

6033 E Arbor Ave
Mesa, AZ 85206

Postage
Information



NOVEMBER 2018

6033 E. Arbor Ave. Mesa, AZ 85206 * (480) 654-8200 * (480) 981-9379 * www.arborroseseniorcare.com



Flower of the Month – Chrysanthemum

The month of November is fortunate to have chrysanthemum for its flower. These beautiful blooms, more commonly called tansies or mums, generally signify optimism and cheerfulness, but they can have different meanings depending on their color. For example, red signifies love, white signifies truth, and yellow is the color for unrequited love. In China, this flower is so respected that it was once illegal to grow them anywhere but in the gardens of the nobility. The Chinese believe that if one wipes his mouth with the petals of the chrysanthemum after drinking wine and then gives the flower to his betrothed, faithfulness and lasting love are ensured.

For centuries, Asian cultures have made chrysanthemums into teas and wines to cure fevers and increase longevity. In North American tradition, mums are a friendship flower and a lovely gift for expressing your appreciation for your tried-and-true pals.

What Tree Did You Fall From?

Walnut (Nov. 1–11)
Folks born under the walnut tree are driven and determined. They are passionate in all things and very ambitious. If you know a “walnut” person, you might want to get out of their way because they can overwhelm people on their way to their goals. They also tend to be very spontaneous.

Chestnut (Nov. 12–21)
What people with the chestnut personality lack in confidence they make up for with their keen mental curiosity and innate social diplomacy. They are born diplomats and don’t get upset easily. A chestnut’s 2 mantra should be “take it with a grain of salt.” They also tend to be very honest. If you are seeking a truthful answer, ask a person born under the chestnut tree.

Ash (Nov. 22–30)
Chances are, if you fell from the ash tree, you are a person of uncommon talent and intelligence. You are pragmatic in all things, but sometimes you let your brain rule over your heart. You are also likely to be a loyal friend and partner.

Celebrating November

Novel Writing Month
Gratitude Month
Inspirational Role Models
Month

All Saints’ Day
November 1
Daylight Saving Time Ends
November 4
Love Your Red Hair Day
November 5
Election Day
November 6
Veterans Day
November 11
Remembrance Day (Canada)
November 11
World Kindness Day
November 13
Mickey Mouse Day
November 18
Thanksgiving Day
November 22
Cider Monday
November 26

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.
~ John Fitzgerald Kennedy

Birthstone – Yellow Topaz

Topaz, the birthstone for November, likely gets its name from the Red Sea’s Island of Topazios (now called Zabargad). It was in Topazios where peridot, the gemstone for August, was mined in mass. Until the 1700s, peridot was known as topaz. Strangely, in the 18th century, the gems swapped names— taking the names in use today.
Pure topaz is a colorless or “white” stone. However, it’s often tinged with other minerals to create shades of pink, orange, and blue (though many commercially sold gems today are “enhanced”). It’s most commonly found in shades of yellow.
The lore and magic of the topaz goes back centuries. The ancient Greeks associated it with strength. In the Middle Ages, a topaz stone engraved with the image of a falcon was said to win the favor of kings and magistrates and make its wearer invisible in times of emergency. And during the Renaissance, Europeans believed this was the stone to use to break a magic spell.

November Birthdays

In astrology, Scorpios are those born between November 1–21. Scorpios are passionate and deep, qualities that help them counsel others in meaningful ways. Resourceful and determined, Scorpios make good managers. Those born between November 22–30 are Archers of Sagittarius. These open-minded travelers are in constant motion, searching the globe for meaning. Curious, optimistic, and enthusiastic, they are not afraid of change and treasure freedom.

Daniel Boone (frontiersman) – November 2, 1734
Roy Rogers (cowboy) – November 5, 1911
Carl Sagan (astronomer) – November 9, 1934
Grace Kelly (actress) – November 12, 1929
Robert Fulton (inventor) – November 14, 1765
Rock Hudson (actor) – November 17, 1925
Chester Gould (cartoonist) – November 20, 1900
Jamie Lee Curtis (actress) – November 22, 1958
Joe DiMaggio (athlete) – November 25, 1914
Tina Turner (singer) – November 26, 1939
Randy Newman (singer) – November 28, 1943
Samuel Clemens (writer) – November 30, 1835

Arbor Announcements

Hello Family & Friends!

When someone is helping you with the care of your aging parent or loved one, it is natural to want to extend your appreciation. You may want to get your caregiver a gift during the holidays. We're here to share some caregiver gift ideas, as well as guidance about giving gifts to professional caregivers.

