

November Newsletter

COUNTRY MEADOWS 2017

Halle's Headlines

November is a time to give thanks and I could not be more thankful for my workplace! Seeing our residents each day and getting to enrich their lives in different ways has truly fulfilled my life so much! The team of ladies that we have here continues to amaze me. They would all bend over backwards for the good of our residents and the rest of the team. When we say, "Serving in the spirit of Christ's love.." we mean it! Keeping Christ at the center is the KEY! This month, as well as next month, we continue our happiness campaign in striving to help you maintain a happy life style, even during the low times.

In November, we have many things planned to stay positive and keep happy! First off, ART 4 LIFE is back! Suzy will be here on November 3rd to teach another fun class! We also have MARIE GRUNDBERG coming on November 8th. She always puts on a fantastic show so we are looking forward to having her back! On November 17th, we will be taking the bus to Jack and Jims for lunch! YUM! Make sure to watch for the sign up sheet so you can come along and enjoy a nice lunch out! Those are just some of the main highlights! We also have a trip to Walmart, blanket making, weaving love, warm hearted Wednesday, and so much more! Grab a calendar, you won't want to miss a thing!

Have a fabulous month! - Halle

Resident Ramblings

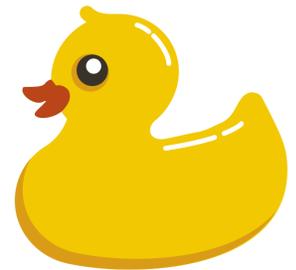
Roger D: *Hello From Minnesota*

1. MN— home of blonde hair and blue ears. 2. MN— mosquito supplier to the free world. 3. MN—Come fall in love with a loon. 4. Land of many cultures—mostly throat. 5. Where the elite meet the sleet. 6. MN: Closed for glacier repairs. 7. Land of two seasons: Winter is coming and winter is here. 8. MN—glove it or leave it.

Director's Notes

We are thankful for each one of you! Our residents are the reason we have such amazing jobs! Every position offers its level of stress and we all do our best to follow what I call the "*Duck Philosophy.*"

At the time of each new hire, I explain to new staff what it means to be a "*Happy, or Pretty Little Duck.*" Let me explain. When you see a duck on the water they appear to move effortlessly; even



in choppy water. We all know that their webbed feet are moving like mad under the water to keep them afloat and moving smoothly. As staff, we too, are on "choppy water" at times. We do our best to complete our work in a smooth manner. If we sense another staff member in "Choppy water," we remind them that we have each other to lean on and we *will* get through the day. Many times it is just refocusing ourselves to our mission; *Serving in the Spirit of Christ's Love.*

This month officially begins the "Holiday Season." This can also be a very busy and stressful time here at work and in our personal lives. We ask for your patience and grace when things seem hectic. As we "*Strive to be a 5*" on our Pinnacle Customer Service Surveys, we welcome your input and suggestions.

So, with a thankful and grateful heart, I pray blessings over you as we enter into the holiday season. Celebrating families and the birth of our Savior, Jesus Christ.

Come visit, my door is always open!

Your Happy Duck,

KathyAnn

Nurse's Notes

Thanksgiving is a meal of gratitude. The benefit of giving thanks, even with journals or sending thank you notes, has been seen in:

- * Improved sleep, especially if your mind turns negative or worry at bedtime.
- * Higher levels of happiness—with more optimistic outlooks on life.
- * Greater likelihood to choose healthy activities such as exercise.
- * Higher relationship satisfaction.

Studies show that gratitude produces measurable effects physically, improving health. They include:

1. Mood neurotransmitters
2. Inflammatory & Immune systems
3. Reproductive hormones
4. Stress hormones
5. Social bonding hormones
6. Blood pressure, Cardiac, and EEG
7. Cognitive and pleasure related neurotransmitters
8. Blood sugars

Being thankful is recommended, not only though this holiday season, but throughout the year. We are very grateful for each one of you,

Happy Thanksgiving!

*Jeune Johnson, RN Vicki Danielson, LPN
Jennifer Speller, LPN*

Pastor Dale's Passage

It's been said "you can't buy happiness but you can buy ice-cream!"



Here at Country Meadows, we're about to venture out on a reminder what you CAN do to gain happiness. Why? Because for many, the holidays of thanksgiving & Christmas are sad reminders of missed loved ones & missed traditions. While it's important that we remember that you can't buy happiness, there are definitely steps you can take to enjoy life... even as the busy holidays approach.

As your chaplain, it is my pleasure to remind you that there is something I call "true happiness". They're found in the Bible -- they're called "The Beatitudes".



So beginning on October 23rd, each Monday at noon for 10 weeks I'll be handing out slips of paper that reveal another key to true happiness. It is my hope that as we are reminded of **10 KEYS of TRUE HAPPINESS**, you will bring to mind all the good things God has in store for you. *Pastor Dale*

November Birthdays



Lois Thorson

November 24th



Jenny Speller

November 4th



Lori West

November 26th



Roger Diethelm

November 6th



Jeannie Byker

November 30th