



ADMINISTRATOR'S LETTER

Dear Residents and Families,

The holiday season is upon us, which means it starts a very busy time to get ready for all the holiday festivities. Thanksgiving is a time for gratitude, joy and good food. We have planned fun activities for this holiday season, and I hope you all enjoy

yourselves. We will be serving a Thanksgiving meal during lunch hours.

Please make sure to make a reservation at the front desk.

Have a wonderful Thanksgiving.

Barbara Gawel
ADMINISTRATOR

THANKSGIVING FAMILY NIGHT

Please join us on Tuesday November, 28th for our Thanksgiving family night. We will have a meal & drinks beginning at 5:30p.m. in the multi-purpose room. Following at 6:30p.m. we will have harpist Anna Hagen performing for us. Don't miss out on this great night of fun. **Please RSVP to 574-277-4310 by Tuesday November 21st.** Thank You, we look forward to seeing everyone there.



Happy Birthday

We'll be celebrating with our friends who have November birthdays on Thursday, November 9th. Join us in the MP room at 3:15p.m. for cake, ice-cream, and singing. Birthdays for the month are:

Mary B.	November 03
Norma E.	November 07
Anton S.	November 08
Carol H.	November 14
Nancy W.	November 23
Josephine L.	November 27
Dorothy S.	November 29



**TANGLEWOOD
TRACE**

Veterans Day is November 11Th

Thank you for
your service!



Music for the Month

NOVEMBER 8 AT 6:30 PM

Fred Walker

NOVEMBER 14 AT 2:00 PM

New Entertainer

J. Jay Brook

NOVEMBER 16 AT 6:30 PM

James Morelli

NOVEMBER 20 AT 1:45 PM

Sing along with Dell

NOVEMBER 28 AT 6:30 PM

Family Night Entertainment:
Harpist Anna Hagen

ROCK STAR

**Congratulations to
Steven Smith he is our
rock star this month.**

Steven has been at Tanglewood Trace for almost 3 years. In that time, he has brought smiles to resident and staff members on a daily basis. He is willing to help anyone out if they need help, it doesn't matter what kind of help they need he is there. From helping a resident bring their groceries to the room, to putting ceiling fans, and flooring at a staff member's house. When a resident asks him for assistance, he will drop what he's doing and help them out. He has received numerous acknowledgements from residents for him going above and beyond. His empathy for his fellow workers has no bounds, he understands hardship and tries to help whenever he can. When Steven has any time he will be found participating in activities, and helping out. He always participates in every event from dressing up for Halloween, to walking every Tuesday with the residents. He enjoys making people laugh, and bringing a smile to their face. Steven will tell you that team work makes the building a success, and he knows he has had a good day when he brings joy to a resident, and that makes it all worth it. Steven, you truly are a rock star, keep it up!



Employee OF THE Month

**OUR OCTOBER
EMPLOYEE OF THE
MONTH IS CECILIA
SWOPE, FROM THE DIETARY DEPARTMENT.**



Cecilia has been with Tanglewood Trace for almost a year now. She is a recent high school graduate, and is attending IUSB College in South Bend to become an elementary school Teacher.

Cecilia was chosen to be employee of the month because of her caring attitude towards the residents. She is also very dependable, rarely misses work, picks up shifts and always goes above and beyond when it comes to serving our residents. We are blessed to have her here at Tanglewood and hope she stays for many years to come!!! Congrats, Cecilia keep up the great work!

Activity Highlights



Best Sale Counselor EVER!



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.



TANGLEWOOD TRACE

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COMMUNITY SALES
COUNSELOR



RIDGELINE
MANAGEMENT COMPANY

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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