.
Family & Volunteers all welcome to attend.
Please Sign-up at the front desk for games; Family Feud, Rummikub, Skatt, Pokeno



Free Gift Wrapping
Tuesday, Dec. 10th
at 5:30
In the entryway

Photos w/ Santa
Wednesday
December 18th
10:00 - 11:00



There is magic
everywhere if we believe!
Happy Holiday to you
& your family from the
staff and management.