

# The Gardens greetings & St. Elizabeth stories.

## Featured Meetings and Activities

**IL Resident Meeting**  
Mon. Dec. 2nd - 1PM  
Auditorium

**AL Resident Meeting**  
Tues. Dec. 31st - 1:30 PM  
Day Room

**AL Activities**  
**Planning Meeting:**  
Tues. Dec. 31st - 2 PM  
Day Room

**Wreath Decorating Workshop**  
Tues. Dec. 3rd - 3 PM  
City View Room

**Resident Christmas Party**  
Wed. Dec. 11th - 2:30 PM  
Highland Dining Room

**Paparazzi Jewelry Sale**  
Friday, Dec. 20th 10 AM - 2 PM  
Bistro Lobby

**Winter Solstice Ceremony  
and Champagne Toast**  
Monday, Dec. 23rd - 6:00 PM  
SkyView Pub

**New Years Eve Party**  
Tues. Dec. 31st - 7:00 PM  
Highland Dining Room

## 'Tis The Season To Sparkle!



Be sure to join us for the annual 'Tis The Season To Sparkle Christmas Lighting Celebration on Monday, December 2nd starting at 6:00 PM. We will

gather in the West Tower Lobby between 5:50 PM and 6:00 PM. The Original Dickens Carolers will lead us in singing the first Christmas carol of the season as we light up the Christmas lights in the front yard. After the ceremony, we will move to the Auditorium for the rest of the fun and festive performance. We hope you will join us and get in the Christmas spirit.

## Christmas Market



The GSE Christmas Market is back again this year! Local artists, makers and businesses will be here on Friday, Dec. 13th from 1PM to 5PM and then again on Saturday, Dec. 14th from 10AM to 4PM. Photos with Santa will be available on Saturday from 11AM

to 1 PM. We will serve holiday cookies, hot cocoa and Cider during the event. Vendors accept cash and credit cards. Vendors will be set-up in the Auditorium and Lizzy's Dining Room. Invite friends and family to stop by and do some Christmas Shopping!



## Monthly Reflection by Chaplain Aram



### ***Manger scene in our Front Gazebo (a great place to sit and ponder!)***

Several years ago, I received a Christmas letter from Sr Nancy Surma, who, at that time, was the VP of Mission Integration at CHI Living Communities, and who supervised all the chaplains. Sr Nancy was the one who interviewed and hired me for this position (with the approval of the community). Some of you have met her, as she visited here from time to time.

In this letter, she shared a practice which she's observed for over 25 years: In the days leading up to Christmas, each year she selects one character or item in the Christmas story that she identified with in a special way, because of where she was in her life at that point. It is an attempt to make the details surrounding the Incarnation more alive and real. Sr Nancy added that she never forces the selection: at some point as Christmas draws near, having paused for reflection, the choice is made: easily, without force, and clearly. You then sit with the message throughout the rest of the Christmas season and into the New Year, to let its message resonate. Perhaps writing out or journaling your thoughts, which can help.

Sr Nancy shared how one year, when she had resigned from a position that felt intolerable, but before she had certainly of a new position, she identified with Joseph: called to leave with Mary and the Child and flee to another land, unsure of where he would settle his family. The trust that Joseph had in God's guidance sustained her during that time. Another year, after she had lost her mother, she felt empty and alone as Christmas approached. The image that came to her in prayer was Mary, the dear mother, so that she could honor her mother's life and carry on the gifts that she had given throughout her life.

How about you? Consider these choices (and maybe you can think of others): the Angel of the Lord, the angelic hosts/choir, the shepherds in the fields at night, Mary, Joseph, the infant Jesus, the star, the animals, the manger, swaddling cloths, the fields, the magi. How might you identify with one of these characters or items? How might they reflect you? Or encourage you?

