



TWIN LAKES MANOR

777 Volz Ln. Santa Cruz, CA 95062 | (831) 915-2124



December 2020

It's that time of year again! December has come and with it all the joys of Christmas. As we all know, this holiday season will look a little bit different than previous years. Nevertheless, the holiday spirit at Twin Lakes Manor will continue and we are ready for a fun filled month of Christmas activities in our community! Please contact us with any questions regarding family visits and events. Wishing everyone a healthy and safe holiday season from our family at Twin Lakes Manor!

Blessings.

Micaela Muzio

Upcoming Events

December 11th Hanukkah

December 25th Christmas

December 26th Kwanza

December 31st New Years Eve

Dec. 25th Christmas Dinner

**December 31st New Years
Eve Dinner**

COVID-19 Holidays

In light of COVID-19, Twin Lakes Manor has decided to change its traditions to ensure a safer holiday season for our residents. Currently we cannot permit any resident to leave the facility for the holidays in order to prevent contamination of other residents. In past years we would host a Christmas dinner for residents and their families, this year we have to limit it to just our residents. Visitors are allowed but must remain outside in our backyard seating area. Please call the facility ahead so our staff can take appropriate measures beforehand. We understand these rules seem extreme, but our main objective is to keep our residents safe and healthy during these unprecedented times. As soon as we can operate normally we will inform everyone. Thank you for your understanding.

Happy Holidays!



CDC Guidelines

The Centers for Disease Control and Prevention (CDC) strongly advises families to ask these questions as they make the decision:

- Would the setting and duration of the gathering be safe?
- How many people would be attending?
- What methods of transportation would guests be taking?
- Would guests be committed to wearing a mask and proper social distancing?
- What is the level of COVID-19 in the town of the gathering, and the communities from which guests would be traveling?
- Would there be vulnerable older guests and those with health conditions that put them at higher risk of serious illness from COVID-19?

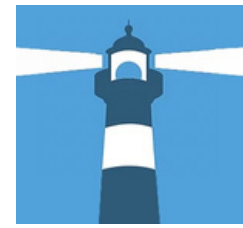
Dementia During the Holidays

Dementia changes the family dynamic, especially during the holiday season. A time that should be filled with joy and happiness can become masked by pain and hardship. Here are some simple tips to help you and your loved one this holiday season.

1. **Relax and make it simple.** Don't overthink the holidays. Routine is one of the most important elements to consider for someone living with dementia or memory loss, so think about ways you can include the holiday spirit in already-established routines.
2. **Encourage friends and family to send Christmas and holiday cards.** Opening them one-by-one and reading them can bring joy to any visit. They can then display the cards around their room as a daily reminder.
3. **Get a few of your family's traditional decorations and place them around their room.** This can provide comfort.
4. **Bring the holiday get-togethers to your loved one.** You are welcome to host a small holiday get-together in our outside dining area. Due to COVID there are restrictions.
5. **Encourage your loved one to participate in holiday activities.** During the holidays Twin Lakes Manor holds all sorts of events from musical performances to arts and crafts. There is an activity for everyone to enjoy!



DECEMBER 2020



Twin Lakes Manor Activities

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|---|---|--|---|--|---|--|
| | | 1 9:30 - Morning exercise 11:00 - Manicures & pedicures 2:00 - Trivia | 2 9:30 - Morning exercise 11:00 - Baking cookies 6:30 - Movie | 3 9:30 - Morning exercise 11:00 - Decorating cookies 6:30 - Evening teatime | 4 9:30 - Morning exercise 11:00 - Board game 6:30 - "Happy hour" | 5 9:30 - Morning exercise 11:00 - Jigsaw puzzle 6:30 - Movie and popcorn |
| 6 9:30 - Morning exercise 11:00 - Religious observance 6:00 - Bingo | 7 9:30. Morning exercise 11:00 - Indoor gardening 6:30 - Holiday Zoom music performance | 8 9:30 - Morning exercise 11:00 - Manicures & pedicures 2.:00 - Trivia | 9 9:30 - Morning exercise 11:00 - Painting 6:30 - Movie | 10 9:30 - Morning exercise 11:00 - Baking 6:30 - Evening teatime | 11 <i>Hanukkah</i> 9:30 - Morning exercise 11:00 - Crafts (origami) 6:30 - "Happy hour"  | 12 9:30 - Morning exercise 11:00 - Finishing Lines Activity 6:30 - Movie and popcorn |
| 13 9:30 - Morning exercise 11:00 - Religious observance 2:00 - Painting | 14 9:30 - Morning exercise 11:00 - Crafts (collages) 2:00 - Music and lemonade | 15 9:00 - Morning exercise 11:00 - Manicures & pedicures 2:00 - Bingo | 16 9:30 - Morning exercise 11:00 - Baking cookies 6:30 - Movie | 17 9:30 - Morning exercise 11:00 - Painting 6:30 - Evening teatime | 18 9:30 - Morning exercise 11:00 - Holiday crafts 6:30 - "Happy hour" | 19 9:30 - Morning exercise 11:00 - Card games 6:30 - Movie and popcorn |
| 20 9:30 - Morning exercise 11:00 - Religious observance 6:00 - Bingo | 21 9:30. Morning exercise 11:00 - Puzzle and lemonade | 22 9:30 - Morning exercise 11:00 - Manicures & pedicures 6:00 -Trivia | 23 9:30 - Morning exercise 11:00 Baking holiday treats 6:30 - Movie | 24 <i>Christmas Eve</i> 9:30 - Morning exercise 11:00 - Holiday crafts 6:30 - Evening teatime  | 25 <i>Christmas</i> 9:30 - Morning exercise 11:00 - Zoom holiday music performance 6:30 - "Happy hour"  | 26 <i>Kwanza</i> 9:30 - Morning exercise 11:00 - Coffee and scrabble 6:30 - Movie and popcorn  |
| 27 9:30 - Morning exercise 11:00 - Religious observance 6:00 - Finishing Lines activity | 28 9:30. Morning exercise 11:00 - Puzzle and lemonade | 29 9:30 - Morning exercise 11:00 - Manicures & pedicures 6:00 -Trivia | 30 9:30 - Morning exercise 11:00 - Painting 6:30 - Movie | 31 <i>New years Eve</i> 9:30 - Morning exercise 11:00 - Painting 6:30 - Evening teatime  | | |

Important Events

Christmas Dinner - Friday, 12/25
at 5:00 p.m.

New Years Eve Dinner -
Thursday, 12/31 at 5:00 p.m.

Please see our COVID-19
Guidelines for information on
holiday visits.

All activities are subject to change based on the resident's moods and preferences that day. Religious observance is a time where residents can choose to observe any faith they desire. This is not required, just available for those who choose. Meal schedules are not included in this activity list. Residents are encouraged to partake in other activities during the day besides those listed.