JOIN US THIS MONTH FOR

thanks and giving; what it’s all about

Wow! November is here already. The leaves have changed and dropped, the temperatures are falling and as we sit inside and watch the new season come in, it’s nice to remember what this month is all about. To start the month, we will be revealing the Thankful Tree, with many, many things we all have to be thankful for. We will be visiting the Polls and playing some special Bingo with the hopes of giving our winnings to benefit our troops overseas. We will also thank our veterans with a Veterans Day Ceremony. We will be continuing some of our daily exercises, thankful that we are able. We also will be putting together and shipping out our Care Packages for Operation Gratitude before we kick off the Holiday Toy Season with our Toy Drive for Maywood Mission with the Young Professionals of Lancaster. We will also get a visit from Duane, the cartoonist, to highlight some of the older holiday cartoons for us. Many fun things are happening in November along with the serene. Let’s continue to give thanks to those around us and keep giving to those in need. That’s the real reason of November. Hug your family and be thankful for them, also. Hope everyone has a wonderful Thanksgiving.

TRAIN YOUR BRAIN
sudoku solution on back

2 9 8 7
9 7 6 1
4 3 5
5 4
3 1
7 5 6
6 2 4
4 7 6 3
7 3 6 8
### November 2017 Calendar & Activities

**TUE 14**
- 10:30: Circle Paddle Ball
- 10:30: Meijer
- 2:00: Circle Paddle Ball
- **10:30:** Meet & Greet!
- 11:15: Hand & Foot
- 10:30: Hokey Pokey
- 11:00: Video Exercise in Library
- 1:30: Arts & Crafts
- 6:00: Words in Word Game

**WED 15**
- 9:45: Dominoes
- 10:30: Library Drop-Off
- 10:30: Chair Stretching
- 2:00: Bingo with Alternate Solutions/Donations to Care Pkg
- 3:15: Releasing the Thankful Tree
- 6:30: Worship and Praise

**THU 16**
- 8:30: Blood Pressure Clinic
- 9:30: Christian Women’s Club/All Welcome
- 10:30: Hokey Pokey
- 11:00: Video Exercise in Library
- 1:30: Arts & Crafts
- 6:00: Words in Word Game

**FRI 17**
- 9:45: Dominoes
- 10:30: Bible Study Group
- 3:30: Ring Toss
- 6:00: Hand & Foot/Euchre, Bistro
- 6:00: Veterans’ Day USA Dance (Nostalgies) @ Fairgrounds
- 6:15: Men’s Movie Night

**SAT 18**
- 10:00: Walk-A-Thon
- 10:30: Hokey Pokey
- 11:30: Trivia
- 1:00: Victory Hill Church Social
- 2:00: Cards
- 3:30: Puzzles

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**Transportation Schedule**
- **Tuesday:** 9:30-11 a.m., Grocery Store
- **Wednesday:** 10 a.m.-3 p.m., Doctor Appointments
- **Thursday:** 10 a.m.-3 p.m., Doctor Appointments

**Off Hours**
- **Weekdays:** 9 a.m.-4 p.m.
- **Weekends:** 10 a.m.-4 p.m.

**Birthdays This Month**
- **Earl Smith:** 2nd
- **Earline Hoy:** 3rd
- **Joseph Adams:** 5th
- **Mary Ann Rudolph:** 7th
- **Lenoir Frick:** 7th
- **Katie Hard:** 20th (Employee)
- **Mary Yakuik:** 21st
- **Stephanie Lowes:** 25th (Employee)
- **Geraldine Murtha:** 27th
- **Evelyn Shull:** 27th
- **Randi Brown:** 28th (Employee)

**Senior Lifestyle**
- **Embrace Life. Embrace Moments. Embrace Connection.**

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**Amy Adams:**

“I find that it’s the simple things that remind you of family around the holidays.”

