



Dear Friends & Members,

As we approach the end of another remarkable year, we want to take a moment to reflect on the incredible progress we've made together and to express our heartfelt gratitude to all who have been part of our journey. December is a time for celebration, reflection, and connection, and we are excited to share with you the latest updates, achievements, and upcoming opportunities in our final newsletter of the year. In this edition, you'll find stories of impact, volunteer highlights, and a look ahead at what we have planned for the new year. We are so thankful for your continued support, and we look forward to closing out this year with gratitude and optimism for the future. Wishing you a joyful holiday season and a prosperous New Year!

Highlights for this Month Include: a visit from the Greenwich Garden Club, a trip to Flinn Art Gallery, Greenwich Choral Society coming to perform Christmas Carols & we are planning an Ugly Sweater Holiday Party! Be sure to wear your ugliest holiday sweater on December 20th



Once again, River House was happy to participate in The Enchanted Forest event, hosted by the Junior League of Greenwich, at The Bruce Museum. The Christmas tree was decorated and designed by staff and members and was featured in the event's silent auction. River House was thrilled to be a part of this wonderful cause.

## December is Helpful Tips Month!

- Drink more water to prevent UTIs.
- Don't run into the bathroom if you are choking. No one will know you need help and if you faint, the surfaces are very hard and could
- cause further damage.

Remove area rugs – they are a tripping hazard. If you must have them, they should be taped securely to the floor with no unsecured

- edges that you could catch your toe or shoes on.

Do not rush to the phone. They will call back or you can call them back. Many falls occur when rushing to the phone.

- If someone calls you and offers or demands money, it is often a scam. Offers or demands can wait a few hours or days despite what
- they tell you until a trusted family member or friend can verify the validity of the offer or request.

Some new scams are capturing the voice of a loved one and manipulating the voice to make it sound like they are in trouble and

- need money. Call the person in question back at the number you have for them, not any number they provide. You can also call a friend or relative of theirs to verify the claim.

## Birthdays at River House



The celebration of November birthdays at River House was a great success and we are excited to carry on the tradition in December.

### December Birthdays Include:

Florence A.  
Sandra C.  
Anthony D.  
Ellen D.  
Marie R.



On Monday, November 25th, River House hosted its inaugural Turkey Trot! The event was a fantastic success, with a great turnout that included members, friends, and even several elected officials from Greenwich. This event was a great way to spread the word about our programs and show how River House can make a difference. We would like to thank everyone who came out to show their support!



Just a reminder, River House is closed Thanksgiving Day, the Friday after, Christmas Day, and closes early on Christmas Eve.

We are thrilled to have had another wonderful year at River House and would like to wish everyone a joyful and healthy holiday season!