

# WHITE OAKS WORLD

NOVEMBER 2023

## At A Glance



Create a Pumpkin Cheeseball!



Thanksgiving is November 23rd!

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## From the Desks of the Co-Presidents

Julie Simpkins & Greg Echols

Last month, Greg and I had the wonderful opportunity to attend the KCC Foundation Scholarship Breakfast. It was a momentous event where we had the chance to meet many of the

scholarship recipients in person and listen to their inspiring stories. We also had the opportunity to connect with other donors who, like us, share a passion for education.

During breakfast, we had the pleasure of sitting at a table with Avery Chandler, one of the scholarship recipients. Avery is currently a sophomore at KCC and is pursuing a double major in education and communication. She has a true love for writing and particularly enjoys sports journalism. In fact, some of her sports articles about KCC games have even been published in the local newspaper. We were truly impressed by her dedication and talent.

Not only is Avery involved in writing, but she is also the student liaison leader who attends the foundation board meetings. This shows her commitment to making a positive impact on her campus and community.

Avery will be getting her Bachelor's in English Education once she graduates KCC and attends Olivet Nazarene University. Her goal is to be a high school English teacher and will hopefully use her journalism talents at ONU as well. It was such a pleasure to meet Avery and hear about her plans for her future!



It was incredibly inspiring to see how young minds like Avery are actively planning for their future and pursuing their passions. As Greg and I interacted with Avery and other scholarship recipients, we could not help but reflect on our own experiences and the journey we once embarked on. It is truly heartwarming to witness the potential of these young individuals and the bright future they are creating for themselves.



# IN THE NEWS

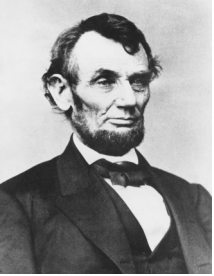
## ABOUT THE MONTH OF NOVEMBER

Rick Banas

We celebrate Thanksgiving in the United States on the fourth Thursday of November. One commonly believed story has the origins of our Thanksgiving dating back more than 400 years to what is now Cape Cod. The pilgrims invited the Wampanoag Indians to share a meal in celebration of the Pilgrims’ first harvest. Thanksgiving Day did not become an official national holiday until 1863 when President Abraham Lincoln proclaimed a National Day of Thanksgiving to be celebrated every November. It was a day to thank and praise God.



Did you know that at one point in time turkey was a rare treat? During the 1830s, a turkey weighing eight to ten pounds cost a day’s wages.



The Boston Female Medical School, the first medical school for women, opened on Nov. 1, 1848.

Abraham Lincoln was elected President of the United States on Nov. 6, 1860. He won with 40% of the popular vote.

On Nov. 11, 1938, the song “God Bless America” was performed for the first time. Written by Irving Berlin, the song was sung by entertainer Kate Smith on her radio broadcast.

Nov. 11 is Veterans Day. We salute all of the veterans who served our country.



Nov. 13 is World Kindness Day, and Nov. 14 is National Pickle Day.

November is National Peanut Butter Lovers Month as well as American Diabetes Month and National Alzheimer’s Disease Awareness Month.

Alzheimer’s is one form of dementia. Other forms include vascular dementia, Lewy Body disease, and frontotemporal dementia. According to dementia care specialist Teepa Snow, recent research indicates there are as many as eight different variations of Alzheimer’s disease. People with diabetes that is poorly controlled are 77% more likely to develop dementia. One of the hardest parts of caregiving, says Snow, is letting go of our reality to figure out the reality of the person with Alzheimer’s. More information about Alzheimer’s Awareness can be found on the Alzheimer’s Federation of America’s website at <https://alzfdn.org/alzawarenessmonth/>.



