

November 2024

Dates to Remember

November 3rd- Daylight Savings
(turn your clocks back on the 2nd)

November 5th- Election Day

November 11th- Veterans Day

November 28th - Thanksgiving



From Your Administrator By Kim Pederson

Happy Thanksgiving from our home to yours!

I don't know where the time has gone, but the holidays are approaching fast! Our amazing Therapeutic Recreation Team will be hosting many wonderful entertainers in the coming weeks. Musicians, carolers, and dance groups will be joining us and parties with food and fun are planned. Please check the activities calendar and join your loved ones here at PRECC if you can.

News from Social Services

If you or your loved one is a resident in the long-term care area of PRECC, your Social Worker has been Emma Lund. Emma recently had her second child and will not be returning to PRECC following her maternity leave. However, we are fortunate that Isabelle Guerdette, who has been covering for Emma's leave, has agreed to continue in the role of social services assistant. Isabelle has done a great job and we are thrilled that she will be able to continue to serve our seniors in this role. She and Chris Neely would like to remind you that they are both available to assist with any questions or needs that you or your loved one may have.

Kim Pederson, Administrator

Birthdays

Shirley T.	Nov. 20 th
Pete B.	Nov. 25 th
Jerry M.	Nov. 27 th
Judy S.	Nov 28 th
Beverly M.	Nov. 29 th

Zodiac Signs

Scorpio- Nov. 1st-21st

Traits: brave, loyal, stubborn

Sagittarius- Oct. 22nd -30th

Traits: optimistic, adventurous, blunt



This Day in History

- *Nov. 4th, 1979, the Iran hostage crisis began when the U.S. embassy in Tehran was seized. *
- *Nov. 5th, 1935, the board game Monopoly was introduced, and is still the most popular game in history. *
- *Nov. 7th, 1874, the Republican Party was first symbolized as an elephant in a cartoon by Thomas Nast. *
- *Nov. 8th, 1895, while experimenting with electricity, physicist Wilhelm Rontgen discovered Xray's *
- *Nov. 10th, 1975, in a storm with 50 mile an hour winds, The Edmund Fitzgerald sunk in Lake Superior. *
- *Nov. 11th, 1865, Mary Edwards Walker became the only woman to receive the Medal of Honor for her work as a surgeon during the Civil War. *
- *Nov. 10th, 1933, Proctor and Gamble introduced the first synthetic detergent, Dreft. *
- *Nov. 13th, 1956, the Supreme Court struck down the segregation of races on public buses. *
- *Nov. 18th, 1963, Push button telephones came into service, replacing rotary-dial phones. *
- *Nov. 19th, 1863, President Abraham Lincoln delivered his 2-minute-long Gettysburg Address. *
- *Nov. 20th, 1962, the United States lifted its blockade of Cuba, ending the Cuban Missile Crisis. *
- *Nov. 22nd, 1935, Pan-Am inaugurated the first transatlantic commercial flight from San Francisco to Manila. *
- *Nov. 23rd, 1921, President Harding banned doctors from prescribing alcohol for medicinal purposes. *
- *Nov. 24th, 1971, Hijacker D.B. Cooper parachuted from a commercial plane with \$200,000 in ransom. His identity and whereabouts are still unknown.
- *Nov. 25th, 1949, the song Rudolph, the Red Nosed Reindeer, performed by Gene Autry, hit the airwaves. *
- *Nov. 27th, 1924, Macy's Department Store held its first Thanksgiving Day Parade. *
- *Nov. 30th, 1940, Lucille Ball and Desi Arnaz were united in marriage. *

Birthstone- Topaz

Topaz is named for the ancient Red Sea Island of Topasos, now called St. John. In the ancient world, yellow Topaz was the symbol of Ra, the Egyptian Sun God because of its golden glow. Although it's most commonly found in shades of yellow and gold, Topaz can be blue, pink, red, orange, green, brown, and even black. A gift of a golden Topaz symbolizes friendship and is said to give the wearer strength & smarts.

Flower- Chrysanthemum

This cheerful and lovely perennial is a favorite among gardeners. Chrysanthemum, also called a mum for short, originates from the Greek word *Chrysos*, meaning gold. Originally, they were limited to a golden yellow hue. Today, mums can be found in a rainbow of colors. They are used in teas, wines, & herbal medicines.

November



Holiday Decorating

We aren't trying to be like Scrooge...we are just making sure our residents and their home stay safe this holiday season! Please help us by following these guidelines when decking our halls and making them merry & bright!

- No lighted candles, open flames or heat generating devices.
- All exits, fire alarm stations and extinguishers must remain clearly visible and accessible.
- Lights cannot be used if damaged (frayed/bare wires, loose connections) and **NO EXTENSION CORDS**...we repeat, **NO EXTENSION CORDS** in resident rooms! Power strips with surge protectors are ok.
- Doors and pictures cannot be wrapped in paper.
- Fresh Christmas trees & wreaths are not allowed in our home. They are highly combustible!
- Artificial trees and wreaths are perfectly acceptable.

Family Holiday Meal

For the holiday season, we will be hosting a meal for residents and their families on **Thursday, December 5th @ 11:30**. Due to limited space, families who would like to reserve a holiday meal with a resident will need to **make their reservations no later than November 22nd**. Also, we are limiting the number of guests to 2 per resident. Guest meals are \$10.00 for adults, \$5.00 for children ages 10 and under. Please sign up at the front desk or call **763-757-2320** to make your reservation!