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## ALEXA Cheat Sheet

- In an emergency, to call for help say: "ALEXA (pause), call for help."
- **To check in for the day say: "ALEXA (pause) check me in."**
- To contact the Front Desk say: "ALEXA (pause), call the Front Desk."
- To hear messages from us say: "ALEXA (pause), notifications."
- To ask what's for dinner say: "ALEXA (pause), dinner."
- To ask about activities say: "ALEXA (pause), activities."
- To leave a screen say: "ALEXA (pause), exit."
- To ask about the weather say: "ALEXA (pause), what's the weather?"
- To listen to music say: "ALEXA (pause), play (jazz, country, etc.)"
- To set an alarm say: "ALEXA (pause), set an alert for 10:30 AM"
- To stop alarm say: "ALEXA (pause), stop."
- To set a reminder say: "ALEXA (pause), set a reminder to take my medication at 12:30 PM."
- To stop reminder say: "ALEXA (pause), "Stop" or "Exit"
- To answer an incoming call say: ALEXA (pause), answer."

## Parking at GSE

In order to insure that we have enough parking spaces for visitors and staff, we are instituting the following, effective Monday December 2:

1. Residents who have cars of course have a numbered parking spot assigned to them.
2. Staff and regular vendors have been given a parking permit (which hangs from their rear view mirror), so that they can park in any space that is NOT numbered.
3. For family members and other visitors who come, our sign-in sheet has been updated to have a column for those signing in who do not have a parking tag, e.g. model and color of car.
4. Beginning Monday, December 2, cars that are not tagged or signed in will be towed. Again, this is to ensure that residents, visitors, vendors, and staff have enough parking (at least most of the time) while we keep neighbors, North High School students, and construction workers from parking in our lot.

Please tell/remind your family, friends, and visitors.

## New GSE Neighbors

Barbara Luscomb  
Susanna Anderson  
Barbara Leibold  
Rosemary Shearer  
Karen Meggett

## Featured Services

### GSE Security

720-614-4373

6:00 PM to 6:30 AM

### Therapy Services

Legacy Healthcare Services  
Physical, Occupational and  
Speech Therapy Services.  
Call 303-964-2112

### Concierge Care Services

Family Tree In-Home Care  
Call 303-791-3155

### Hearing Aid Clinic

Monthly visit.  
Sign-up at Activity Desk

### Dermatologist Visits

Monthly visit.  
Sign-up at Activity Desk

### Optometrist Clinic

Monthly visit.  
Sign-up at Activity Desk

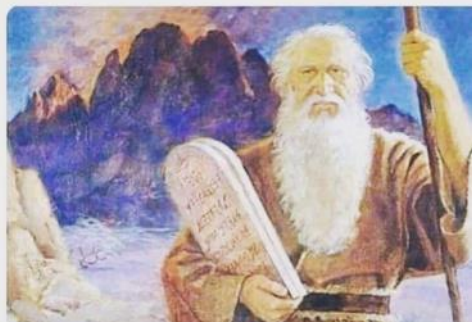
### Foot Care Clinic

Please sign-up with the  
Front Desk.

## Funnies From Betsy

**Managing your weight around the holidays just requires a little planning. For example, I took the batteries out of my scale on Monday.**

So technically Moses is the first man to download files from the cloud using a tablet.



**Just had a brand new high tech security camera installed**



**If you see me at the gym sitting still on the stationary bike, mind your business. I'm going downhill.**

## Religious Services

### Mass Schedule

Mon., Tues., Thurs. & Fri.  
10:00 AM

Sat. 4:00 PM

Sun. 10:00 AM

**LOCATION:** Chapel

### Divine Mercy

#### Chaplet & Rosary

Mon., Wed., Fri. - 3 PM

Sun. - 9:30 AM

**LOCATION:** Chapel

### Interdenominational Service

Wed. 10:30 AM

**LOCATION:** Chapel

### Centering (Silent) Prayer

Thurs. 1:30 PM - 2:00 PM

**LOCATION:** Chapel

### Televised Mass

Channel 12

Sunday - 6:30 AM

### Catholic Programming:

EWTN - Channel 233

### Protestant Programming:

TBN - Channel 230 & 236

### Scripture Study

#### Independent Living:

Every Tuesday

2:15PM

14th Floor Skyview Pub

#### Assisted Living:

Every Thursday

11:00 AM

Day Room

## Spiritual Life Reminders - by Chaplain Aram

**Monday Afternoon Video Series:** Mondays from 3:00 – 4:00 PM in the Auditorium. We are continuing the series, The Chosen. Our residents have loved this series; if you haven't experienced it, check it out! We are now in Season 2.

