


THE Cambridge Crossing *Lifestyle*



CAMBRIDGE
CROSSING
SENIOR LIVING AT EASE

Like Us!  

ASSISTED LIVING COMMUNITY

251 Patriot Lane · Williamsburg, VA 23185 · (757) 220-4014 · www.cambridgecrossingassistedliving.com

Meet the Staff

Executive Director
Resident Care Coordinator
Activities Director
Area Sales Specialist
Maintenance Coordinator
Housekeeping

Brittany Hooper
Tori Jones
Amanda Beasley
Travius Denson
Keith McCall
Maria Nunez

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Give Thanks and Celebrate

The month of November is a time to reflect and be thankful. Remembering your stories can help you feel satisfied that you've lived life to the fullest. Get conversation started and ruminate on the good times.

- What person in your life are you most thankful for? Did they bring you comfort, laughter, love or all of the above?
- Think of events in your life that deeply affected you. What moments changed your life for the better?
- What makes you smile?
- We should be grateful for even the small, mundane things. What's your favorite meal, song, movie or book? How has it influenced you?
- What's your favorite memory?
- Say something positive about those around you. What do they do that brightens your day?
- Where is your "happy place"?
- Are there any adversities that have shaped you? Reflect on how those moments have had a positive impact.
- What's your favorite thing about the natural world?
- Who taught you about unconditional love?

NOVEMBER 2024

Meet Our Activity Director



Meet Our New Activities Director: Amanda Beasley! We're excited to welcome Amanda Beasley to our team! With years of experience in the senior and special needs communities, Amanda is passionate about creating meaningful memories for our

residents. Whether it's calling BINGO, leading arts and crafts, having one-on-one conversations, or organizing social events, she brings joy and creativity to everything she does! Amanda lives in Gloucester with her husband, Josh, and their three wonderful children. Paxton, 16, is a baseball enthusiast, while Owen, 12, inspires Amanda every day with his resilience due to a genetic condition called 22q. And let's not forget Kennadie, 9, the family's very own princess! When she's not busy planning activities, you can find Amanda cheering on her kids from the sidelines or enjoying quality time with her family. We're thrilled to have Amanda on board and can't wait for all the exciting activities she has in store for our community! #MeetTheTeam #ActivitiesDirector #MemoryCare #CommunitySpirit
Feel free to stop in and introduce yourself or feel free to contact Amanda via email at abeasley@tarantinoseniorliving.com

Thanks, Veterans

On Nov. 11, express your gratitude for veterans' service to our country.

NOVEMBER 2024



KEY FOR ACTIVITIES

- Yellow Games
- Red Social
- Light Blue Learning
- Black Arts & Crafts
- Burgundy Exercise
- Olive Spiritual
- Green Cognitive
- Blue Entertainment
- Navy Sensory
- Purple Music

Self-Care Corner: Knock on Wood

Including wooden furniture and other decorative elements in your home has a positive effect on your mental health. Researchers have discovered that seeing wood grain—even if it’s artificial, as long as it looks real—can help relieve stress. Because wood is a natural material, we feel calm by having wooden objects and patterns in our space. While wooden features are beneficial in any room, they are especially appropriate for any warm, cozy and comfortable area, such as a living room or bedroom.

“Many people will walk in and out of your life, but only true friends will leave footprints in your heart.”
—Eleanor Roosevelt