The Resident Counsel will be accepting cash donations to be added to the Staff Appreciation Account. The account will be divided equally to all frontline staff prior to December 20th. If you wish to make a donation, please see Ruth at the front desk.

Below are other ways to honor the team at Arbor Rose:

1. Send a letter/email to the supervisor about why you think the caregiver deserves special thanks and what he/she does that is so special. Not only does this have a positive impact on their work profile it allows Arbor Rose to recognize them for a job well done.
2. Write a thank you note or nice card to the caregiver (even better, send a copy to his/her supervisor or ask if you can read it at the holiday party or a caregiver appreciation event.)
3. Arbor Rose does have a holiday party. You could send along a special treat to add to the celebration or maybe even send some flowers, balloons or something else to show your appreciation and make the person feel special while celebrating with colleagues. Check with management staff for ideas and guidance.

Thank you and Happy Holidays from Arbor Rose.

Shannon Thomas
Executive Director

November is Sweet Potato Month!

The sweet potatoes contain twice as much fiber than other potatoes, providing 7 grams of fiber per serving. Sweet potatoes are also an antioxidant powerhouse, containing vitamin C, vitamin E and beta carotene which are important in disease prevention and longevity. Beta carotene is responsible for the sweet potatoes bright orange flesh. This antioxidant is a form of vitamin A that is also known for having anti-inflammatory properties and providing benefits for your vision.

Aside from containing antioxidants, sweet potatoes are also heart healthy, in that they contain significant vitamin B6, which is a vitamin that is crucial for keeping the arteries healthy and flexible to allow blood to flow freely. The potassium in sweet potatoes also contribute to decreasing blood pressure by eliminating sodium from the body, maintaining fluid balance and regulating heart rhythm.

Savory Sweet Potato Fries

2 large sweet potatoes, peeled & cut into fry-size pieces
1 tablespoon olive oil, or as needed
2 tablespoons minced fresh rosemary, or to taste
coarse sea salt and coarsely ground black pepper to taste
Directions:

1. Preheat oven to 425 degrees F (220 degrees C).
2. Toss sweet potatoes, olive oil, rosemary, salt, and pepper together in a large bowl until evenly coated. Arrange sweet potatoes on a baking sheet.
3. Bake in the preheated oven until tender, 20 to 30 minutes.

Sweet Potato & Apple Mash

2 large sweet potatoes, peeled and diced
2 tablespoons butter
1/4 cup white sugar
1 teaspoon ground cinnamon
1/2 teaspoon ground allspice
1 Granny Smith apple - peeled, cored and sliced
1/8 cup milk

Directions:

1. Place the sweet potato in a medium saucepan and fill with enough water to cover the potatoes. Bring to a boil, reduce heat to medium, and simmer for about 20 minutes or until tender. Remove from heat, drain and set aside.
2. Melt butter over low heat in a small saucepan. Mix in the sugar, cinnamon and allspice. Add the apple slices, cover, and let simmer for 5 minutes, or until the apples are tender. Mix the apple mixture into the drained sweet potatoes along with the milk. Mix well using an electric mixer or just a fork until potatoes are mashed.

Hiram Pagan, Culinary Director

Arbor Announcements

November is Pursuit of Happiness for Health's Sake Month! In today's stressed out society, we often forget to be happy. We worry about what's next in our busy schedule but when will we stop worrying and pushing ourselves so hard? Stop what you are doing and say it with me, everybody: **It's okay to play.**

According to Chinese medicine, the state of one's happiness has a huge impact on health and wellness. And as we know, emotional well-being goes hand-in-hand with physical well-being. Modern research supports the strong connection between emotions and health. A study by the Harvard School of Public Health states that "A vast scientific literature has detailed how negative emotions harm the body. Serious, sustained stress or fear can alter biological systems in a way that, over time, adds up to "wear and tear" and, eventually, illnesses such as heart disease, stroke, and diabetes. Chronic anger and anxiety can disrupt cardiac function by changing the heart's electrical stability, hastening atherosclerosis, and increasing systemic inflammation."

Clearly, emotions are powerful and can have a significant impact on your physical and emotional health. But although negative emotions can harm the body, the reverse is also true: positive emotions can help the body. Emotions like happiness and joy go a long way in creating a healthy, balanced, functioning being.

Happiness is associated with the energetic frequency of the Heart, which is the ruler of all organs in the body. As an ancient Chinese proverb goes: "If the king is happy, the entire kingdom benefits." If the Heart is healthy and balanced, then all the other organ systems in the body get a major boost as well. Happiness is the process of bringing your mind, body, and spirit into balance. Or as Gandhi once said, "**Happiness is when what you think, what you say, and what you do are in harmony.**"

So, during National Pursuit of Happiness week, challenge yourself to focus on the positive. Drop your negative thoughts and replace them with what makes you smile. Do this every day, little-by-little. After a few days, notice your smile getting deeper and heading inward. Let go of your troubles and give your inner light a chance to shine. It's incredible to see how your emotional health really does support your physical well-being.

