

December 2021

# The Green Villager

Village Green | 90 Schoolhouse Rd. Levittown, NY 11756 | (516) 271-2500



## December Special Events

### 50s Sock Hop

Sunday, December 5<sup>th</sup>

### Hanukkah Celebration

Monday, December 6<sup>th</sup>

### Nassau County Museum of Art: Bug's Night Holiday Light Show

Thursday, December 9<sup>th</sup>

### Santa for Seniors Donations

Donations accepted through  
Friday, December 10<sup>th</sup>

### "A Bug's Night" Light Show December 16th (Memory Care)

### Ugly Sweater & Eggnog Social

Friday, December 17<sup>th</sup>

### Red Hat & Hot Cocoa Social

Tuesday, December 21<sup>st</sup>  
Gingerbread Decorating and  
Tea Friday, Dec. 24th

### MERRY CHRISTMAS!

Saturday, December 25<sup>th</sup>

### HAPPY ZWANZAA

Sunday, December 26<sup>th</sup>

### Care Giver Support Meeting

Tuesday, December 28<sup>th</sup>

### New Year's Eve

Friday, December 31<sup>st</sup>

## NY Project Hope Looks Back on 2021 with Village Green

We at NY Project Hope have worked with Village Green in 2021 during the Covid-19 Crisis. The pandemic placed a huge amount of physical & psychological strain on everyone, more so on our seniors. This may have caused anxiety or depression in some individuals, and may also exacerbate existing anxiety or depression. Visiting Village Green was actually a highlight for us, because we were able to meet and socialize with so many of the residents, who all made a lasting impression on us. They talked, we listened, did activities, played games together, all with an effort of enhancing socialization and reducing stress. It's so important to validate our seniors because they're all unique and have accomplished so much, and I hope we at NY Project Hope were able to do so. We thank Sarah, Kristen, Andrea, Emily, the rest of the team and also all the residents for having us.

Happy Holidays!

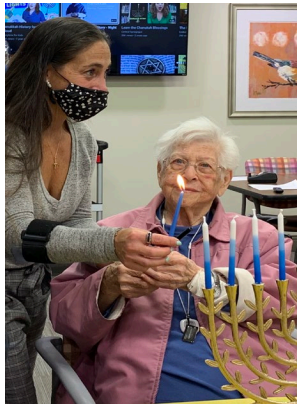
All the Best for the New Year.

NY Project Hope



## Activity Highlights

### Hanukkah Celebration



## 8 Dimensions of Health

### December Focus: Emotional Wellness

Village Green is committed to offering a holistic approach to total physical, psychological and social well-being. We help individuals focus on all 8 dimensions of day-to-day well-being, because quality of life is multi-dimensional and we want to help residents be their healthiest—their best, each and every day.

Our December focus is on Emotional Wellness. Some examples of activities fostering emotional wellness include: Project Hope Counselor visits, guided meditation sessions, card making with Stacey, and pet therapy.

### 12 Days of Christmas



## Resident Spotlights

### Elizabeth R.



Elizabeth joined our Village Green Community this July. Since her move-in, Elizabeth has participated in many activities. Some of her

favorite activities include Bingo with friends, morning mass, and music performances.

She says the staff are lovely, making her feel welcome and right at home. She made some very nice friends which is easy because she has a positive outlook always. Her wonderful attitude and kind spirit is only a couple of characteristics we love about Elizabeth!

Please join us for a Caregiver Support Group with Sharon Reichman LMSW from ADRC on December 28<sup>th</sup> at 6PM VIA ZOOM. RSVP to Sarah McNicholas by December 24<sup>th</sup> through phone or email.

Phone: (516)749-0159

Email:  
[mcnicholassarah@villagegreenseniorliving.com](mailto:mcnicholassarah@villagegreenseniorliving.com)

## December Birthdays

In astrology, those born from December 1–21 are Archers of Sagittarius. The Archers are the travelers of the zodiac, curious and energetic, with open minds craving new experiences and challenges. Those born from December 22–31 are Capricorn's Goats. Like goats that perch on mountain crags, Capricorns are masters of self-control and responsibility. Intense focus and fortitude help them reach their goals.

10-Evelyn K.

16-Catherine N.

## Stylist Appointments

Reminder to all residents and families: Please schedule hair and nail appointments with our stylist Shirley Valdes through phone at (516) 241-5202.

Appointments are available on Thursdays, Fridays, and Saturdays from 10AM-4PM.