# WELLNESS

## Alzheimer Awareness

Chrisi Karcz VP Clinical Operations

The month of November is recognized as Alzheimer’s Awareness Month. It is a time for increased awareness and support for over 6.2 mil. Americans living with Alzheimer’s. It is important to recognize memory loss is not a normal part of aging. Symptoms of Alzheimer’s Disease include:

- Memory loss
- Poor judgment leading to bad decisions.
- Loss of spontaneity & sense of initiative
- Taking longer to complete daily tasks.
- Repeating questions
- Trouble handling money and paying bills.
- Wandering and getting lost
- Losing things or misplacing them in odd places
- Mood and personality changes
- Increased anxiety and/or aggression
- Difficulty with language



Healthy Facts to help seniors stay well include:

- Eat well and stay active
- Learn new things
- Get enough sleep
- Mind your meds
- Stop smoking and limit alcohol
- Stay connected
- Know your blood pressure and see your doctor
- Get a memory screening

While there currently isn’t a cure for Alzheimer’s, early detection and diagnosis can assist with plan of care. The Alzheimer’s Association is a great resource for those affected by Alzheimer’s and other dementia related diagnoses. They offer resources including facts, support groups and a 24/7 call Help Line, 1-800-272-3900.



## Recipe Corner Pumpkin CheeseBall

- 16 oz cream cheese
- 12 oz. shredded cheddar cheese
- 8 oz. pumpkin puree
- 1/2 tsp. paprika
- 1/2 tsp. garlic powder
- 1/4 tsp. salt
- 1 pinch of salt
- 2 Tbs. finely minced sage leaves + 2 leaves for the vine
- 1 pretzel rod for the stem

### Directions

1. In a large bowl, add HALF the shredded cheese and everything else. Keep the rest of the cheese in the fridge.
2. Mix everything on high speed using a mixer.
3. Form the mixture into a ball shape. Cover the bowl with plastic wrap and leave in the fridge for at least 1 hour.
4. Place a large piece of saran wrap on the counter and pour the rest of the shredded cheese on a plate. Scoop the mixture out of the bowl and directly onto the shredded cheese. Roll it around til it’s covered.
5. Place the cheese ball in the center of the plastic wrap and shape it into a ball.
6. Place 3-4 rubberbands around the ball to shape it into a pumpkin. Freeze for 30 min to keep it’s shape. Add the pretzel and leaves when going to serve.
7. Serve with crackers/pretzels!





# LIFESTYLE

## Birthdays/Anniversaries

### **Resident Birthdays:**

Marianne W. - November 5  
Ed B. - November 8  
Stan. G. - November 11  
Tom S. - November 18  
Jim J. - November 19  
John D. - November 26  
Barb S. - November 29

### **Staff Work Anniversaries:**

Nadine B. - Sales - 2 years  
Randy B. - Care - 1 year  
Tanaya K.- Dining - 2 years  
Nancy L. - Dining - years  
Emmanuel - Nursing - 2 years  
Alyssa Z. - Care - 1 year