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**Events & Activities**

**Sunday, November 19**
- **10:00:** Snack & Social Time

**Monday, November 20**
- **10:00:** Snack & Social Time

**Tuesday, November 21**
- **10:00:** Snack & Social Time

**Wednesday, November 22**
- **10:00:** Snack & Social Time

**Thursday, November 23**
- **10:00:** Snack & Social Time

**Friday, November 24**
- **10:00:** Snack & Social Time

**Saturday, November 25**
- **10:00:** Snack & Social Time

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**ENJOY YOUR LIFE!**
- CONNECT
- GROW
- CONTRIBUTE
- MOVE
- FEEL
- REFLECT

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*www.SeniorLifestyle.com*

*Activities are subject to change.*
EVENT RECAP

the fun month of fall is behind us!

How we love fall in Lancaster, Ohio. Fall ... that brings to us our beautiful “mountain” sights, the Fairfield County Fair and all the fun and food it entails, the anticipation of our Fall Fashion Show with Bonworth, and of course, the delight of all the decorating and preparing for the children we invite into our home for Trick-or-Treating. We had some awesome music this month with the arrival of The Nostalgics in the Atrium. What a wonderful way to spend a Sunday evening. We were also delighted to have back the guys in Jim Vickroy’s band and of course, our very own Greg Dickson for Happy Hour. We hope you all enjoyed celebrating “I Love Lucy” Day, Chocolate Cupcake Day and Candy Corn Day along with learning to make caramel apple bites. Moving into November, I can’t wait to share all the good times with you.

IT’S OUR PLEASURE TO SERVE YOU …
word from your executive director

Thanks and Giving: Thoughts of Thanksgiving

For many, the meaning of Thanksgiving includes feasting, four-day weekends, football games, parades, pumpkin pie, family reunions, or a sign that Christmas is on its way. A little history lesson reminded me that the “first Thanksgiving,” was neither a feast nor a holiday, but a simple gathering. It was a gathering following the Mayflower’s arrival at Plymouth Rock on Dec. 11, 1620, after the Pilgrims suffered the loss of 46 of their original 102 colonists. With the help of 91 Indians, the remaining Pilgrims survived the bitter winter and yielded a bountiful harvest in 1621.

In celebration, a traditional English harvest festival, lasting three days brought the Pilgrims and natives to unite in a “thanksgiving” observance. The true meaning of Thanksgiving focuses on relationship. Thanksgiving is a relationship between God and man. Upon their arrival at New Plymouth, the Pilgrims composed The Mayflower Compact, which honored God. Please know, I thank God daily for every resident and employee at Reflections, as it is truly my pleasure to work with and for everyone!

MANAGEMENT TEAM

Karen Kraft, Executive Director
Laura Bobbitt, Business Office Manager
Nikki Griffin, Director of Sales & Marketing
Paula Garner, Dining Services Director
Stephanie Lows, Health and Wellness Director
Debra Clark, Resident Program Director
Dennis Clark, Director of Maintenance

THIS MONTH’S heart hero

HOSPITALITY, EXCELLENCE, APPRECIATION, RESPECT, TEAMWORK

This month’s HEART Hero is our very own RANDY BROWN. Some of you may not know him due to the fact that he works the night shift. Randy is one of our long timers having over 16 years of service to Reflections. Randy was born and raised in Lancaster, Ohio and graduated from Lancaster High School. Randy is a simple guy, claiming his favorite vacation spot is home. Randy enjoys listening to ‘60s rock, Stephen King books and watching “Big Bang” theory. He loves Italian food and will chow on a Three Musketeer Bar whenever possible. Other than working with and being around our residents, Randy loves the Cincinnati Reds, Frisch’s, Walmart and the Thanksgiving holiday. Randy enjoys working in healthcare because he has always liked helping other people and seeing the residents happy with just the smallest of gestures. When you happen to bump into Randy say, hi! He will be your friend forever. Thanks for all you do, Randy!