"WATCH YOUR THOUGHTS; THEY BECOME WORDS. WATCH YOUR WORDS; THEY BECOME ACTIONS. WATCH YOUR ACTIONS; THEY BECOME HABIT. WATCH YOUR HABITS; THEY BECOME CHARACTER. WATCH YOUR CHARACTER; IT BECOMES YOUR DESTINY." — LAO TZU

10 Simple Steps to a Happier You

- 1. GIVING - Do things for others.**
It creates stronger connections between people and helps build a happier society. And it's not all about money—we can also give our time, ideas and energy. So if you want to feel good, do good!
- 2. RELATING - Connect with people.**
Relationships are the most important contributor to happiness, and helps us be happier, healthier and live longer. Close relationships provide love, meaning and support, and increase our feelings of self-worth. Broader networks bring a sense of belonging. So take action to strengthen relationships and create new connections.
- 3. EXERCISING - Take care of your body.**
Our body and our mind are connected. It instantly improves mood and can even lift us out of a depression. There are simple things we can all do to be more active each day. We can boost our well-being by unplugging from technology, getting outside and get enough sleep!
- 4. APPRECIATING - Notice the world around you.**
Ever felt that there must be more to life? There is! And it's right here in front of us. We just need to stop and take notice. Learning to be more mindful and aware can do wonders for our well-being in all areas of life.
- 5. TRYING OUT - Keep learning new things.**
Learning affects our well-being in lots of positive ways. It exposes us to new ideas and helps us stay curious and engaged. It gives us a sense of accomplishment and helps boost our self-confidence and resilience.
- 6. DIRECTION - Have goals to look forward to.**
Feeling good about the future is important for our happiness. We all need goals to motivate us, and these need to be challenging enough to excite us, but also achievable. Choosing ambitious but realistic goals gives our lives direction and brings a sense of accomplishment and satisfaction when we achieve them.
- 7. RESILIENCE - Find ways to bounce back.**
All of us have times of stress, loss, failure or trauma in our lives. But how we respond to these has a big impact on our well-being. We often cannot choose what happens to us, but we can choose our own attitude to what happens. In practice it's not always easy, but one of the most exciting findings from recent research is that resilience, like many other life skills, can be learned.
- 8. EMOTION - Take a positive approach.**
Positive emotions—such as joy, gratitude, contentment, inspiration and pride—are not just great at the time. Recent research shows that regularly experiencing them creates an "upward spiral," helping to build our resources. It helps to focus on the good aspects of any situation—the glass half-full rather than the glass half-empty.
- 9. ACCEPTANCE - Be comfortable with who you are.**
No one's perfect. But so often we compare ourselves to others. Dwelling on our flaws—what we're not rather than what we've got—makes it much harder to be happy. Learning to accept ourselves, warts and all, and being kinder to ourselves increases our enjoyment of life, our resilience and our well-being. It also helps us accept others as they are.
- 10. MEANING - Be part of something bigger.**
When we have meaning and purpose in our lives we are happier, feel more in control and get more out of what we do and we experience less stress, anxiety and depression. Finding "meaning and purpose" varies for each of us, but they all involve being connected to something bigger than ourselves.

