

## LETTER FROM THE ADMINISTRATOR



**Given the tragedy that happened in our city last month, I think it's most appropriate**

**time to give thanks.** I want to thank all first Responders in all that they did on October 1, 2017. Every day they are on the job assisting others in need. November brings us Thanksgiving, the 4th Thursday of the month. Let's celebrate each day we are given. Why not

hug your best friend, tell your family and friends you love them when you say good bye. Share a smile with everyone you meet. If you wake up every day and think positive, share a smile or a hug, it will make you feel better and just maybe you will brighten up someone else's day. **By doing these small things every day we will always remain "VEGAS STRONG"**

Sincerely,

*Mary Rush*  
**ADMINISTRATOR**

### Marketing Corner

Moving into a new community can be an emotional period filled with doubts, anxiety and fear of the unknown for some. We are a unique and special community that can make a difference in the lives of others. **We as a team greatly appreciate your attendance in helping us to welcome our new residents into our warm and loving community that you all call home!**

**We will be hosting a house warming party the last Thursday of every month check your calendars**

### Employee of the Month



**AMBER ROBLES,**  
Health  
Services Staff

Amber recently

moved to memory care. She always makes sure our residents look their best. She makes the residents feel comfortable and at home. She is very active with the residents, such as taking them outside, planning daily activities and just over all keeping them happy and busy.

**JOB WELL DONE AMBER!**





# Welcome Party for New Residents

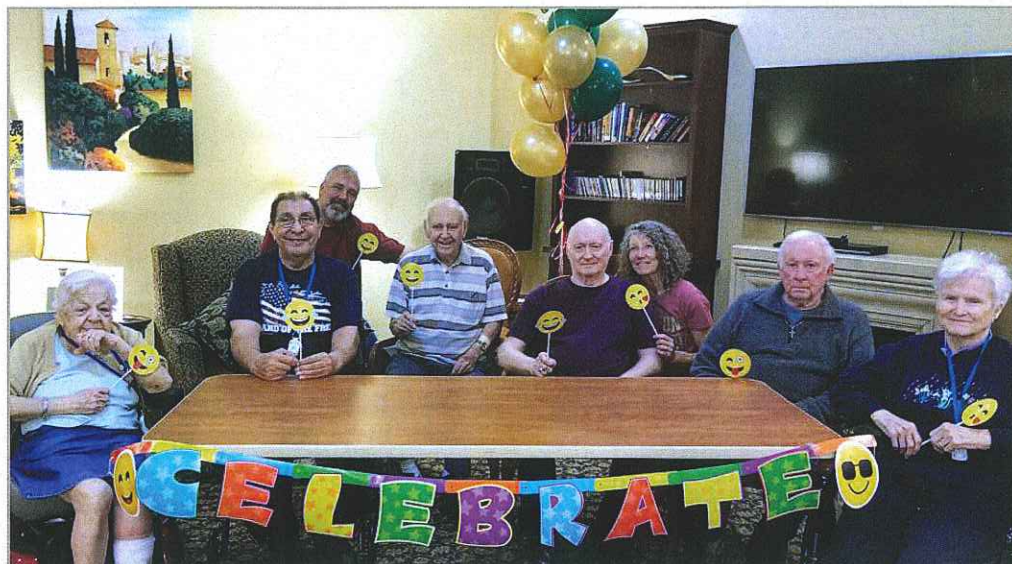
*Happy Birthday*

## RESIDENT BIRTHDAYS

Ann K.	11/05
Bene' S.	11/12
Phyllis M.	11/13
Jackie K.	11/14
Arthur A.	11/15
Pat P.	11/21
Nancy S.	11/26
Laura L.	11/27
Bette J.	11/30

## STAFF BIRTHDAYS

Shawn T.	11/15
Eileen F.	11/26

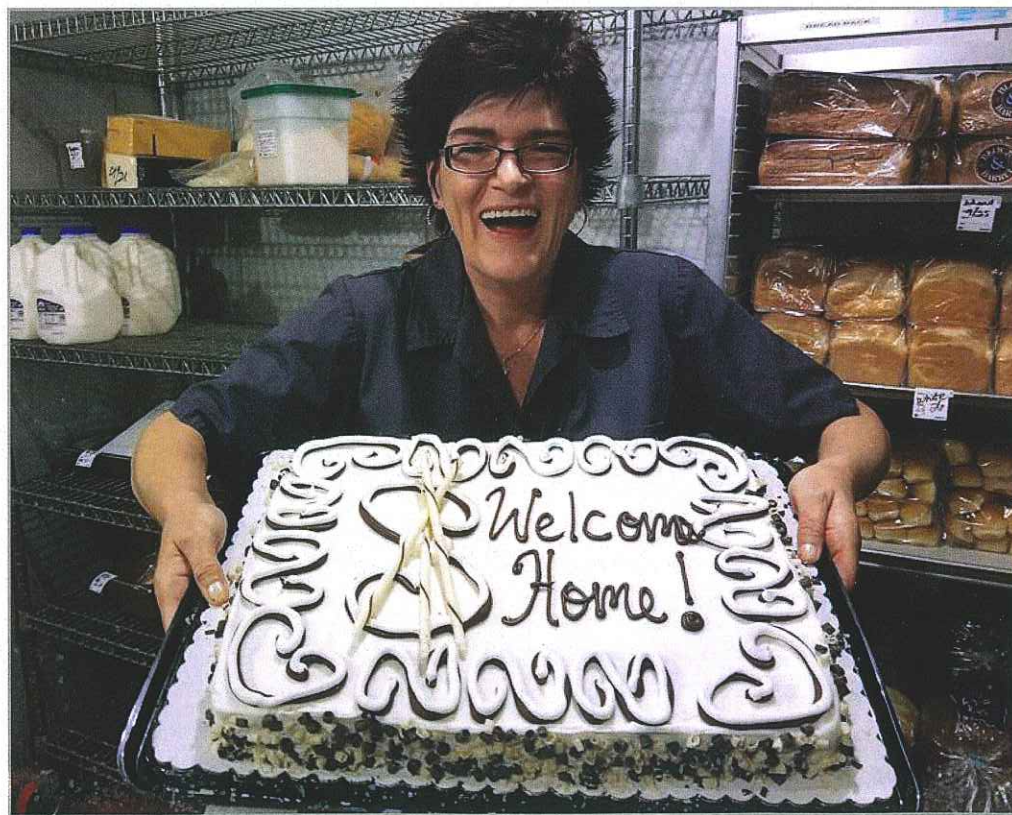


## Welcome New Residents

John S., Clare Z., & Michael H.

*In Memoriam  
of those Residents who  
touched our Lives:*

Martin T.  
Doris G.  
Norbert N.  
Joanne L.





# 2017 Fall Festival



Residents Merrill F. and Dena S.



Shawn Turner, Jill Tucker & Mary Rush



## 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.



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## *Your Team*

ADMINISTRATOR  
Mary Rush

HEALTH SERVICES  
DIRECTOR  
Jessica Mossalik

BUSINESS  
OFFICE MANAGER  
Rodina Savet

SALES AND MARKETING  
DIRECTOR  
Ellie Ricks

FOOD SERVICES  
DIRECTOR  
Jean Bickford

MAINTENANCE  
DIRECTOR  
Shawn Turner

ACTIVITIES DIRECTOR  
Yvonne Brink

ADMINISTRATIVE  
ASSISTANT  
Vanessa Bahe

CONCIERGE  
Carolyn Collier

DRIVER  
Dee Reynolds

  
**RIDGELINE**  
MANAGEMENT COMPANY

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## 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.

