



## ADMINISTRATOR'S NOTES

November turns our thoughts to Thanksgiving, time with friends and family, and giving thanks. We are grateful to be part of your lives, for families and friends and staff. Thank you for sharing your stories, concerns, and lives with us and the opportunity to help. We wish everyone a happy and safe Thanksgiving!

In honor of Thanksgiving and Christmas, we will be having a special holiday luncheon on each holiday. Families and friends are welcome to join us. Please let us know if you will have guests for the holiday meals, and if so, how many will be in your party. Please watch for our flyer and/or sign-up sheet or let Rachel know. The cost for holiday meals is \$8 per person this year. If you are planning to be away from the community for

the holiday, please be sure to let us know that as well.

November is also a time to celebrate and honor our Veterans. To all our Veterans and their families, we appreciate your service and sacrifices to our country and are thankful for all the freedoms and rights your service has granted us.

Our annual Toys for Tots toy drive will start November 1 and runs through November 17. Donations can be dropped off at the front desk. All donations are greatly appreciated!

The front office will be closed on Thanksgiving. If you need any help or have any questions, please don't hesitate to let us know.

— *Nita Collins*



### *Happy Birthday*

#### **RESIDENTS**

Bonnie November 25

#### **EMPLOYEES**

Brenda November 19

#### **ANNIVERSARIES**

Vickie's 1st November 01

Esme's 2nd November 20

Helen's 4th November 23

**FLOWER MOUND**  
ASSISTED LIVING

# Wellness Corner

## NOVEMBER IS NATIONAL DIABETES MONTH

One in 10 Americans has Diabetes. That is more than 30 million people. It is one of the leading causes of disability and death in the United States. Some symptoms of Diabetes include dry mouth, itchy skin, blurred vision, hunger, fatigue, frequent urination, pain and/or numbness in feet and legs and more. If you have any symptoms or concerns regarding if you may have Diabetes, please consult your physician as soon as possible to avoid serious complications such as blindness, nerve damage, kidney disease and other health problems.

Thanksgiving is the time for great celebration with family and friends. Preparing for our great Thanksgiving meal is a great opportunity to share with loved ones and friends the importance of eating healthy, exercising plenty and keeping up with annual physicals.

Have a very happy and healthy Thanksgiving!

**By PK Kendall, LVN**

## UPCOMING EVENTS

**November 1–17th:** Our Toys for Tots drive begins on the first. Please drop off your new toys by the front desk all week.

**November 3rd, 2:30pm:** Please join us our first Mystery Theatre Happy Hour!

**November 5th, 2:00pm:** Make sure you set your clocks back an hour for Day Light Savings!

**November 9th, 4:00pm:** Please R.S.V.P for our informational night. Our topic is “Healthy Eating for the Holidays” sponsored by Texas Home Health Group.

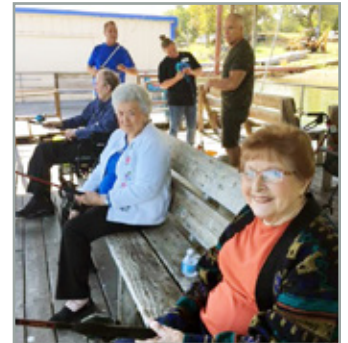
**November 17th, 3:00pm:** Please celebrate with us as we end our Toys for Tots drive!

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

## ACTIVITY HIGHLIGHTS



*Beer Fest.*



*Fishing Trip.*



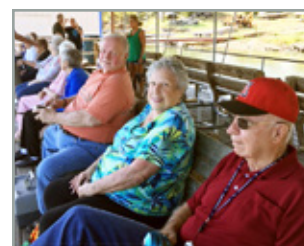
*Beer Fest.*



*Beer Fest.*



*Fishing Trip.*



*Fishing Trip.*



*Fishing Trip.*



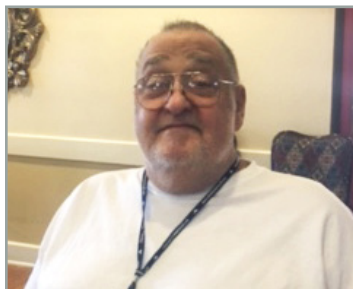
# HONORING OUR VETERANS



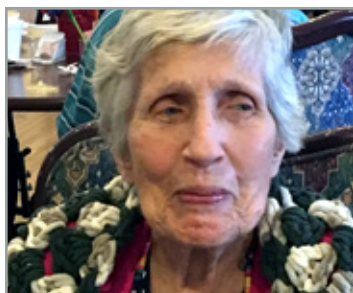
Oren - Army



Joe - Army



Robert - Air Force



Jean - Army

*On Veteran's Day we honor all,  
Who answered a service call.  
Soldiers young, and soldiers old,  
Fought for freedom, brave and bold.  
Some have lived, while others have died,  
And all of them deserve our pride.  
We are proud of all the soldiers who,  
Kept thinking of the red, white and blue.  
They fought for us and all our rights.  
They fought through many days and nights.  
And though we may not know each name,  
We thank all Veterans just the same.*



Dale - Air Force



Stan - Naval Reserve



Art - Army



Troy - Army

## Diabetes Doesn't Have To Control Your Life

Diabetes comes in many forms, but usually they can be manageable. Adopting a healthy lifestyle can minimize the effects of diabetes as well.

It is possible to lower your blood sugar with exercise. Make sure to test yourself immediately after you exercise to see if your blood sugar has gone down to a level that is tolerable.

Diabetes does not have to keep one from doing the things that they wish to do and enjoy. By properly monitoring and maintaining blood sugar, you can maintain and even improve your lifestyle.

To properly combat your risk of diabetes, know when it is time to get professional help. If you are 45 or older, it is time to talk to your doctor about testing for diabetes.

Look for ways to adjust recipes to accommodate your diabetes. Many delicious meals can be easily customized to avoid ingredients that cannot be tolerated by a diabetic.

Make sure that you take the time you need to process your own feelings and acknowledge them. Sometimes you may feel frustrated and overwhelmed by your diabetes.

If you are diabetic, you need to be taking extra good care of your feet. More than half of all foot amputations are related to diabetes. Make sure you are cleaning them well, and not putting any extra strain on your feet.

By educating yourself and taking action, you will find that diabetes is something that doesn't need to put a damper on your life.

**VETERANS DAY IS NOVEMBER 11<sup>TH</sup>**  
**Thank you for your service!**



# FLORIDA 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

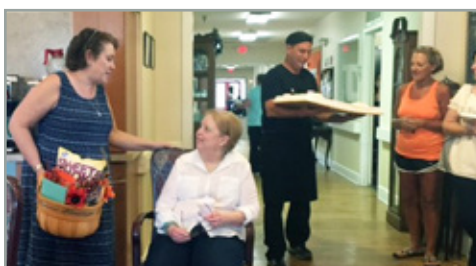


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## More Moments of Joy, Independence, and Wellness



*Retirement for Mary.*



*More highlights from Mary's Retirement.*



*Trip to the ballet!*



*Le Ballet De Dracula.*



*We love bus outings!*