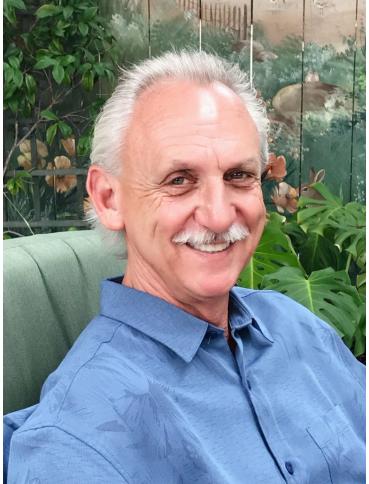


Wishing you peace & joy  
this season, and a  
Wonderful New Year

*The*  
**Alexander Properties**

December, 2025

## Holiday Cheer From The Alexander Properties



### Greetings, Families and Friends,

Last month, we had a special celebration, filled with delicious food, lively conversations, and meaningful memories for all of us. I want to extend a heartfelt thank you to the 32 families of Alexander Gardens and Villa Alamar who joined us for our Thanksgiving Lunch.

**As we look back** on this past year, I am incredibly proud of everything we've experienced together. Welcoming new residents and families, celebrating milestones, and continuing to grow a community where everyone feels valued. Every day is a reminder of what truly matters: connection, compassion, and joy in the little things.

**The holidays** bring a special sparkle to The Alexander Properties. This month, we'll enjoy festive music, holiday treats, and warm cups of cocoa while decorating the Christmas tree. It's these simple moments that make our communities feel like home.

**Thank you** for your continued support and trust throughout the year and for being part of our extended family. I am grateful for our residents, our families, and our incredible team who show up every day with kindness and heart.

**As we look forward** to a brand-new year, I'm excited for the memories we will make, the friendships we will continue to strengthen, and the joy we will share along the way.

**Wishing you a peaceful**, cozy holiday season and a wonderful start to the new year.

Warmly,  
Mitch

## November Activity Highlights

**Virtual Expedition to Uganda!**



**Stephen Jones, Ph.D.**, founder of VisitingVR.com, guided our Alexander Gardens residents on an incredible virtual-reality journey through Uganda!

**Together**, they explored Kampala's rich cultural and historical heritage, including iconic landmarks like the Kasubi Tombs; recognized as a UNESCO World Heritage Site and sites connected to the Buganda Kingdom.

Learn More: [VisitingVR](http://VisitingVR)

## Villa Alamar & Alexander Garden *Thanksgiving Celebration*

**Our Thanksgiving lunch** was a wonderful way to kick off the holiday season. Residents, families, and staff enjoyed delicious food, shared some stories, and created meaningful memories.

**A heartfelt thank you** to our dedicated caregivers, kitchen team, and support staff who made this special celebration possible.

### Gratitude & Good Food at Villa Alamar



### Thanksgiving Smiles at Alexander Gardens



## Villa Alamar Activities

[Visit our Website](#)

## Alexander Gardens Activities

[Visit our Website](#)

## Meet Katie Walker, Alexander Gardens New Activities Assistant!



**Fresh out of high school**, Katie recently moved to Santa Barbara, and already it feels like home. While growing up in Washington, she spent quality time with her grandparents, which helped spark her passion for working with older adults. She loves the residents' kind and unique personalities. Each with their own stories to share.

**Katie's love for** art started back in high school, and now she brings that same creative energy to her classes at Alexander Gardens. She lights up watching residents shape, paint, and proudly share their

masterpieces. Below are just a few of the beautiful pieces they've made together. And when she's not in the art room, you'll find Katie enjoying music, bingo, and any activity that brings people together.

**When she's not** at Alexander Gardens, Katie is busy spoiling her three adorable cats: Wiwi, with the fifth toe, Boogly, and her adorable new kitten, who always keeps her smiling.



## Notre Dame School Choir Holiday Performance

Alexander Gardens, December 8th, 1:00 pm



# HOLIDAY Music

We are delighted to welcome the Notre Dame student choir to Alexander Gardens! These young musicians are a performance-based choir visiting churches and senior communities throughout Santa Barbara.

**According to Naz Madaen, Director of Advancement & Engagement, "One of the things that makes our choir so special is that we are the only school in the Santa Barbara area that requires Music in the curriculum. Hearing their sweet young voices singing brings us back to the true spirit of the holidays."**

## Read this before you head home for the holidays. Starting the Conversation About Assisted Living

by Mary Lynn Brook

Over the years, I've worked with seniors who were navigating the difficult decision to move to assisted living. Then one day, it became my mom's turn. Like so many older adults, she wanted to stay in the home she loved.

Her experience inspired me to write YaYa's Journey to Assisted Living. A story that offers comfort, understanding, and hope during this transition.

**This is how the journey started.** When I came home for the holidays, I expected my Mom's life to be the same, but something felt different. She looked thinner, and the house wasn't as tidy as she always kept it.

I was shocked when I opened the oven and found forgotten food that had spoiled weeks ago. She tried so hard to pretend nothing was wrong, but in that moment, I realized she needed help.

### YaYa's Journey to Assisted Living



By Mary Lynn Brook  
Illustrated by Mariann Romero

Talking with my Mom about moving to assisted living wasn't easy. Even though I had spoken with so many other families, it's not the same when it's your own. It's emotional,



deeply personal, and often met with hesitation or even fear.

However, with patience, empathy, and the right approach, we built trust rather than creating distance.

### Here are a few simple ways to begin the conversation:

- Start gently. Ask how daily tasks are going and listen with care.
- Share what you've noticed. Use "I" statements to show concern, not criticism.
- Acknowledge their feelings. Change can be scary. Let them express how they feel.
- Explore options together. Involve them every step of the way.
- Revisit the conversation. Small, ongoing talks build trust and comfort.



**After my Mom** moved to Assisted Living she loved it. She had a comfortable room, filled with her special memories, and life enriching daily activities each day.

**If you have questions about assisted living or memory care,** call Lala at Alexander Gardens Assisted Living or Luciana at Villa Alamar Memory Care.

***Luciana Mitzkin***

(805) 682-9345  
 [Luciana@VillaAlamar.com](mailto:Luciana@VillaAlamar.com)

***Lala Ruiz***

(805) 682-9644  
 [LRuiz@AlexanderGardensAL.com](mailto:LRuiz@AlexanderGardensAL.com)

[\*\*Read more\*\*](#) about Yaya's journey to assisted living.

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## **Santa Barbara Holiday Events** **Now through December 31**



**Winter in Santa Barbara** is the season for festive merriment, tasty culinary delights and extra time with loved ones. As the season changes, come explore all of the events and holiday happenings in Santa Barbara.

*Use this events guide to make lasting memories in Santa Barbara this holiday season.*

[Learn More](#)

**Explore, Meet & Learn more about Alexander Gardens Assisted Living,  
Villa Alamar Memory Care & The Alexander Estate.**

2120 Santa Barbara Street, Santa Barbara, CA 93105

805-682-9644

Tours welcome

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