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All activities are subject to change based on resident needs, weather conditions, or staff and volunteer availability.</p>					<p>All Saints' Day 1</p> <p>11:30 Music</p> <p>1:00 Word Game</p> <p>2:00 Turkey Day Craft</p> <p>6:00 Resident Led “After Dinner Chat” and Self Led Activities in Living Room</p>	<p>Resident Led Activities: 2</p> <p>Manicures, Puzzles, Games, Coffee and Conversation</p> <p>2:00 Williamsburg Church of Christ</p> <p>6:00 Resident Led “After Dinner Chat” and Self Led Activities in Living Room</p>
<p>Resident Led Activities: 3</p> <p>Manicures, Puzzles, Games, Coffee and Conversation</p> <p>6:00 Resident Led “After Dinner Chat” and Self Led Activities in Living Room</p>	<p>4</p> <p>1:00 Chair Exercise Fun!</p> <p>2:00 Brain Games!</p> <p>3:00 Card Games</p> <p>6:00 Resident Led “After Dinner Chat” and Self Led Activities in Living Room</p>	<p>5</p> <p>11:00 Table Talk</p> <p>1:00 Trivia</p> <p>2:00 BINGO!</p> <p>6:00 Resident Led “After Dinner Chat” and Self Led Activities in Living Room</p>	<p>6</p> <p>11:00 Word Game</p> <p>2:00 Chair Travel with “Linda’s League”</p> <p>6:00 Resident Led “After Dinner Chat” and Self Led Activities in Living Room</p>	<p>7</p> <p>11:00 Color Creativity</p> <p>1:00 Chair Exercise Fun!</p> <p>2:00 Price is Right in Years Past</p> <p>6:00 Resident Led “After Dinner Chat” and Self Led Activities in Living Room</p>	<p>8</p> <p>Amanda Out of Building Today</p> <p>11:30 Music</p> <p>2:00 Crafty Corner</p> <p>6:00 Resident Led “After Dinner Chat” and Self Led Activities in Living Room</p>	<p>9</p> <p>Resident Led Activities:</p> <p>Manicures, Puzzles, Games, Coffee and Conversation</p> <p>6:00 Resident Led “After Dinner Chat” and Self Led Activities in Living Room</p>
<p>Resident Led Activities: 10</p> <p>Manicures, Puzzles, Games, Coffee and Conversation</p> <p>2:00 Power House Church</p> <p>6:00 Resident Led “After Dinner Chat” and Self Led Activities in Living Room</p>	<p>Veterans Day 11</p> <p>1:00 Chair Exercise Fun!</p> <p>2:30 Resident Council</p> <p>6:00 Resident Led “After Dinner Chat” and Self Led Activities in Living Room</p>	<p>12</p> <p>11:00 Table Talk</p> <p>1:00 Trivia</p> <p>2:00 BINGO!</p> <p>6:00 Resident Led “After Dinner Chat” and Self Led Activities in Living Room</p>	<p>13</p> <p>11:00 Word Game</p> <p>1:00 Music Memories</p> <p>2:00 Sensational Senses</p> <p>6:00 Resident Led “After Dinner Chat” and Self Led Activities in Living Room</p>	<p>14</p> <p>11:00 Color Creativity</p> <p>1:00 Chair Exercise Fun!</p> <p>2:00 Price is Right in Years Past</p> <p>6:00 Resident Led “After Dinner Chat” and Self Led Activities in Living Room</p>	<p>15</p> <p>11:30 Music</p> <p>1:00 Word Game</p> <p>2:00 Crafty Corner</p> <p>6:00 Resident Led “After Dinner Chat” and Self Led Activities in Living Room</p>	<p>16</p> <p>Resident Led Activities:</p> <p>Manicures, Puzzles, Games, Coffee and Conversation</p> <p>6:00 Resident Led “After Dinner Chat” and Self Led Activities in Living Room</p>
<p>Resident Led Activities: 17</p> <p>Manicures, Puzzles, Games, Coffee and Conversation</p> <p>6:00 Resident Led “After Dinner Chat” and Self Led Activities in Living Room</p>	<p>18</p> <p>1:00 Chair Exercise Fun!</p> <p>2:00 Brain Games!</p> <p>3:00 Card Games</p> <p>6:00 Resident Led “After Dinner Chat” and Self Led Activities in Living Room</p>	<p>19</p> <p>11:00 Table Talk</p> <p>1:00 Trivia</p> <p>2:00 BINGO!</p> <p>6:00 Resident Led “After Dinner Chat” and Self Led Activities in Living Room</p>	<p>20</p> <p>11:00 Word Game</p> <p>1:00 Music Memories</p> <p>2:00 Sensational Senses</p> <p>6:00 Resident Led “After Dinner Chat” and Self Led Activities in Living Room</p>	<p>21</p> <p>11:00 Color Creativity</p> <p>1:00 Chair Exercise Fun!</p> <p>2:00 Price is Right in Years Past</p> <p>4:30 Family Night</p> <p>6:00 Resident Led “After Dinner Chat” and Self Led Activities in Living Room</p>	<p>22</p> <p>11:30 Music</p> <p>1:00 Word Game</p> <p>2:00 Crafty Corner</p> <p>6:00 Resident Led “After Dinner Chat” and Self Led Activities in Living Room</p>	<p>23</p> <p>Resident Led Activities:</p> <p>Manicures, Puzzles, Games, Coffee and Conversation</p> <p>6:00 Resident Led “After Dinner Chat” and Self Led Activities in Living Room</p>
<p>Resident Led Activities: 24</p> <p>Manicures, Puzzles, Games, Coffee and Conversation</p> <p>3:00 Liberty Live Church</p> <p>6:00 Resident Led “After Dinner Chat” and Self Led Activities in Living Room</p>	<p>25</p> <p>1:00 Chair Exercise Fun!</p> <p>2:00 Brain Games!</p> <p>3:00 Card Games</p> <p>6:00 Resident Led “After Dinner Chat” and Self Led Activities in Living Room</p>	<p>26</p> <p>11:00 Table Talk</p> <p>1:00 Trivia</p> <p>2:00 BINGO!</p> <p>6:00 Resident Led “After Dinner Chat” and Self Led Activities in Living Room</p>	<p>27</p> <p>11:00 Word Game</p> <p>1:00 Music Memories</p> <p>2:00 Sensational Senses</p> <p>6:00 Resident Led “After Dinner Chat” and Self Led Activities in Living Room</p>	<p>Thanksgiving 28</p> <p>11:00 Color Creativity</p> <p>6:00 Resident Led “After Dinner Chat” and Self Led Activities in Living Room</p>	<p>29</p> <p>11:30 Music</p> <p>1:00 Word Game</p> <p>2:00 Crafty Corner</p> <p>6:00 Resident Led “After Dinner Chat” and Self Led Activities in Living Room</p>	<p>30</p> <p>Resident Led Activities:</p> <p>Manicures, Puzzles, Games, Coffee and Conversation</p> <p>6:00 Resident Led “After Dinner Chat” and Self Led Activities in Living Room</p>

