



## 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.**

### MONTHLY HEALTH TALKS with O'Connell Pharmacy

**NOVEMBER 15TH**

Aerobic Exercise/  
Safe Alternatives

**DECEMBER 20TH**

Controlled Substances



## HAPPY BIRTHDAY!

NOVEMBER 05	Ruth H.
NOVEMBER 12	Bill K.
NOVEMBER 14	Don U.
NOVEMBER 15	Caren W.
NOVEMBER 19	Grace P.
NOVEMBER 22	Paula B.

## UPCOMING EVENTS

### NOVEMBER 3RD

Happy Hour & Music with  
Tom Kastle at 3:00pm

### NOVEMBER 5TH

UW Students Social Hour  
from 1:00pm - 2:00pm

### NOVEMBER 8TH

VPA Presentation  
from 6:30pm - 7:30pm

### NOVEMBER 9TH

Poetry Group for Memory  
Care from 10:00am - 11:00am

### NOVEMBER 10TH

Happy Hour & Music with  
Rich Bauman at 3:00pm

### NOVEMBER 15TH

Fitchburg Singers at 1:30pm

### NOVEMBER 15TH

Health Talk with O'Connell  
Pharmacy at 3:00pm

# Visiting Physician's Association

## Bringing Integrated Health Care Home & Ice Cream Social to Follow

*Presented by*  
*Jolene Lucas, Community Liaison*

**Wednesday, November 8th**  
**6:30 p.m.**

- VPA is the nation's leader in house call medicine
- Advanced medical technology to treat you in your home where we know you feel most comfortable
- Coordination of all home care services and medical equipment

**Hosted by Avalon**



**Visiting Physicians Association**

5315 Wall Street Suite 260, Madison WI 53718  
Phone: 608-807-1600 | [visitingphysicians.com](http://visitingphysicians.com)

## 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.





# Oktoberfest Celebration Photos

Avalon Community Residents enjoying our Oktoberfest Celebration



*This coupon is good for ONE  
FREE MEAL at Avalon!*



*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.

# AVALON

Assisted Living Community

2879 Fish Hatchery Road  
Fitchburg, WI 53713  
Office: 608-729-4894  
avalonalcommunity.com

## OUR STAFF

**ANGELA WENTZ**  
Administrator

**JULIE YEARLING, RN**  
Health Services Director

**JAN LOEFFLER**  
Sales and Marketing Director

**AYSA SELLERS**  
Business Office Manager

**NICOLE GUICHARD**  
Life Enrichment Coordinator

**THERESA GETCHEL**  
LEAD Resident Care Coordinator

**NIKITA MATTHEWS**  
Memory Care Coordinator

**STEVE JACOBSON**  
Chef/Dining  
Services Director

**SANFORD JONES**  
Driver

**JUSTIN WHITE**  
Maintenance Director



Newsletter Production by PorterOneDesign.com

## 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