Hat & Mitten Tree

We are teaming up with the Coon Rapids VFW Ladies Auxiliary again for our annual Hat & Mitten Tree! The kids from Head Start are in need of new or gently used hats, mittens, scarves, boots and coats to keep warm this winter. We decorate the tree, located in the LTC lobby, with these items and donate them to Head Start. They appreciate any donations you are able to give for the children in our community who are in need! The tree will be set up **November 25th** and donated to Head Start on **December 16th**. Please see **Linnea Maki** with any questions.

Secret Santa Tree

Santa's helpers are preparing our annual Secret Santa Tree for the residents at Park River! The tree will be located in the LTC lobby starting the week of **November 25th**. Santa's tree is decorated with ornaments that contain our resident's Christmas wish lists. Each gift is between \$10-\$20. To purchase a gift for a resident, take one of the ornament tags, purchase the suggested gift(s), and return it wrapped with the ornament tag attached. Please deliver wrapped gifts to the Business Office by **December 12th**. The residents will be given their Secret Santa gifts at their Christmas Party on **Dec. 19th**! Please see **Kimmie Derby** with any questions!

Veterans Day Trivia Answer Key-

- | | | |
|------|-------|-------|
| 1. C | 6. A | 11. B |
| 2. B | 7. C | 12. A |
| 3. A | 8. C | 13. B |
| 4. A | 9. C | 14. A |
| 5. C | 10. B | 15. A |



Chaplain's Corner

November 28th, we celebrate Thanksgiving!

That's the latest possible date for Thanksgiving in November. Always on the fourth Thursday of the month, the date changes based upon leap year. We look forward to enjoying a sumptuous turkey dinner with stuffing, mashed potatoes, and of course pumpkin pie!!

Sometimes we wonder, how can I give thanks now, and here? What can I be thankful for? This is not where I chose to be! Why am I here, anyway?

Did you know, you are on assignment from God? Yes, even here! We each have an assignment from God. He made us and gave us each unique abilities and placed us right here at this time to make a difference. Yes, we often need help and care from others, but we each have purpose. Did you know your encouragement brightens a caregiver's day?

Our assignment is to encourage someone around us, to let God's light shine, and to pray for someone we meet today. It may not be our first choice of place; we can even decline God's assignment. Or we can pray: "God help me. This is a difficult assignment. Life is difficult and sometimes I feel sad. But God, You are here with me, and here I am. I am available to brighten someone's day. And please God, bring someone kind along my pathway today." We don't have to save the world, we aren't equipped for that, but we can lift someone's day.

Let me remind you of the monthly Bible Study on the second Friday.

This month's Study begins a series on the Gospel of Mark. This shortest gospel was penned by John Mark, the Apostle Peter's interpreter. As the earliest source of Jesus' life, it announces: "*The beginning of the good news about Jesus the Messiah, the Son of God*" and then moves along steadily to tell us Jesus' story.

Meet in the Chapel area on November 8th at 4:00pm.

*Chaplain Sherree Lane,
Director of Spiritual Care*

Veterans Day Trivia

Answer Key on page 3

1. What was the original name for Veterans Day?
A) Flag Day B) Honor Day C) Armistice Day
2. What national cemetery was established during the Civil War and contains the Tomb of the Unknown Soldier?
A) Fort Snelling B) Arlington C) Gettysburg
3. What is the most common item left on a soldier's grave in honor of their service?
A) Flowers B) A ribbon C) A wreath
4. What year was the first Veterans Day celebrated?
A) 1919 B) 1918 C) 1917
5. What treaty ended World War I?
A) Treaty of Allies B) Treaty of Geneva C) Treaty of Versailles
6. Which of these was established during a ceremony on November 11th, 1921?
A) Tomb of the Unknown Soldier B) Washington Monument C) Liberty Bell
7. What year did Congress recognize November 11th as a national holiday?
A) 1919 B) 1921 C) 1926
8. What color flower is associated with Veterans Day?
A) Purple B) Yellow C) Red
9. What poem gave poppies their wartime association?
A) Soldier field B) Patton's Field C) Flanders Field
10. What city is home to the oldest Veterans Day parade?
A) Washington D.C. B) New York C) Boston
11. Which war produced the most Veterans?
A) WWI B) WWII C) Vietnam
12. How many Americans fought in WWI?
A) 5 million B. 6 million C) 7 million
13. Which President made November 11th officially Veteran's Day?
A) Roosevelt B) Eisenhower C) Regan
14. How many stars were on the American Flag when November 11th officially became Veterans Day?
A) 48 B) 49 C) 50
15. How many American soldiers are buried at the Tomb of the Unknown Soldier?
A) 3 B)4 C) 5

Key Facility Contacts:

Administrator.....Kim Pederson
Dir. of Admin. Services.....Dani Van Beek
Dir. of Compensation.....Lori Jumper
Dir. of Culinary Services.....Heidi Kildahl
Dir. of Enviro. Services.....Connie Riley
Dir. of Finance.....Marti Bullock
Dir. of Health Info.....Pam Carpentier
Dir. of Maintenance.....Kurt Becker
Dir. of Nursing.....Alicia Leavitt
Dir. of Rehabilitation.....Tom Kylo
Dir. of Social Services.....Chris Neely
Dir. of Spiritual Care.....Sherree Lane
Dir. of Staff Development.....Sue Sellner
Dir. of Therapeutic Rec.....Linnea Maki
Infection Preventionist.....Sam Graf