**In-Person Scripture Study Discussion:** IL residents meet at 2:15 PM in the Pub on the 14th floor. Assisted Living residents meet on Thursdays at 11:00 AM in the Day Room. Note: there will be no IL Scripture Study on Tuesday December 24 (Christmas Eve), due to Chapel setup and Services that day.

**Seminarians Advent Reflections:** on the first three Thursdays of Advent, the Seminarians will be providing an "Advent Reflection" in the Chapel, prior to Rosary. Please come at 3:15 on December 5 and 12 for the Reflection, and Rosary will follow at 3:30. However, on December 19, come a bit earlier, at 3:00, where they will also be leading us in singing some carols!

**Winter Solstice Ritual & Champagne Toast:** Monday, December 23 at 6 PM in the Pub. As we do at the change of every season, we will mark the Winter Solstice (aka "The Longest Night") with some poetry, readings, blessings, and then a Champagne Toast to longer days ahead!

**Movie Night with Chaplain Aram:** Monday, December 30 at 6:00 PM. Aram will be showing the highly acclaimed movie, The Prince of Egypt (1998), which is an animated re-telling of the Book of Exodus. Produced by DreamWorks, this film has an amazing cast of voices, including Val Kilmer, Ralph Fiennes, Michelle Pfeiffer, Sandra Bullock, Jeff Goldblum, Danny Glover, Patrick Stewart, Helen Mirren, Steve Martin, and Martin Short. It is 1 hr and 39 minutes in length.

**Visitation:** if you would like a visit for prayer, encouragement, pastoral counsel, or a Home Blessing, please call me at ext. 2355. Also, I am available to discuss/create a funeral plan with you (it's never too early!)



# DECEMBER Birthdays

## Happy Birthday!

Dec. 1st	Donna Rogers	Dec. 16th	Arthur Herrman
Dec. 1st	Humberto Dominguez - Dining	Dec. 19th	Msgr. Ray Jones
Dec. 4th	Steve Massie	Dec. 21st	Susie Crabtree
Dec. 5th	Mary Alyce Behrns	Dec. 22nd	Ruth Grommet
Dec. 5th	Marissa Martinez - Dining	Dec. 23rd	Dorothy Laner
Dec. 7th	Erick Gonzalez - Dining	Dec. 25th	Mariah Saucedo - Dining
Dec. 7th	Lauretta Proulx - Healthcare	Dec. 26th	Virginia Black
Dec. 8th	Leslie Balarezo - Healthcare	Dec. 26th	Bianka Chavez - Dining
Dec. 9th	David Tejada-Juarez - Dining	Dec. 26th	Nello Houston - Housekeeping
Dec. 11th	Celia Munoz - Housekeeping	Dec. 28th	Jane Merrick
Dec. 12th	Mary Larkin	Dec. 30th	Sadie Martinez
Dec. 13th	Jane Spencer	Dec. 30th	Jo Ann Bushnell
Dec. 14th	Joe Konchar	Dec. 31st	Sam Luna - Dining

## Fun Photos from November



# FIND SANTA'S REINDEER!

L V C A D E J S T K K G E R  
K I J I P X R J T J I H O E  
D O P F G A R U K L J O G E  
V U W G Q E I O D D R R R D  
C Q A L C R E N N O D Z D N  
S S K N Y K Z W E H L D A I  
D N A B L I T Z E N A P S E  
B R I C N V H W P N T Q H R  
P V K T E N I Q C X E G E T  
X Y T Q L A E E W S M F R Y  
O J B C H R R X X L O W K M  
Q U N B S O R N I S C M H U  
W O O G R V Z S N V Q S L N  
I W M H L G G N S B H E N J

Reindeer Dasher Dancer Prancer Vixen  
Comet Cupid Donner Blitzen Rudolph

