



LETTER FROM THE ADMINISTRATOR

Hello Family and Friends,

So many neat things happened in October. We started the around the world food and fun trip to Ireland with GSWL. It was fun to taste many new foods. We have had many one on one activity with Residents in need

of one on one time. Spelling bees between sister facility GSWL has been a big hit. We also had a new entertainer come to GSG and play for us, he is amazing. We got pumpkins and decorated them and had fall festival at GSWL. Halloween time here with the

trick or treaters is always a great hit. We look forward to November and the fun things planned. Please remember that we have our monthly family dinners the 3rd Friday of every month. November will be our Thanksgiving dinner. We hope to see you all here.

Letter from your Activity Director:

Hello from Laurie your bright and fun Activity Director.

I would just like to say that I am so pleased to be a part of the laughter and smiles that our residents share with us when they are happy. I have experienced tough moments where residents are bored or sad or just feel they cannot do the things we plan, and it seems to others that we are not busy but there are times I need to step back and spend a one on one moment with a

resident who needs that time to feel good about themselves. Read a book; hold a hand, sing a song just sit and listen. I work very hard to bring joy to each resident in a way that each resident feels special. I recently have done some one on one breakfast out of facility or a group of 2 at a time. It is amazing the stories they share when they have time to share without interruption. I continue to strive towards a great successful activities program

while also striving to care for each individual need as well. I want to thank all the families for sharing their loved ones with us. If you have any ideas for me or suggestions or just want to donate games, craft items, snacks etc. please feel free to do so.

Lots of happiness to all,

Laurie Avalos

Garden Square of Greeley
Assisted Living & Memory Care

The Gratitude Attitude

Gratitude is one of the most powerful forces in the universe. Here are some things you can do to make the Gratitude Attitude a firm fixture in your life.

Create a Thank Bank. A Thank Bank is simply a place where you can jot down all the things that you are grateful for in your life. Put your list somewhere safe and pull it out when you're feeling down – your mood can change instantly.

Show Gratitude Quietly. Don't turn gratitude into a promotional or motivational tool. Express your thanks in quiet ways: a thought, a prayer, a one-on-one word, a note of appreciation. Give people gifts of thanks that aren't bought at shops: a bit of your time, a sacrifice, something valuable to you.

Always Replace the 3 C's With the 3 A's. If you work or manage

others, and sometimes feel the need to use one of the 3 C's – complaining, condemning, and criticizing – replace them with the 3 A's of Accepting, Acknowledging, and Appreciating. Accept people for who they are; acknowledge them for what they do; and appreciate them for just being around.

Nov. 12th is National Pizza Day

The pizza pie is an ubiquitous symbol of both Italian cooking and Americana. Oven-baked, thin-crust or deep-dish, round or square, it is a common favorite throughout the United States, with a wide number of regional variations.

The most traditional pie is the pizza Napolitano, or Neapolitan pizza. Made of strong flour, the dough is often kneaded by hand and then rolled flat and thin without a rolling pin. The pizza is cooked in an extremely hot wood-fired stone oven for only sixty to ninety seconds, and is removed when it is soft and fragrant. Common varieties of Neapolitan pizza include marinara, made with tomato, olive oil, oregano, and garlic, and margherita, made with tomato, olive oil, fresh basil leaves, and mozzarella cheese.

New York-style pizza is thin-crust, and made with a thin layer of sauce and grated cheese.

The dough is hand-tossed, making the pie large and thin. As a result, it is served cut into slices, traditionally eight, which are often eaten folded in half.

The Chicago-style pizza is deep dish, meaning it is made in a pan with the crust formed up the sides, or even with two crusts and sauce between, a so-called "stuffed" pizza. The ingredients are "reversed" in a Chicago pizza, with cheese going in first, and then sauce on top. This particular form of pizza was invented in 1943 at Uno's Pizzeria in the River North neighborhood of Chicago.

The Midwest also plays host to the St. Louis style pizza. This thin-crust delicacy is made using local provol cheese instead of mozzarella, and is very crispy. Heavily seasoned with oregano and other spices, with a slightly sweet sauce, it is difficult to fold because of the crust and is often cut into squares.



A Hawaiian pizza is an American invention that has nothing to do with Hawaii save that one of the main ingredients is pineapple.

The pineapple is put atop the pizza, along with Canadian bacon, giving a rather sweet taste.

A number of esoteric pizzas are common on the West coast, and "gourmet" pizza is often referred to as "California-style" pizza. As a "gourmet" food, California pizzas are often individual sized, serving two people at most, and are not cut in slices like other common types of pizza pie.

Pizza is as diverse as America itself, with almost infinite variations – all of them delicious.

Upcoming Special Events

November 2nd Noon

Around the world meal at GSWL

November 4th 9:30 am

Leave for church

November 7th 9 am

Donuts with Directors

November 7th 1pm

Snacktivity - English muffin Pizzas

November 8th 12pm

History brown bag outing to Greeley History Museum

November 9th 1pm

Veteran Pinning celebration at GSWL

November 11th 9:30 am

Leave for church

November 11th 2pm

Cake and punch
Veteran Day snack

November 13th 2pm

Get acquainted party hosted by Lunda G. a resident here at GSG

November 14th 9 am

Donuts with directors

November 14th 1pm

Snacktivity - Decorate cupcakes

November 18th 9:30 am

Leave for church

November 18th 2pm

Bronco party

November 19th Noon

Spelling Bee and Lunch at GSG

November 21st 9 am

Donuts with directors

November 21st

Snacktivity - Apple ladybugs

November 22nd 7am to

10am Watch Macey day parade on television. Have finger foods for breakfast

November 23rd 2pm

Junk food get to know you party hosted by Linda G a resident here at GSG

November 25th 9:30am

Leave for church

November 28th 9am

Donuts with directors

November 28th 1pm

Snacktivity - candy and toothpick construction

November 30th 2-4 pm

Country Hoe Down Party. Hosted by Lorna F. A GSG Resident.

Graduated to Heaven: Bonnie

We have had the honor of caring and loving on a very special lady. **Bonnie** graduated from earth to heaven. She and her smile will be greatly missed. We love you Bonnie and we will cherish all memories made with you during your journey here with us.

WELCOME NEW RESIDENTS

We would like to welcome our new elder **Charlotte H.** She comes to us with a beautiful smile to brighten everyone's day.

How To Stop Aging On The Outside

While there's no single secret to holding off the effects of aging, there are plenty of things that can be done to help. Here are some suggestions.

Antioxidants are absolutely one of your best weapons against aging! Eat plenty of antioxidants as you age, such as dark vegetables and fruits like carrots, squash and spinach or blue and purple berries.

Make sure you're getting enough vitamin D in your diet. If you're not, try eating more fish or drinking more milk. If you can't do either of those, look into supplements.

Just because you're aging doesn't mean you should stop physical activity. Almost any amount of physical activity will have benefits, provided you are doing a safe level of activity for your age and health.

Your body's increased need for hydration as you age is just as important as its increased need for some vitamins. Remember, though, that water is not the only way to keep your body hydrated. Fruit and vegetable juices naturally contain water and are an easy way to address both your need for some vitamins and your need to stay hydrated.

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NOVEMBER – WORD SEARCH

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AGING
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DIABETES
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GRATITUDE

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