

DECEMBER 2020

# PARK MANOR NEWS

Opryland Hotel 2019

## Resident Roots

Get to know:  
**Woody Gant**



Resident  
since 2020

**Hometown** Woody is a Nashville native.

**Educational & Professional Background** He earned a business degree from Vanderbilt University. After graduation, Woody volunteered for the draft and served in the US Army for three years before landing a job at Genesco. Woody worked in various positions over his 45 year tenure. His favorite position was being an importer/exporter of men, women and children's dress shoes because he loved traveling all over the world.

**Favorite Place to Travel** "I had the luxury of traveling to Cuba in the early 1950's. It was a very unique time because not many people were traveling there."

**Passion** "I raised beagle hounds for 25 years and competed all over the south in the Beagle Hound Field Trials. Best prize was with Oak Hill Charlie. He finished as a field champion."

**Park Manor Life** "I just moved to Park Manor a few months ago and have already met some very nice people here. I'm keeping busy by reading or walking back and forth down the halls. It's starting to feel a lot more like home. I'm really looking forward to meeting more people and getting involved with [in-person] activities again."



# RESIDENT ACTIVITIES



Our mission to improve overall wellness continues with a range of activities that will be scheduled each week throughout December. There are eight dimensions to health and wellness: emotional, environmental, intellectual, financial, occupational, physical, spiritual, and social. We encourage you to participate in as much as you can!



**Social Wellness**  
having positive connections with friends and family

**Physical Wellness**  
listening to and taking care of your body



**Emotional Wellness**  
thoughts, emotions, and ability to deal with life's challenges



**Intellectual Wellness**  
being open to new ideas, thinking critically, and finding ways to be creative

**Environmental Wellness**  
caring for your personal, professional, and natural surroundings



**Spiritual Wellness**  
taking time to stop doing, and start being

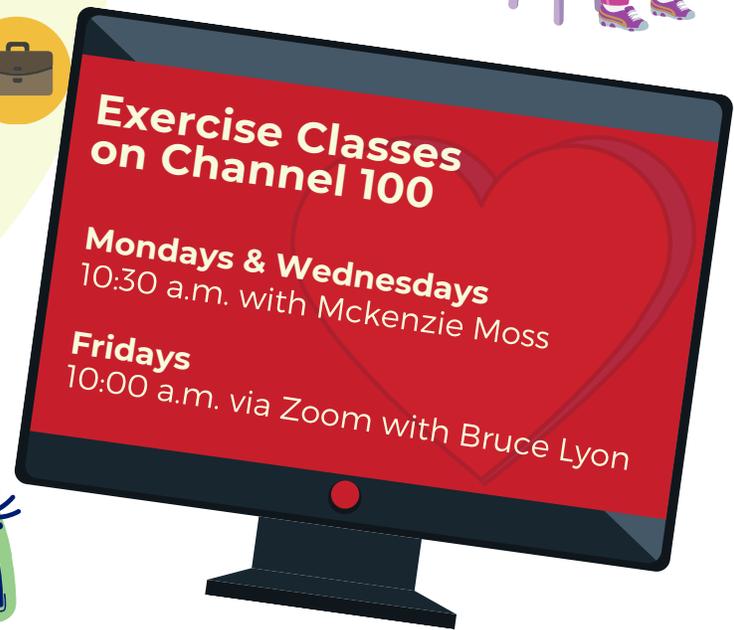
**Occupational Wellness**  
seeking work where you gain personal satisfaction and find enrichment in your life



**Financial Wellness**  
managing your money for today, and the future



Check your box every Monday for weekly activities!



**Exercise Classes on Channel 100**

**Mondays & Wednesdays**  
10:30 a.m. with Mckenzie Moss

**Fridays**  
10:00 a.m. via Zoom with Bruce Lyon

take care of your mind



## HOLIDAY MOVIE NIGHTS

Thursdays | 11:00 a.m. | Channel 100

December 03 *White Christmas*

December 10 *Elf*

December 17 *The Holiday*

December 24 *It's a Wonderful Life*



BONJOUR



# Country of the Month:

Vive la France

Travel with us... every **THURSDAY** in December to learn more about **France** through music, art, and cuisine.

The following events will be broadcast on Channel 100.

## Thursday, December 3

2:00 p.m. | Travel Talk with Mckenzie  
3:00 p.m | A Closer Look at Culture: Normandy and Loire



## Thursday, December 10

2:00 p.m. | Travel Talk with Mckenzie  
3:00 p.m | A Closer Look at Culture: Paris



## Thursday, December 17

2:00 p.m. | Travel Talk with Mckenzie  
3:00 p.m | A Closer Look at Culture: French Riviera

merci

## Thursday, December 24

2:00 p.m. | Travel Talk with Mckenzie  
3:00 p.m | A Closer Look at Culture: Burgandy



## Thursday, December 31

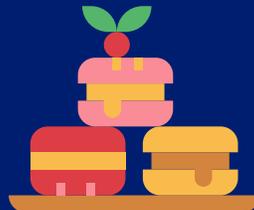
2:00 p.m. | Travel Talk with Mckenzie  
3:00 p.m | A Closer Look at Culture: French Alps



# Resident Birthdays

*Wishing the happiest of birthdays to residents born in December!*

12/02 Mary Louise Shell #718  
12/03 Marion Cullen #522  
12/20 Laura Hansen #518



11/24 Barrie Kirshner #415  
12/28 Mary Neville #619

# Staff Spotlight

**Lindsay Perry**

**Concierge**

Joined the team in 2017

**Where are you originally from?** I was born and raised in West Nashville.

**Describe your position.** I greet everyone who comes in the door and try my best to make a great first impression of Park Manor. I also get to know the residents more than I did [when I worked] in the kitchen. I have a lot more responsibilities now that I'm working at the front desk but I am enjoying it and still learning every day.

**Tell us something most people don't know about you.** Most people don't know that I am legal guardian to a now 7 year-old boy named Kaleb. I've been taking care of him since he was about 2 weeks old. Another thing people might not know is that I graduated from TSU with a bachelor's degree in Human Performance and Sports Science.

**How do you spend your day off?** I do online school with my little boy, Kaleb, who is in second grade. We get his work done, play outside and try to find fun things to do since we can't go many places.

**What is on your post COVID-19 bucket list?** I would love to be able to take Kaleb to the park and be able to play like he was able to before COVID-19. I'd also love to be able to travel again.

**What's your favorite quote and why?** "Never let the fear of striking out keep you from playing the game," by Babe Ruth. This is one of my favorite quotes because it means more than just playing a game; we can achieve so much in life if we don't let our fears overcome us!



# HAPPY BIRTHDAY

*To all our dedicated team members with December birthdays, we celebrate YOU!*

12/2 **Paul Smith**  
Concierge Services

12/4 **Polly Cox**  
Nursing

12/5 **Avikki Monts**  
Nursing

12/8 **Sharon Swinger**  
Nursing

12/9 **LaQuita Everson**  
Culinary Team

12/17 **Lawanna Rippy**  
In-Home Care

12/19 **Bob Himes**  
Sr. Director of Finance

12/19 **Beverly Theis**  
Sr. Director of Resident & Family Support

12/19 **Martavous Phillips**  
Nursing

12/21 **Dimeneshia Carter**  
Culinary

12/22 **Chris Kincaid**  
CEO

12/24 **Valeria Foster**  
Nursing

12/31 **Tawanna Stewart**  
Culinary Team

