



ADMINISTRATOR'S NOTES

October brings cooler weather and lots of fun activities for us! Our annual Mad Hatter and Halloween Monster Ball/Boo Bingo events are scheduled as well as our Retirement Party for Mary and our Ceremony for our newly remodeled kitchen. We're also celebrating National Healthcare Foodservice Workers Week™ October 2-8. Please join us showing our appreciation to Mark and Brenda for all their hard work and all they do to help bring good food and health to our residents and to all our staff who help serve and work in the dining room to make sure all our resident's needs are met.

We have some vacancies and would love to see our building full

again! If you refer a friend and they move in, you and your friend will both receive \$500 off one month's rent. If you know anyone who needs assisted living, please let us know and we'll be happy to help.

REMINDERS:

- Each resident should have a toilet brush in his/her bathroom. If you don't have one, please remember to bring one and place in the bathroom. Your cooperation is appreciated.
- Please remember to sign in and out on the register by the front door when you leave and return to the building.
- If you are interested in the

automated payment plan, please let us know. It offers an easy and convenient way to pay the monthly rent.

If you have any questions or concerns, please let us know. We're here to help!

– *Nita Collins*

ANNIVERSARIES

CC's 9th	October 01
Alicia's 1st	October 05
Faye's 2nd	October 23

FLOWER MOUND
ASSISTED LIVING

MACULAR DEGENERATION

Macular degeneration is the leading cause of blindness affecting more than 10 million people. That is more than glaucoma and cataracts together. The cause is considered either age related or hereditary there is very little known about this disease. There has been very little research done due to not enough funding.

There are 3 stages of age-related macular degeneration (AMD). In the first stage, there are no symptoms and is not usually found except when a comprehensive eye exam is done. In the second stage of AMD, one may have some early vision loss, but it is not extremely noticeable. The last stage there is definite vision loss.

You are at greater risk of developing AMD if it has been diagnosed in family members but risk increases with age. Other risk factors are race (more common in Caucasians), and for people who smoke.

At this time, there is no cure for Macular Degeneration, but there are things you can do to reduce your risk and possibly slow the progression once you've been diagnosed. For example, one can pursue lifestyle changes like dieting, exercise, avoiding smoking, and protecting your eyes from ultraviolet light.

UPCOMING EVENTS

October 2-8th: It's National Health Care Food Service Week! Make sure you tell Mark and Brenda how much you appreciate all that they do!

October 6th, at 2:30 pm: Please join us for our Fourth Annual Mad Hatter Party!

October 12th, 10:30 am: Make sure you sign up for our trip out to the fishing pond!

October 13th, 3:00 pm: We would love for you to join us in saying goodbye to Mary at her Retirement Party!

October 20th, 2:30 pm: Please join us in our Grand Re-opening of our Kitchen!

October 27th, 3:00 pm: Please R.S.V.P to our annual Monster's Ball! We hope you will join us for all of the games, prizes and our costume contest.

To R.S.V.P. or to request more information please contact Rachel.

ROCK STAR OF THE MONTH: ALICIA



Alicia Rock Star



Congrats Alicia

PHOTO HIGHLIGHTS



Nita showing off



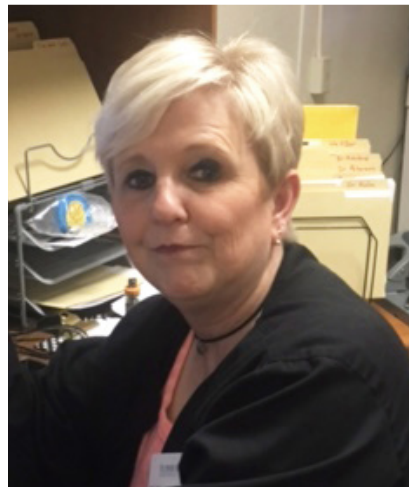
NALW

NEW EMPLOYEE PRISCILLA "PK" KENDALL

FMAL would love to introduce two new employees to our team, PK and Melissa. Please help us give them a warm welcome!

Priscilla "PK" Kendall is originally from Massachusetts. In 1977 she left for the Army and became a medic and a psychiatric tech. She remained in the service until 1985.

After meeting her husband they relocated to Corpus Christi where she attended Delmar College. PK graduated from nursing school in 1983. She has one boy, Sean-Paul, and a daughter, Jennifer. She has been in Assisted Living Management for 15 years. "I have enjoyed assisted livings and will remain working in this area of nursing," stated PK. PK started as our Director of Health Services on September 11th.



Chocolate Cake

Ingredients:

- 3 ounces unsweetened chocolate squares
- 1/2 cup water
- 3/4 cup butter
- 2 1/2 cups brown sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 2 cups flour
- 1 teaspoon baking soda
- 1 cup water

Directions:

1. Melt chocolate and 1/2 cup water together (can be done in microwave if you are careful not to burn it) and set aside to cool.
2. Cream butter and brown sugar until light and fluffy. Add eggs and vanilla extract to butter mixture and beat well. Blend in cooled chocolate.
3. Mix together flour and baking soda, and add alternately with 1 cup water on low speed. Pour batter into two 9-inch greased layer pans or two 8-inch square aluminum foil pans, or one 9 x 13-inch sheet cake pan. Bake at 350F degrees for 25 minutes or until inserted wooden pick comes out clean. Cool 10 minutes before removing from pans for layering.
4. Ice with your favorite icing.

Note: This cake is very moist; take care to line the bottoms of the cake pans with parchment or wax paper before pouring in the batter, as the cake has a tendency to stick to the pan. (Even if you're using non-stick!)

NEW EMPLOYEE MELISSA BARKER

Melissa Barker was born in Ft. Worth but was raised in Hurst. She started in as sitter for the elderly in 2000. By 2010 she became a Certified Nurse's Assistant. Currently, Melissa has been working hard on getting her Registered Nursing Degree. She will finally have her RN in May 2018. Melissa is excited to get to know the residents of FMAL! Melissa join our care giving team on August 1st.



PHOTO HIGHLIGHTS WITH JAMES



FMPD honors James



Honory FMPD



James's 101 BDay

FLOWER MOUND ASSISTED LIVING

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OUR STAFF ADMINISTRATOR

Nita Collins

MARKETING DIRECTOR

Sandy Raseberry

DIRECTOR OF HEALTH SERVICES

Priscilla "PK" Kendall

MAINTENANCE DIRECTOR

Nicco Rios

DIETARY MANAGER

Mark Derichsweiler

ACTIVITY DIRECTOR

Rachel Layne



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OCTOBER – WORD SEARCH

D	X	C	M	O	P	U	M	P	K	I	N	A	S	A
I	B	D	I	F	F	E	R	E	N	C	E	R	A	D
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H	X	P	D	O	J	F	J	P	E	C	H	B	S	W
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AWARENESS

BREAST

BREATH

CAKE

CHOCOLATE

DEPRESSION

DIFFERENCE

HALLOWEEN

HYGIENE

PHYSICAL

POSITIVE

PUMPKIN

SMILE

SPIDERS

SUCCESS