

November 2023

Dates to Remember

November 5th - Daylight Savings

November 11th - Veterans Day

November 23rd - Thanksgiving



*From Your Administrator
By Kim Pederson*

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.

In late November, we will be getting all new carpet in the hallways, TCU desk and lounge area and the Fireside lounge. In addition we are getting new vinyl planking outside of the tub rooms and other key areas. This will not impact the resident rooms at this time. Flooring in resident rooms will be replaced as needed; one room at a time. This flooring project will not impact the planned activities and events. We will wait to put up our Christmas trees until the project is complete.

Happy Thanksgiving from our home to yours!

Kim Pederson, Administrator

November

November is a precursor to the holiday season but is also widely considered a month dedicated to remembering deceased ancestors and loved ones. The Roman Catholic Holiday *All Souls' Day*, Mexico's *Dia de los Muertos* (Day of the Dead), United States' *Veterans Day*, and Canada's *Remembrance Day* are all celebrated in November.

Birthdays

Tom F.	November 15 th
Shirley T.	November 20 th
Anastasiya R.	November 20 th
Jerry M.	November 27 th
Judy S.	November 28 th



Zodiac Signs

Scorpio- November 1st-21st
Traits: determined, brave, loyal

Sagittarius- November 22nd – 30th
Traits: adventurous, optimistic, funny

Bird- Rooster

Roosters, also known as male chickens, are originally from India whose ancestors ran wild in the jungle. They are now found all over the world and have an estimated population of 23 billion! They are known to be loyal and protective, looking after the hens of their flock. If they feel threatened, they will flap their wings ferociously and attack predators with the sharp bone protrusions (called spurs) that grow from their ankles. Around 5 months of age, roosters begin to crow each dawn to wake their flock and let them know it's time for breakfast. Roosters are omnivores and eat almost anything including vegetables, fruit, and insects. They are quite sociable too and mate with their entire flock!

Birthstone- Citrine

This month's birthstone gets its name from the French word *citron*, meaning lemon. The name perfectly fits this stone's vibrant yellow, gold, and amber tones! Its colors match the sun's rays and the beautiful fall colors of November. Throughout history, this quartz has been regarded as a stone of happiness & optimism. It's believed to bring good fortune and success to its wearers. Ancient civilizations used citrine not only for its aesthetic appeal but for its healing properties, such as boosting energy levels and improving clarity of thought!

Flower- Chrysanthemum

The Chrysanthemum is a beautiful perennial and a favorite for many gardeners and flower enthusiasts! Its name comes from *Chrysos*, which is a Greek word meaning *gold*. Although mums can be found in a rainbow of colors today, their wild ancestors were a golden yellow hue. Beautiful as they are, Chrysanthemums can be used as more than a garden flower. They are used in herbal teas, wines, and medicines that treat the flu. NASA also discovered that mums planted indoors can remove air pollutants!

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 7th @ 12:00**. 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 December 1st**. We are also limiting the number of guests to 3 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 the week of **November 13th** and donated to Head Start on **December 13th**. 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 20th** 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, and return it wrapped with the ornament tag attached. Please deliver wrapped gifts to the Business Office by **December 11th**. The residents will be given their Secret Santa gifts at their Christmas Party on **Dec. 21st**! 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

Grateful and Blessed

The sign read, "Grateful and Blessed!" Printed over a thanksgiving pumpkin background, it reminded me to be thankful because of God's goodness.

We know what grateful means, but what does "blessed" really mean? Does it indicate my life will always be financially stable, with many good friends, and never any illness or needs?

Ponder the word "blessed." Perhaps we flippantly throw that word around—"God bless you," or "I am blessed"—as if to show that following God means all my life is great, there are no problems. But our experiences in this world tell us otherwise.

"Blessed" appears in the first book of the Bible right after Creation. God blessed his creation and gave a directive, "*Be fruitful and increase in numbers...*" (Genesis 1:22 & 28).

Then in Genesis 12 God gave Abraham a unique blessing, which promised the eventual coming of the Messiah through Abraham's lineage.

The LORD had said to Abram...

"I will make you into a great nation, and I will bless you;

I will make your name great, and you will be a blessing.

I will bless those who bless you, and whoever curses you I will curse;

and all peoples on earth will be blessed through you."

From these two scriptures we conclude:

Your life will have greater impact when you believe in God and Jesus his Son, follow Him, and cooperate with Him. You will experience an increase in various ways in your family and your work. Your character will blossom, and fruitfulness will result from your service. And,

The reason God blesses you is so that you will pass along His blessings to others, so that others will experience blessing such as better days and their increase because of your concern, encouragement, and prayers for their well-being. Blessings from God are NOT given to be hoarded. They come so we, with deep gratitude to God, share His gifts with others.

I am incredibly grateful, yes blessed, by God to know Him, and to know you and your friendship.

Chaplain Sherree Lane

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
Chaplain.....Sherree Lane
Dir. of Admin. Services.....Dani Van Beek
Dir. of Compensation.....Lori Jumper
Dir. of Culinary Services.....Heidi Kildahl
Dir. of Enviro. Services.....Pam Posthumus
Dir. of Finance.....Marti Bullock
Dir. of Health Info.....Pam Carpentier
Dir. of Maintenance.....Kurt Becker
Dir. of Nursing.....Alicia Leavitt
Dir. of Rehabilitation.....Carrie Powell
Dir. of Social Services.....Chris Neely
Dir. of Staff Development.....Sue Sellner
Dir. of Therapeutic Rec.....Linnea Maki
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