ADMINISTRATOR’S LETTER

Dear Residents and Families,

The month of November always reminds me of Thanksgiving Day. I’ve heard many people say that Thanksgiving is their favorite holiday. It is a holiday for celebrating faith, family and freedom.

Thanksgiving is a chance for families to gather together to feast and to enjoy being with one another. This day can also be a meaningful time to reflect on our blessings and our family. I love this holiday. It gives me a chance to reflect on gratitude, thankfulness and family. At Tanglewood Trace we always welcome families and guests to come and join us for the Thanksgiving feast. Please call us at the front desk to make a reservation for Thanksgiving meal.

Have a happy and blessed Thanksgiving Day.

Sincerely,
Barbara Gawel
Administrator

FAMILY NIGHT

Join us for a fun and unique Family Night this month. We will be featuring a special night of Magic featuring Kevin Wilson and his Abracadabra Magic Show. This is a night that is fun for any age. Kevin will amaze you with tricks and illusions. He loves to involve the audience so be prepared to participate if you like. Kevin will not only invite residents, family and friends be a part of the show but Kevin will bring his rabbit Oreo out to help as well. The show begins at 6:30pm on Wednesday, November 30th.

Happy Birthday

We’ll be celebrating with our friends who have November birthdays on Thursday, November 10th. Join us in the MP room at 3pm for cake, ice cream and singing. Birthdays for the month are:

- MARY ANN B. Nov. 03
- NORMA E. Nov. 07
- ANTON S. Nov. 08
- CAROL H. Nov. 14
- JOHN C. Nov. 19
- BETTY FER. Nov. 21
- NANCY W. Nov. 23
- DOROTHY ST. Nov. 29
Thanksgiving Meal

It’s time to make plans for the holidays. Please let us know what you are planning to do for your Thanksgiving Day meal. We will be offering a bountiful feast of all the traditional favorites at our 11:30/12:30 meal. The menu will be posted soon! The cost will be $10.00 per guest. We need your reservations in by Nov. 18th. Call the front desk to reserve a spot. You can also plan to use one of our rooms if you would like to host a family meal here. There’s no charge - just contact Ruth to reserve your room. Finally, we would like to know if you will be going away for the noontime meal so we can plan accordingly. Thank- you for your help.

RESIDENT SPOTLIGHT

Our Resident Spotlight shines on Arvina G. this month.

SHE GREW UP IN ROSCOE, SOUTH DAKOTA BUT HER GRANDPARENTS ARE FROM GERMANY. Arvina worked beside her father on the farm but she never spoke in English with him. She only learned to speak English went she started grade school. Arvina married her husband, Leo. They had 2 boys. They also have 2 grandchildren and 2 great-grandchildren and even a great-great grandchild. Arvina worked in a nursing home for 40 years, caring for others. Her favorite type of food is German, of course! Arvina is very musical. She can play the harmonica and keyboard. She even use to entertain us with piano music here at Tanglewood. She likes to play Euchre and Pinochle for fun. When asked her favorite place to visit, she told us Rapid City, South Dakota is where she would like to travel. Arvina is also a wonderful seamstress. She has some beautiful quilts and other hand-made items that we often ask her to display. If you want to see some of her creativeness, just take a look at some of her apartment door decorations.

SAFETY GUIDELINES

We love to see the holiday decorations going up this time of year. Many of you will be decorating your apartments inside and out. Here are just a few safety guidelines that we need to follow in our building.

- No cut trees or evergreen boughs for decorations.
- No open flames.
- Do not hang items from sprinkler heads or pipes.
- All items should be at least 36 inches from heaters.
- Extension cords are also prohibited.

Thank you for helping to keep us all safe.

TAILGATE PARTY
The human body is constantly under attack from the millions of micro-organisms that we share the planet with, which is why it is important not to take your immune system for granted.

FIND WAYS TO RELAX. There are a number of techniques to help you relax, such as deep breathing or yoga, these exercises can reduce mental and physical stress as well as lower blood pressure and slow down your heart rate.

SLEEP MATTERS. Besides leaving you feeling sluggish, irritable and forgetful, not getting enough sleep can temporarily reduce the activity of certain cells in your immune system by up to 50 percent. Strive to get seven to eight hours of sleep each night.

FEED YOUR IMMUNE SYSTEM WELL. Not getting enough calories and getting too much dietary fat may weaken immune response. This is one important reason why nutritionists recommend a well-balanced diet that includes: plenty of fruit, vegetables, low-fat dairy products and whole grains.

GET PHYSICALLY ACTIVE. Regular exercise helps to strengthen your immune system, cardiovascular system, heart, muscles and bones. Being active also stimulates the release of endorphins, improves concentration and other mental functioning, lowers cholesterol and blood pressure, and may lower cortisol and other stress hormones.
Employee of the Month

CATRICE BROWN is Employee of the Month for November. Catrice has been with Tanglewood Trace for 12 years. She works in the housekeeping department and has recently moved to the laundry. She is an outstanding employee. She fills in wherever she is needed, she takes the initiative to make sure the department runs efficiently. You can usually hear her laugh in the hallways as she is working, She always has a smile on her face and finds ways to improve the department instead of complaining about it. She works very well with her team mates in the department. She has recently taken on a heavier load in the laundry department working hard to make sure all the residents are happy. Catrice goes out of her way for the residents from taking the extra time to sort and fold laundry the way a resident would like, to bringing residents coffee to their room. A well-deserved recognition!