



## LETTER FROM THE ADMINISTRATOR

**Gobble!! Gobble!! Turkey Day has arrived again.** The leaves are turning beautiful shades of orange and yellow, and the pumpkins and squash seem to be everywhere. Yes, it looks like Thanksgiving is upon us again. Time for families to gather, stuff themselves with turkey and ham, and then watch football games the rest of the evening between the napping. I just know the Pilgrims would be so proud of us.

I have lots of Thanksgiving stories to tell, but I will share one of them that was funny and scary all at the same time. Growing up, my family always went to Gulfport, Mississippi the entire week of Thanksgiving, as that is where my Dad is from and most of his family still lives there today. And one of the big family traditions was for all of the men to go deer hunting Thanksgiving morning before gathering for lunch at a relative's home for the big feast. As planned, they all got up early and headed to the woods. My dad and

brothers, including myself, did not go, as Dad did not let us handle firearms. I would have probably shot something besides a deer anyhow. After the hunt, they all came home with nothing to show. None of them even fired their gun. The deer outsmarted them that day! We all loaded up to go to my Uncle Ernest's home for the big feast, and I decided to ride along with my cousin Glendale. I will never forget this day, as while we were headed down some country road in his Datsun pickup, a deer jumped right in front of us across the road, from the driver's side to the passenger side, and then just into the woods. We could still see him just inside the edge of the woods. Glendale slammed on the brakes, bringing the truck to a screeching halt, and before I knew what was happening, he had his deer rifle pointed in front of my face out my window and was about to shoot that deer from the cab of the truck. Now mind you, the rifle was only about 3 inches in front of my

face, and I remember whimpering to him, "Please don't shoot!" I can only imagine that gun firing right in front of my face, the loud noise it would have made in that small cab, and game wardens showing up for hunting out of a truck. I don't think that is legal in any state still today. Nonetheless, Glendale did not pull the trigger, I could breathe again, and the deer lived for another day. What a day, and what a tale to remember.

I wish each of you a Happy Thanksgiving and encourage you to eat lots of turkey and ham, stuff yourself good, and get lots of naps while you watch the football games.

**Happy Turkey Day!!**

*Kevin W. Garriga*

Administrator

SOUTHERN KNIGHTS  
SENIOR LIVING COMMUNITY

## Health Services

We have opened  
Memory Care!

## *Happy Birthday*

Barbara W.	Nov. 08
Jenette D.	Nov. 16
Dora F.	Nov. 22
Beverly W.	Nov. 22

## FROM THE KITCHEN

Southern Knights Cafe' has successfully launched the two entrée choices at lunch and we look forward to continuing to improve by adding two main entrée choices for dinner as well and expanding the side options also.

Thanksgiving is around the corner we will be having our traditional Turkey Dinner for Lunch and a sack lunch will be delivered to the rooms for dinner so that our staff can have some time with our families.

## Activity Highlight Photos



Road Trip!! Neal's Wheels took us to Denny's



Butterflies and Baseballs!

## UPCOMING CRAFT PROJECTS

Wooden Santa Wind Chime



## STAFF QUOTE:

SHAWNA PLATOW, BUSINESS OFFICE MANAGER

Those who sing their own praises seldom get asked for an encore.





## Featured Resident: *Carl C.*

**Carl** started as a clerk for Southern Pacific Railroad in 1941 and retired there after rising through the ranks in 1983. Carl is a WW2 Navy Vet. Stop by and introduce yourself to Carl. He has a lot of stories!



*Nov. 12<sup>th</sup> is National Pizza Day*

## TIPS FOR GREAT PIZZAS

A pizza made at home should be better than a commercial pizza. These tips can help!

- Don't under bake the crust. The crust is done when the bottom is partially browned. Use a spatula or tongs to lift one edge and peek at the crust.
- Instead of piling the goodies on the uncooked dough, partially bake it first. Usually about eight minutes will do. Then pull it out of the oven, put the toppings on, and finish baking.
- Place the pizza low in the oven where radiant heat from the heating elements will help bake the crust.
- If you don't have time to make or buy your favorite sauce, a jar of spaghetti sauce will do. Homemade is better but a good commercial sauce is okay.
- Toppings can be anything you want them to be. Measurements don't count though less is usually better. Experiment with some of your favorite foods.
- If you are having trouble cutting your pizza with a knife or pizza wheel, grab the kitchen shears.

## TEAM MEMBERS OF THE MONTH

Our team members this month are: Denise Corvin who was Resident Choice and Courtney White who was Administrators Choice.



## *Eating Healthy Made Easy*

When snacking, make it a point to serve yourself a portion of the snack in a bowl. If you eat out of the bag or box that the snack came in, then it is more likely that you will end up consuming more than the recommended serving size.

Remember to eat often throughout the course of a day. Your body will function best when you are taking in quality nutrients every few hours, from the moment you wake up until you go to sleep.

The combination of the holiday season and the fact that we spend a lot of time indoors in the winter makes it very easy to binge on food that is less than nutritious. Make sure that you balance out all the sweets and treats that you eat at holiday gatherings with fresh fruit and veggies, and high fiber foods. Making your food look better will make it taste better, and you will enjoy the meal more.



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SENIOR LIVING COMMUNITY

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## OUR STAFF

**KEVIN GARRIGA**

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**SUSAN GUTIERREZ**

Resident Care Manager

**DENISE CORVIN**

Activities Coordinator

**MISTY LENZ**

Dietary/Maintenance Manager

**SHAWNA PLATOW**

Business Office Manager



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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