

# THE WESTLAKE WHISTLER



## When Do You Give Thanks?

**Do you wait until Thanksgiving Day to thank those that you love and those that have helped you?**

It's important to be thankful during this special holiday. However, it shouldn't be the only time you demonstrate your love and appreciation to others.

**There are some great reasons to thank people throughout the year; not just during the holiday season.**

- Your appreciation may have more of an impact at an unexpected time. Giving thanks during the holidays can be somewhat expected. Showing your gratitude when it is least expected will be remembered for a long time.
- It can be done immediately

after an event you are most thankful for.

- Your thoughtful comments won't get diluted by those from others trying to catch up for the past year on their thanks.
- You can give more time and personalized attention when showing your gratitude.

**What are some ways to thank those that have made a difference in your life? Try one of these options or be creative with your own heartfelt method:**

- Send a handwritten note or letter that expresses your thankfulness.
- Tell the person face-to-face how grateful you are for them

being in your life.

- Provide a simple gift. Don't give an extravagant gift or you run the risk of minimizing their actions and making them feel bad.
- Help the other person in a way that benefits him or her.

Giving thanks benefits everyone. In fact, it has been proven in studies that being grateful can have a positive effect on your health. It can reduce your stress and boost your immune system.

**Don't wait for a holiday before you look for opportunities to show your gratitude. Give thanks on a regular basis throughout the year.**

*Garden Square at Westlake*  
ASSISTED LIVING



Happy Birthday, Ruth!

## Welcome New Residents!

*Welcome to Dorothy!*

## Upcoming Events

- Nov. 06** Pumpkin Pretzels Making
- Nov. 06** Pampered Feet
- Nov. 07** Pampered Feet
- Nov. 10** Veteran's Day Pinning
- Nov. 12** Accordion with Joyce
- Nov. 14** Thankful Tree Making
- Nov. 15** Pumpkin Twist
- Nov. 17** Dementia Myth & Joy Presentation
- Nov. 22** Duet Singers
- Nov. 23** Thanksgiving
- Nov. 29** Water Color with Terri

## Now Accepting Donations!

We are accepting donations of canned food, blankets and coats. We will be donating all of these items to local charities!

# Giving Thanks for Being a Caregiver

Balancing work, home and private life with the demands of being a caregiver can be a frustrating juggling act. Just around the time you may get a good balance, the demands of your elderly parent might change and you are again pulled back into that stressful situation.

### **How can you offset the worry, the anxiety, the anger and the resentment? Be thankful!**

If you can find ways to be thankful that you are the caregiver for your parent, that positive emotion can do wonders to drive out those negative emotions in your heart. And when you think about it, there are quite a few great things you can be thankful for BECAUSE you are the primary caregiver for your aging parent.

You are able to give back a bit of the sacrifices they made to raise you. The amount of time and money and emotional effort your parents gave you as a child is something that can never be repaid. However, you are giving a little bit back in caring for them when they are old, which conveys, "Thank you for raising me and never giving up on me. And now I am

not going to give up on you."

You can celebrate those little times of laughter and joy. Celebrate when you enjoy a movie together or laugh at those "insider" family jokes that always bring a smile.

There is something deep inside us that feels like a sense of completion when we are able to stay with someone we love through a very tough time. Your love for your parent will deepen and grow stronger in a way that will stay with you for the rest of your life.

### **You are needed and you are important to your elderly mom or dad!**



## POEM FROM THE LATE DON N.

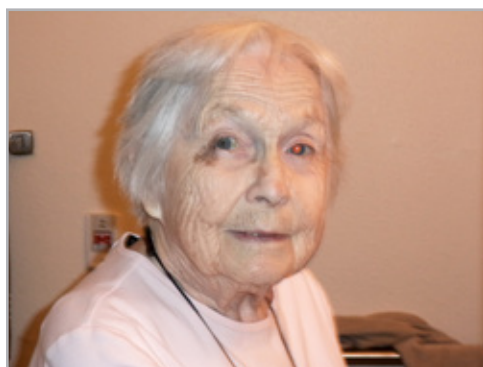
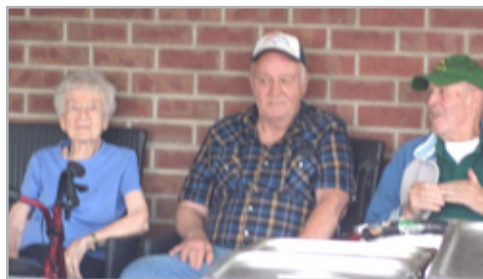
### **Falling Leaves**

Leaves are falling, falling, falling,  
Swept along  
By a brisk north wind.  
Then falling, falling, falling,  
In a cascade of brilliant gold  
To blanket the waiting earth.  
Death can be beautiful

The quiet obituary  
Of a life lived well.  
Of a life lived well.  
Death can be beautiful  
When pregnant with the promise  
Of a new, vigorous life,  
Guaranteed by the Risen on

**Don N., October 22, 2004**

# DECADES BBQ PHOTO HIGHLIGHTS



## Join us for our Veteran's Day Pinning Ceremony

Friday, November 10<sup>th</sup>

1:00p.m. at Garden  
Square of Westlake



Presented by Suncrest.  
*Refreshments will be provided.  
No RSVP Required.*



## Join us for our Dementia Myths & Joys

Friday, November 17<sup>th</sup>

1:30p.m. at Garden  
Square of Westlake



Presented by Suncrest.  
*No RSVP Required.*



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## GARDEN SQUARE AT WESTLAKE MANAGEMENT TEAM

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### LIFE ENRICHMENT DIRECTOR

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### BUSINESS OFFICE MANAGER

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### ADMINISTRATOR

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## NOVEMBER – WORD SEARCH

A	P	P	R	E	C	I	A	T	I	O	N	O	K	N
K	P	T	E	X	R	N	B	F	T	I	X	O	I	K
S	W	H	G	T	H	Z	N	S	J	P	T	A	K	T
P	K	A	R	V	T	O	A	Z	Y	T	A	D	I	U
S	W	N	A	E	E	E	Y	H	P	N	W	N	N	R
X	I	K	T	R	F	A	I	E	U	E	A	B	D	K
T	D	S	E	K	V	Z	V	A	M	K	N	W	N	E
U	K	G	F	A	Z	W	E	L	P	X	Z	E	E	Y
X	F	I	U	L	K	S	T	T	K	V	X	K	S	P
D	A	V	L	V	U	E	E	H	I	V	M	O	S	P
V	M	I	V	P	Z	R	R	U	N	S	H	Y	A	P
M	I	N	R	S	I	V	A	J	P	E	I	E	C	E
Z	L	G	L	C	D	I	N	V	I	S	R	C	R	Z
C	Y	U	W	B	K	C	S	V	E	A	M	I	K	O
X	Y	S	X	Q	K	E	A	E	P	I	Z	Z	A	K

APPRECIATION

FAMILY

FEAST

FLU

GRATEFUL

HEALTH

HERO

KINDNESS

PIZZA

PUMPKIN PIE

SERVICE

SICK

THANKSGIVING

TURKEY

VETERANS