Welcome New Residents

August Soares
Lucille Brecker
Graham Wallace
Mary Lou Harper

Welcome One and All!
We’d like to say welcome to all our new residents! We are always excited to see new faces. We hope you have a blast meeting all your neighbors. And don’t be a stranger—stop by the office and say hello every once in a while!

MESSAGE FROM AIREEN TIBON
Welcome to the most festive month of the year! I would like to wish our residents and their families a joyous season full of peace and love. Happy holidays!

Though the COVID-19 pandemic may affect holiday celebrations, you can still enjoy some traditional fun while staying safe.

The following activities are considered low-risk for getting or spreading COVID-19, according to the Centers for Disease Control and Prevention:

• Decorating your apartment
• Taking part in virtual gatherings
• Streaming movies and watching other events on TV
• Shopping online

Moderate-risk activities include:

• Hosting or attending a small outdoor gathering with family and friends, while wearing masks and social distancing
• Traveling by car for short distances (keep in mind that your risk increases the farther from home you travel).

The CDC recommends avoiding these higher-risk activities unless you are fully vaccinated:

• Hosting or attending large dinners or parties
• Shopping in crowded stores

For more holiday and travel guidelines, visit CDC.gov.

As the COVID-19 pandemic continues, we are following recommendations from our national, state and county leaders. We appreciate your patience as we adjust our practices as necessary, and we continue to ask for your cooperation to help keep our community safe. Thank you!
Hooked on Needlework

The cozy hobby of crafting with yarn is a favorite among all ages.

Any artistic endeavor results in a feeling of satisfaction when the project is complete. The same is true when somebody finishes knitting or crocheting a hat, scarf, blanket or other item. Being able to use their creation, or see someone else use and appreciate it, makes this happy glow even stronger.

But even while a project is still a work in progress, the benefits of knitting and crocheting are huge. Many yarn crafters say the process itself is a form of therapy that distracts them from anxious thoughts and bad habits, soothes irritability and stress, eases boredom and reduces insomnia. The repetitive motion of the needles and texture of the yarn results in a relaxing and meditative experience.

Those same movements help build and maintain strength in the hands, and the calming activity can lower blood pressure. Since stitching involves counting and concentration, it’s also a brain booster, with studies showing the hobby may reduce the risk of dementia.
Reminders
-Sign-up binders for outings & shopping are located in the Activity Room.
-Check the daily flyers for the most up to date list of activities. They are located in the Front Lobby, both elevators and by the Dining Room.

Medical Appointments
Transportation is available within a 10-mile radius of The Parkview on Wednesdays, 9:30a-3:00p. Contact Jessica for scheduling and questions.

Outings
Shopping & outings are on Tuesdays. Check monthly calendars for destination and times.

Snow Motion
Q: How does a snowman get to work?
A: By icicle.

Wintertime Wit
Q: What is Jack Frost’s favorite thing about school?
A: Snow and tell!

Brainteaser
Question: What flies around when it’s born, lies still when it’s living, and runs when its life is over?
Answer: A snowflake.

Spiritual Corner
Mondays @ 10:30am:
Lisa Blue Oaks Church - MPR
Fridays @ 10:30am:
Jacki & Dan - MPR

Happy December Birthdays!
Bob M. 12/17
Charlene G. 12/28
Joan T. 12/28
Bill L. 12/28

We’re sending warm wishes to all our residents celebrating a birthday this month. We hope you have a wonderful day!

Season’s Greetings
The holidays are fast approaching, and we’re looking forward to a safe and joyful season for all of our residents. Happy Holidays!

Enjoy the Gift of Connection This Holiday Season
The Eskaton Telephone Reassurance Program provides cheerful conversation and wellness checks to older adults 365 days a year.
You can be involved in many ways:
* Share this special program with others who would benefit from more social connection.
* Provide friendly phone calls one day a week for a few hours.
* Receive friendly phone calls to share stories and mutual encouragement.
The Telephone Reassurance Program connects over 700 individuals every year and is a special demonstration of the Eskaton difference.
Please contact Eskaton Community Outreach to learn more and become involved with this cost-free service today.
916-334-1072
Happy Holidays!

The Parkview
Assisted Living & Memory Care in Pleasanton
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