

November 2024

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Activity Director

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Social Worker

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ADON, LPN

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Barb Kalinsky, MPT
Rehabilitation Director

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Medical Records/Scheduler

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ADON, LPN

Dr. Vince Taeger, M.D.
Medical Director

Cassie Peach, RN
MDS/CCC Coordinator

Kelly Smith
Admissions Director

Hope & Faith

Cultivating and maintaining an 'attitude of gratitude' throughout all aspects of life can be truly rewarding, especially in the face of trying circumstances. Many theologians and philosophers believe that through struggles, we can discover great joy. Embracing both the everyday ups and downs of life opens the door to a new space from which we can harvest hope.

Life's events become learning opportunities, sources of hope as eyes are opened to different perspectives other than our own. We have the chance to explore new ways of seeing and experiencing the world through an unobscured lens. A sense of hope, peace and comfort takes root when this type of personal growth occurs.

This month is a reminder to have faith in humanity. Hope can be harvested from any scenario at any time. November is the perfect time to explore new gratitude practices, like those listed below, that help us better harvest hope consistently.

- Create a gratitude journal and write in it daily, highlighting moments you most appreciated throughout the day. You can also add inspirational quotes and photos, as well as writing prompts to get your gratitude thoughts in gear.
- Set a daily intention each morning upon awakening. Roll out of bed eyes wide open looking for the good in all things. The more you see, the more opportunities you have to be grateful and hopeful.
- Conduct a personal inventory at night. Examine the day's events and how you felt. Identify areas that could be mined for love and hope.





The Sound of Silence

It's often thought that if there is silence, there is no sound. But many philosophers, scientists and psychologists disagree. A July 2023 study was conducted on the topic using illusionary sounds. The studies concluded that during silent moments, people experienced a shift. There was a change to their personal perspective on time.

Scientists used an existing method of study that used illusionary sound, but they inserted silent moments where the sounds formerly were. When the silence was inserted, it appeared that the quiet moments seemed longer than they actually were. And interestingly, the results were the same when there were sounds present.

More than 1,000 people took part in this study. Researchers took a long moment of silence and two short moments of silence, both lasting exactly the same amount of time, to test how the silence affected people's view of time. As it turns out, the majority of people thought the single period of silence lasted longer than the two moments of silence.

These findings were different than researchers expected. It was previously thought that only sounds could cause a response that led to one's perception of time being changed. This study was groundbreaking and now scientists, philosophers and psychologists are eager to move forward. They plan to continue researching the effects of silence by conducting more studies that focus on the absence of sound.



Cooking with Steve M. Erin, our Kitchen Director, and John (Cook) helped Steve make some pickled pasta for our residents.



This is Betty. She is a Pet Therapy Dog who comes in twice a month to visit with our residents. She is the sweetest, loves the attention from our residents, and especially loves belly rubs. Betty puts smiles on everyone's face.



November 2024

Birthstone - Yellow Topaz | Flower - Chrysanthemum | Zodiac - Scorpio & Sagittarius

Dates to Celebrate

Día de Los Muertos	11/1-11/2
Daylight Saving Time Ends	11/3
Veterans Day	11/11
World Kindness Day	11/13
Full Moon	11/15
Thanksgiving	11/28
Black Friday	11/29
Small Business Saturday	11/30

Hootie Hoo

Owls are a fascinating bird of prey that's both mesmerizing and scary. They have an undisputable beauty about them but eyes that pierce the soul when under their gaze. They are silent in the sky for the most part, so their presence is generally unknown to those below them. With beaks that are hooked and barbed talons, the wise owl can both kill and protect. All that likely plays a role in why so many cultures and communities over the years have found themselves in dispute about whether owls are "good or bad."

Here are some fun facts that will help you get to know the mysterious bird a little better:

- "Parliament" is the term used to describe owls found together in a group. We can thank C.S. Lewis and his "Chronicles of Narnia" for the name.
- You won't hear any hoots from certain species of owl. The large majority of owls gives you that engaging sound, but a few types, like the Saw-Whet, Barn and Eastern-Screech owls make different noises, all distinguishable from one another.
- Owls are both the predator and prey. They hunt one another.
- These birds cannot spin their heads completely around, despite the rumors! Actually, they can turn their heads a total of 270 degrees, with rotations of 135 degrees on each side.
- Owls have the hearing ability of superheroes. Ear placement varies among species, something that works favorably in detecting super low sound waves.



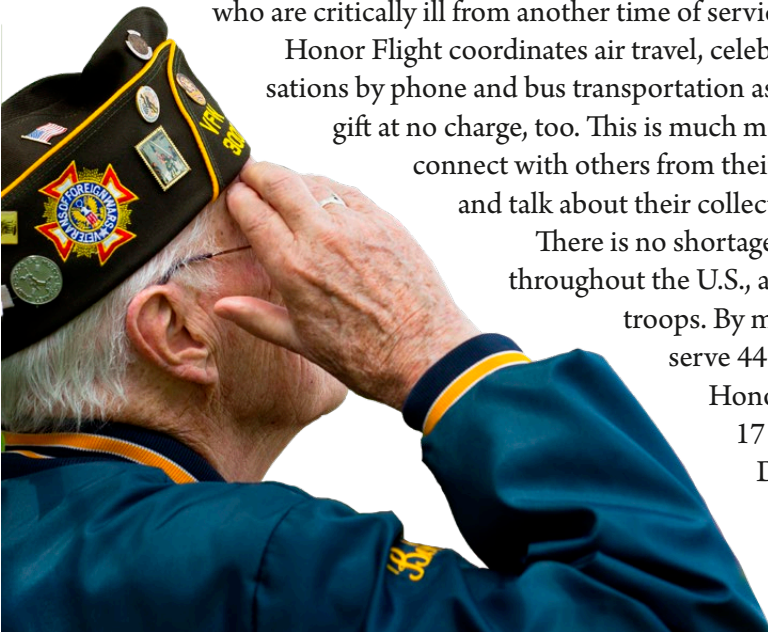
Veteran Recognition through Honor Flight

The nonprofit organization known as Honor Flight strives to give veterans the respect they deserve, focusing on projects that offer our heroes appreciation, honor and support. It's dedicated to celebrating veterans and does so by inviting them to participate in a commemorative event at the country's memorial sites. At the present year, this organization serves veterans from the Vietnam War, Korean War, World War II and other veterans who are critically ill from another time of service.

Honor Flight coordinates air travel, celebration ceremonies like welcome home events, conversations by phone and bus transportation as it endeavors to give veterans the "trip of a lifetime," a gift at no charge, too. This is much more than a trip, however. Our heroes have the chance to connect with others from their time in the service, share stories, remember the fallen and talk about their collective experiences together.

There is no shortage of volunteers manning the Honor Flight hubs located throughout the U.S., a strong indicator of the nation's commitment to our troops. By maintaining 124 active hubs, Honor Flight is able to serve 44 states. More than 270,000 veterans have received Honor Flight's transportation services over the course of its 17 years in operation, allowing vets to visit Washington, D.C., and the memorials designed to commemorate them.

If you're looking for a new way to show love for our war heroes, consider offering your time, talent or financial support to Honor Flight.



Thanksgiving Blessings

DINNER
FAMILY
GATHERING
GRATITUDE
HARVEST HOPE
HOLIDAY
HOME
JOY
MEAL
MEMORIES
RELATIVES
REUNION
SEASON
THANKSGIVING

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

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