### **Welcome New Staff:**

Candace S. - Nursing  
Cassidy O. - Care



## **A Note from the Executive Director**

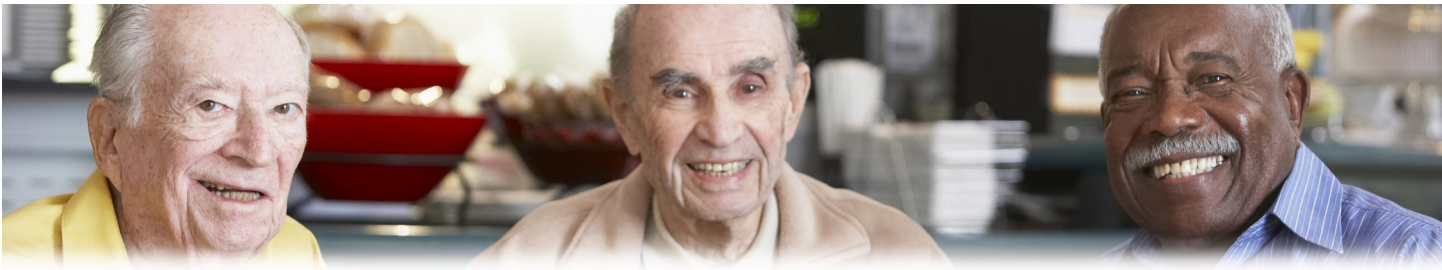
**Debbie France, RN BSN CDP**

A reminder to everyone as the holidays approach, they are a wonderful time of year filled with family, friends and traditions. However it can also lead to anxiety in seniors living with Alzheimer's or dementia. A change in routines, holiday decorations, unfamiliar people and just an overall change in daily activities can overwhelm them. It can also be a time of sadness as they reflect on loss or change during the holiday season. If you are including your family member in any holiday celebrations outside the community, stress the meaningfulness of the moment, rather than what they remember about past holiday celebrations and traditions. Enjoy this time with them!

## **Upcoming Events & Activities in November!**

The holiday season is gearing up and we have plenty of fun planned for November! Santa opens his workshop where we'll make ornaments for our trees and decorate holiday cards. Our annual Veteran's Day Ceremony and Social will honor those living in our community that served. Entertainers this month include Heather B. getting us ready for the holidays with her "Songs of the Season" and Martin Lopez wraps up the month with his beautiful violin playing. Chef Alex hosts a Thankful Tea and also a special Thanksgiving Day Lunch. Our Bell Choir is switching gears and will be using their voices to take on songs of the season! Feel like you need to get into shape for all that holiday eating? Join us for daily exercise every morning and who doesn't like a cuddle with one of our therapy dogs?





# LIFESTYLE

## October Activities!



## Horoscope

### Aquarius (1/20-2/18)

Growth is expected in the first week of the month.

### Pisces (2/19-3/20)

Your ambitions are protected by the planets.

### Aries (3/21-4/19)

Venus and Mercury will help Aries people to overcome difficulties

### Taurus (4/20-5/20)

Mars and the sun will direct your actions.

### Gemini (5/21-6/20)

Stars will help in maintaining good health.

### Cancer (6/21-7/22)

Social connections will help you progress this month.

### Leo (7/23-8/22)

Venus will help you overcome challenges in life.

### Virgo (8/23-9/22)

Jupiter will propel your growth activities.

### Libra (9/23-10/21)

You will have the help of planets in your growth of your life.

### Scorpio (10/22-11/21)

Saturn will help your talents to flourish.

### Sagittarius (11/22-12/21)

Relationships will flourish this month.

### Capricorn (12/22-1/19)

Mars will help propel your progress in life.