Grand Opening of Cambridge Crossing's Memory Care



In October, Cambridge Crossing proudly welcomed Williamsburg Mayor Doug Pons, representatives from the Williamsburg Chamber of Commerce, Senator Diggs, and community members for the grand opening of our Memory Care facility.

Residents, staff, and attendees were honored to hear inspiring words from Mayor Pons, representatives from Liberty Live Church, and our Executive Director, Brittany Hooper, about the beautiful amenities and services our Memory Care program offers to residents and their

families.

At Cambridge Crossing, we believe that it takes a village to create a nurturing environment. We invite you and your family to join our community and become a part of our village!

To Your Health: Don't Forget D

Sunlight helps our bodies produce vitamin D, a nutrient important for mental and emotional health. If chilly weather keeps you indoors, be sure to eat foods that are good sources of vitamin D, such as salmon, tuna, milk, eggs and fortified cereals. Vitamin D supplements are also an option.



Amanda and our ladies with the Mayor!

A Break From the Festivities

If the upcoming holidays find you in the home of family members or friends, try sticking to your own routine as much as possible, especially when it comes to rest. If the festivities have you feeling tired or overwhelmed, don't be embarrassed to seek out a quiet place to take a break or catch a nap. Your loved ones will want you feeling your best.

Avoid the Winter Cold and Flu

Cold and flu season can begin as early as October and usually ends in April. While there is no sure-fire cure for the common cold, you can take certain steps to help reduce your chances of getting sick in the first place, such as getting a flu shot. You can also use a number of natural strategies. Following these steps may improve your overall health and provide an extra layer of flu and cold protection:

- Eat a well-balanced diet with plenty of fruits, vegetables and whole grains, as well as foods with immune-boosting nutrients, such as ginger, vitamin C, zinc and lactobacillus (the bacteria in yogurt).
- Wash your hands frequently with soap and warm water.
- Drink water to stay hydrated.
- Exercise regularly to increase your body's natural immunity.
- Avoid smoking and drinking alcohol, both of which lower your resistance to infection.

Reading Challenge: Read Native

During Native American Heritage Month in November, many libraries and organizations host "Read Native" challenges, encouraging folks to check out works written by Indigenous authors. From historical accounts and eye-opening memoirs to evocative novels and twisty thrillers, there's a wide range of genres to explore.