

*Blue Ridge Hall*  
**NEWSLETTER**

January 1, 2023

# New Beginnings



“And now we welcome the new year. Full of things that have never been.” - Rainer Maria Rilke. Captured above, **Edwina** and **Milo** share a special moment as they take in the new year!

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Some recent events include...

## A Christmas Light Ride...

On a magical Friday night after dinner, residents headed to the bus for a Christmas light ride. After driving through some local neighborhoods, there was one house in particular that caught everyone's eye. With music playing along to the lights, it was a great way to end this special evening.





# Reindeer Chow!



Since Santa's reindeer will surely be hungry during their travels on Christmas Eve, Blue Ridge Hall put together some delicious reindeer chow. It consisted of pretzels, peanut butter cups, Christmas M&Ms, chocolate covered rice chex and chocolate chips. Of course we had to taste some for



ourselves too!  
Photographed are **Ginny** and **BJ** as they finish up making this sweet treat!



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# Annual Christmas Party...



As always, Blue Ridge Hall celebrated the holiday season with an annual Christmas party! With fun and games, Christmas carols, and good food, it was the perfect get together for friends, neighbors and staff! Captured above **Larry, Connie** and **Mary** sing along to some sweet tunes. Photographed below are **Betty, Michael** and **Shelby**.



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## Santa Comes to Town...



During our annual Christmas party, Blue Ridge Hall received a special guest! Santa surprised residents with a gift to grab from Santa's special bag. Captured above **Nancy** picks out her gift! Photographed below **Edwina** is happy to see Santa just days before Christmas Day.





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# A Snowball Fight!

Just like old times as a child, friends pulled out some indoor snowballs for a good old fashioned snowball fight! Photographed to the right **Mary** and **Preston** try to get the snowballs into the bucket! Captured below is **Nancy**, **BJ** and **Betty**.





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# Christmas Cookies...



Nothing sounds more like the holidays than baking Christmas cookies from scratch! Captured in the photos, **Ginny** and **Jill** decorate their Christmas tree sugar cookies.



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# Welcome!

Join us as we celebrate two new neighbors to Blue Ridge Hall!



**Connie** was born in New York State before moving to California for graduate school. She soon met her husband who was her next door neighbor in the apartment they lived in. They've now been married for 50 years. Connie dedicated her life to helping the needy.



**Preston** was born in Knoxville, Tennessee and grew up in Arlington, Virginia. He decided to follow in his father's footsteps and become a civil engineer. Preston retired from the Naval Reserve with 20 years in service as a Lieutenant Commander. As a civilian, he worked for the Army

Corps of Engineers where he spent several years in Saudi Arabia and Israel.



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# **Our Certified Dementia Practitioners!**

As a center of excellence in dementia care, our staff knowledge and understanding of those we care for continue to grow each day. Please help congratulate us on our newly Certified Dementia Practitioners!

**Med-Tech, Michael Rice**

**Director of Nursing, Michelle Thomas**

**Abby D'Arcangelis, Music Therapist**



Our two others CDPs include:

**Director of Resident Services, Donielle  
Palmer-Weatherholtz**

**Activities Dementia Coordinator, Jill Huhn**

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## Upcoming occasions in January...

**1/1: New Year's Day**

**1/2: National Cream Puff Day - How it's Made: Cream Puffs**

**1/3: Milo's Birthday - Pet Therapy Visits, Baking a Doggy Birthday Cake, A Doggy Birthday Celebration!**

**1/4: National Missouri Day - Armchair Travel to Missouri, Missouri's Toasted Ravioli**

**1/5: National Bird Day - Beautiful Birds All Over the World, Bird Trivia, Bird Bingo, Bird, Duck or Puffin?**

**1/9: National Balloon Day - Balloon Release, Virtual Hot Air Balloon Festival, Balloon Art**

**1/11: National Arkansas Day - Armchair Travel: Arkansas, Arkansas Possum Pie**

**1/13: National Rubber Ducky Day - The History of Rubber Ducks, Crazy Facts About Rubber Ducks, Rubber Ducky Carnival Game**

**1/16: Martin Luther King Jr. Day - MLK Documentary, MLK Speech Readings**

**1/17: Benjamin Franklin Day - The Life of Benjamin Franklin**

**1/18: National Winnie the Pooh Day - The History of Winnie the Pooh, The Adventures of Winnie the Pooh, Snack Chats: Honey Crackers**

**1/19: International Flower Day - Flowers From All Over the World, Flower Trivia, Mini Flower Planting**

**1/20: National Penguin Day - Cotton Ball Penguin Craft, Happy Feet!**

**1/21: National Squirrel Appreciation Day - Read Along: All About Squirrels, Funny Squirrel Videos**

**1/25: National Florida Day - Armchair Travel: Florida, Florida's Famous Strawberry Shortcake**

**1/26: Australia Day - Armchair Travel: Australia, All About the Life of Steve Irwin,**

**1/29: National Puzzle Day - Brain Puzzles, 7 Puzzling Mysteries From History**

**1/30: National Bubble Wrap Day and National Croissant Day - Bubble Wrap Craft, How it's Made: Croissants**

**1/31: International Zebra Day - Why Do Zebras Have Stripes?, Virtual Zoo Tour**

Jillian Huhn, ADC, CDP

Activities Dementia Coordinator