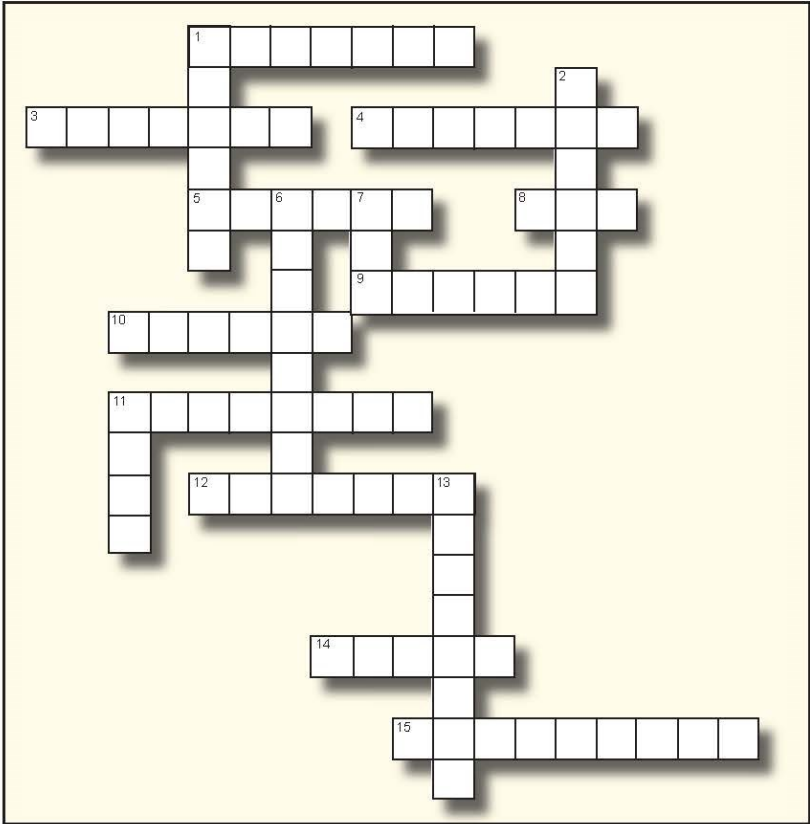




# CROSSWORD

## THANKSGIVING PUZZLE

Name: \_\_\_\_\_



**Across**

- 1. It makes a great pie or jack-o-lantern.
- 3. They came from England and built Plymouth Colony.
- 4. A special day, like Christmas, Easter and Thanksgiving
- 5. Breakfast, lunch and \_\_\_\_\_
- 8. A dessert with a round crust
- 9. We eat this bird on Thanksgiving.
- 10. To go from one place to another
- 11. A ball game with touchdowns and field goals
- 12. A word for gathering crops

- 14. A huge meal on a special occasion
- 15. The Pilgrims' ship

**Down**

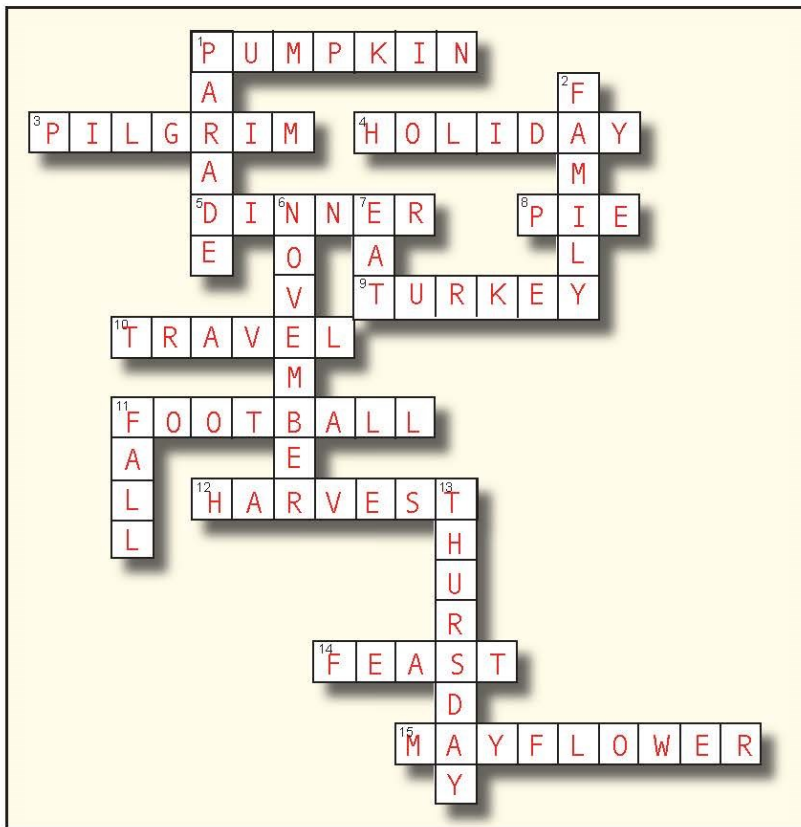
- 1. A procession of bands, floats and people
- 2. Our parents, brothers and sisters
- 6. The month after October
- 7. To take food into the mouth and swallow
- 11. Another word for autumn
- 13. Thanksgiving is always on this day.



# ANSWERS

## THANKSGIVING PUZZLE

Name: \_\_\_\_\_



### Across

1. It makes a great pie or jack-o-lantern.
3. They came from England and built Plymouth Colony.
4. A special day, like Christmas, Easter and Thanksgiving
5. Breakfast, lunch and \_\_\_\_\_
8. A dessert with a round crust
9. We eat this bird on Thanksgiving.
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11. A ball game with touchdowns and field goals
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14. A huge meal on a special occasion
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### Down

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