



Meadow Glen Gazette



Important Dates in November:

Birth Flower: Chrysanthemum and Peony

Birthstone: Topaz and Citrine



All Saints Day - November 1

All Souls Day - November 2

General Election Day - November 5

US Marine Corp Day - November 10

Veteran's Day - November 11

Thanksgiving - November 28

THE TEAM:

Personal Care Administrator

Janelle Adams, ALA, PCHA, CDP

jadams@phoebe.org

267-371-4539

Nurse Supervisor

Jennifer Lippincott, LPN

jlippincott@phoebe.org

267-371-4526

Community Life

AnnMarie Petitto-Thomas

Apetitto-thomas@phoebe.org

267-371-4504

Sales

Mitch Huston

mhuston@phoebe.org

267-371-4620

Scheduler/Admin. Assistant

Lenora Aleki

Laleki@phoebe.org

267-371-4989

PERSONAL CARE ADMINISTRATOR

JANELLE ADAMS, ALA, PCHA, CDP

Loss of appetite is a common symptom of depression, which can result in dramatic weight loss, muscle wasting, fatigue, and deteriorating health. This is why it is incredibly important that you help make sure they are getting proper nourishment. Prepare simple meals and snacks packed with nutrition and calories that they can consume even when they don't feel like eating much.

A few ideas include:

- Healthy smoothies loaded with fruit, greens, yogurt, and protein powder.
- Nourishing soups like split pea and ham, homemade chicken noodle, or roasted \ tomato.
- Protein-packed egg salad that can quickly and easily be made into sandwiches.
- Fiber-rich oatmeal cookies loaded with nuts, raisins, and flax seeds.

Art therapy: Art therapy has been shown to promote self-expression, facilitate positive communication and human connection, and stimulate cognitive function. Painting, pottery, and sculpting are a few examples of activities that have therapeutic effects.

Join Community Life in an activity!

Pet therapy: Pet therapy has shown to be incredibly effective, especially among aging adults. Several studies have shown that regular contact with animals can improve depressive symptoms and even decrease blood pressure.

Join our animal visits on campus.

Natural light: Sunlight triggers the release of serotonin and vitamin D, which are associated with boosting mood and focus and reducing stress. Without enough sun, these levels can drop, leading to symptoms of depression, anxiety, and other mental health challenges. **Even in the winter, sit by a window that gets sun.**



Reference/ Source: Institute on Aging

OUR CENSUS COUNTS: MITCH HUSTON

We had 4 move-ins during the month of October:

Paul H.
Barbara L.
June F.
Susan M

We also 1 PC Resident transfer to our HCC – Marian W.

~~~~~

### Upcoming!!

**Veterans Day Program**

**Monday, November 11<sup>th</sup> @ 10:00 AM**

**Multi-Purpose Room**

**Speaker – Mayor Wayne Codner (Richlandtown) – USMC Retired**

**All are welcome to pay tribute to our ten Veterans in Meadow Glen!**

|            |                    |
|------------|--------------------|
| Don B.     | Air Force          |
| Les H.     | Navy               |
| Hal R.     | Marines            |
| Jim B.     | Army               |
| Louis L    | Army               |
| Jerome H.  | Air National Guard |
| Richard S. | Navy               |
| Paul H.    | Air Force          |
| Joe G.     | Air Force          |
| James M.   | Air Force          |





**Phoebe Richland**

**Meadow Glen Personal Care**



## **Veterans Day Program**

**Friday, November 11 – 10:00 AM**

**Multi-Purpose Room – 2<sup>nd</sup> Floor**

**Guest Speaker**

**Mayor Wayne Codner -- USMC Retired**



**We salute all our Veterans!!!**

## **BUSINESS OFFICE:**

**OPEN: WEDNESDAYS 7:30AM – 3:00PM**

**If you need assistance for Petty Cash:  
Amanda LaPorte 267-371-4525**

**For all other inquiries:  
MORGAN ENCK  
610-794-5023  
Email: [menck@phoebe.org](mailto:menck@phoebe.org)**

## **DIETARY: ALEXIS STRELECKI**

**November's "BE WELL" Program: The importance of Gut Health!**

**Your gut breaks down the foods you eat and absorbs nutrients that support your body's functions. Research shows that our gut microbiome can affect every organ in our body!**

### **A Heathy Gut Contributes to...**

- **A strong immune system**
- **Heart help**
- **Brain Food**
- **Improved Mood**
- **Healthy Sleep**
- **Effective Digestion**
- **Potential**
- **Potential Prevention of some cancers & autoimmune diseases!**

**So on November 22<sup>nd</sup> we'll help you protect your gut and enjoy a healthy snack of Blueberry Peach Overnight Oats! See you there!**

## **NURSING: JENNIFER LIPPENCOTT**

### **REMINDER...**

**With the holidays coming please remember to let Nursing know of any planned vacations/overnights so staff can ensure that you'll have all your medications ready when you are!**

**Advanced notice is ALWAYS welcome as we may need to work with our Pharmacy to make sure everything is in place!**

**Thank you!**



# ACTIVITIES

AnnMarie Petitto-Thomas, Community Life Lead Ext 4504

November: A time when there is **ALWAYS** something to be thankful for...  
Family, Friends, Food and – FUN!



- 11/7 BAKING GROUP: MINI PUMPKIN PIES!
- 11/8 CANVAS WITH KATIE
- 11/11 VETERAN'S DAY CELEBRATION w/Mayor Codner
- 11/13 LAVENDER SACHET MAKING
- 11/14 "BELLES" CHIME PRACTICE
- 11/18 BIRTHDAY SOCIAL w/BILL FRYE
- 11/19 CASINO NIGHT!**
- 11/21 THE IMPOSSIBLES BAND
- 11/25 NATIONAL PARFAIT DAY

## SCHEDULED TRIPS:

- 11/4 WALMART
- 11/15 POMODORINOS
- 11/18 LCR THRIFT STORE
- 11/29 PUBLIC HOUSE

**NOTE:** WE HAVE SIGN-UP SHEETS FOR TWO SPECIAL DECEMBER TRIPS. GET IN EARLY AS WE NEED TO MAKE RESERVATIONS!

PSST: IT'S TIME TO START THINKING ABOUT THE HOLIDAYS! WE'LL BE AROUND ASKING FOR YOUR HOLIDAY GIFT WISHES IN THE NEXT COUPLE WEEKS!



11/22 GUT HEALTH: BLUEBERRY PEACH OVERNIGHT OATS!



YOU CAN ALWAYS FIND OUR FULL MONTHLY PRINTABLE CALENDARS AT

<https://phoebe.org/meadowglenmessages/>

## CHAPLAIN CHAT: “PONDERINGS FROM PC”

Greetings Meadow Glen Family!

Here we are on the verge of another month and nearing the end of the year, can you believe it? I am finding that some days, it feels like we celebrated Christmas, Hanukkah, and Kwanzaa just yesterday. And then there are days that I think, wait, we haven't gotten to the holidays yet??? I wonder if any of you are feeling the same way.

It just seems that every year, the holiday season comes quicker and quicker and we start celebrating sooner and sooner. I mean, just the other day, I saw Christmas candy in the grocery store and that was before Halloween! It is fascinating how the marketing world works, I just wish that they would slow down sometimes and not rush us through the beauty that comes at this time of year. I know that the leaves around my house are nearly all down but there are still a few trees that have leaves (that are not in my yard yet!). And so as I begin thinking about fall and especially preparing for Thanksgiving this year, I am challenging myself to stop for a moment and take notice of the things around me. I wonder what it was like for those first Europeans to come to this area and sit down to give thanks for all that they had. What had they witnessed? What had they experienced on their trip here? What new kinds of sights, sounds, and smells were they experiencing?

I think that is what I am going to focus upon this month...do a little wandering and wondering and enjoy some of the sights and sounds that come with fall and not rush into the holiday season so quickly.

Peace and blessings  
Pastor Christian (PC)  
Chaplain





# Thanksgiving

WORD SEARCH

R U G Z L L G N I F F U T S F  
 S U N P W U F R T G Q D E A S  
 E B I L U M F U A F Z I L E R  
 V A V S T M R K H T R L O J E  
 S E I H W K P C N R I T D T H  
 M H G T E E D K E A A T Y R T  
 I O S Y Q J E B I T H L U A A  
 R L K Z X U N T O N N T X D G  
 G I N A B A E P O F Q P H I E  
 L D A V R L X V F E A S T T C  
 I A H C B S E Y L I M A F I O  
 P Y T B H M A G E U D D S O R  
 O T O P B P L Y M O U T H N N  
 U G L E E I P I R I M H Q B T  
 C O R N U C O P I A J Z R B Y

|          |            |              |
|----------|------------|--------------|
| FALL     | THANKFUL   | NOVEMBER     |
| GATHER   | TURKEY     | PLYMOUTH     |
| HOLIDAY  | CORNUCOPIA | STUFFING     |
| PILGRIMS | FAMILY     | THANKSGIVING |
| PUMPKIN  | GOBBLE     | CRANBERRIES  |
| CORN     | GRATITUDE  | POTATOES     |
| FEAST    | PIE        | TRADITION    |



Wishing everyone a very happy  
and safe Thanksgiving from all of  
us at Meadow Glen!