Amy Hobbs
Health and Wellness Director

November 2018

Adult Day Club

created with  Sage

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|---|--|---|---|---|--|---|--------------------------------------|
| <div></div> <div>6033 E. Arbor Avenue Mesa, Arizona 85206 480-654-8200</div> | | <div><div>AE</div>Artistic Expression</div> <div><div>CC</div>Community Connection</div> <div><div>CE</div>Continuing Education</div> <div><div>LL</div>Lifestyle & Leisure</div> <div><div>PE</div>Physical Engagement</div> <div><div>SS</div>Spiritual Support</div> | | 9:30 Morning movement w/Matt 1 10:00 <div><div>PE</div>Tai Chi w/ Roxanne</div> 10:30 All Saint's Day 10:30 Young Adults - How-To Club 11:00 Let's Discuss! 1:00 Bingo 1:00 November IQ 2:00 Artistic Moments 2:00 Day of the Dead 3:00 Café Connections | 9:30 Morning movement w/Matt 2 10:00 Busy Hands 10:30 <div><div>CC</div>Bible Study</div> 11:00 Let's Discuss! 11:00 Who Am I? 1:00 Bingo 1:00 Wheel of Fortune 2:00 Artistic Moments 2:00 Happy Birthday Cookie Monster! 3:00 Café Connections | | |
| | <div>Day Club Closed 4</div> <div>Daylight Saving Time Begins</div> | 9:30 Morning movement w/Matt 5 10:15 <div><div>AE</div>Rock Painting with Nathan!</div> 10:30 Jeopardy!- Wii 11:00 Bingo 1:00 <div><div>ENT</div>Nashville Tunes</div> 2:00 Artistic Moments 2:00 Memorabilia Monday 3:00 Café Connections | <div>Election Day 6</div> 9:30 Morning movement w/Matt 10:00 Bingo 11:00 Let's Discuss! 11:00 Spanish Class with Patricia 1:00 Artistic Moments 1:00 <div><div>CC</div>Ent. Billy Pepper</div> 2:00 <div><div>CE</div>Brain Games</div> 2:00 Nacho Day Social 3:00 Café Connections | 9:30 Morning movement w/Matt 7 10:00 Busy Hands 10:45 <div><div>SS</div>Church w/ Ginny</div> 11:00 Table Games 1:00 Bingo 1:00 Bittersweet chocolate day! 2:00 Artistic Moments 2:00 Railroad Day 3:00 Café Connections | <div>Casanova Brothers- Food Outing 8</div> 9:30 Morning movement w/Matt 10:00 Montana's Birthday 10:30 Young Adults - How-To Club 11:00 Let's Discuss! 11:00 <div><div>LL</div>Pictionary</div> 1:00 Bingo 1:00 Gone With The Wind Anniversary 2:00 Artistic Moments 2:00 Youngest President Elected Day 3:00 Café Connections | 9:30 Morning movement w/Matt 9 9:45 <div><div>Music Therapy</div> w/ Joel</div> 10:00 Busy Hands 10:30 <div><div>CC</div>Bible Study</div> 11:00 Let's Discuss! 1:00 Bingo 1:00 Wheel of Fortune 2:00 Artistic Moments 2:00 <div><div>PE</div>Tap your Toes</div> 3:00 Café Connections | <div>Day Club Closed 10</div> |
| | <div>Day Club Closed 11</div> <div>Veterans Day</div> | 9:30 Morning movement w/Matt 12 10:00 Cooking Club- Popcorn Balls 10:00 Happy Birthday Sammy Sosa! 11:00 Let's Discuss! 11:00 <div><div>PE</div>Tap Your Toes</div> 1:00 Bingo 1:00 Princess Grace Day 2:00 Artistic Moments 2:00 <div><div>AE</div>Pictionary</div> 3:00 Café Connections | 9:30 Morning movement w/Matt 13 10:00 Busy Hands 10:30 <div><div>CE</div>Spanish Class with Patricia</div> 11:00 Let's Discuss! 1:00 Bingo 1:00 Yellow Submarine Day- Wear Yellow! 2:00 Artistic Moments 2:00 What Am I? 3:00 Café Connections | 9:30 Morning movement w/Matt 14 10:00 Busy Hands 10:45 <div><div>SS</div>Church w/ Ginny</div> 11:00 Table Games 1:00 A Whale of a Day 1:00 <div><div>LL</div>Bingo</div> 2:00 Artistic Moments 2:00 Wheel of Fortune 3:00 Café Connections | <div>Young Adults Outing 15</div> 9:30 Morning movement w/Matt 10:00 <div><div>PE</div>Tai Chi w/ Roxanne</div> 10:30 Young Adults - How-To Club 11:00 Georgia O Keefe Day! 11:00 Let's Discuss! 1:00 Bingo 1:00 Jeopardy! 2:00 Artistic Moments 2:00 Tap Your Toes 3:00 Café Connections | 9:30 Morning movement w/Matt 16 10:00 Busy Hands- Button Craft 10:30 <div><div>CC</div>Bible Study</div> 11:00 Let's Discuss! 1:00 Are You Smarter Than a 5th Grader 1:00 Bingo 2:00 Artistic Moments 2:00 Parachute Game 3:00 Café Connections | <div>Day Club Closed 17</div> |
| | <div>Day Club Closed 18</div> | 9:30 Morning movement w/Matt 19 10:00 Bingo 10:00 Gettysburg Address 155th Anniversary 11:00 <div><div>PE</div>Bean Bag Toss</div> 11:00 Let's Discuss! 1:00 <div><div>ENT</div>Nashville Tunes</div> 2:00 <div><div>AE</div>Artistic Moments</div> 2:00 I Got It- Card Game 3:00 Café Connections | 9:30 Morning movement w/Matt 20 10:00 Busy Hands 10:30 <div><div>CE</div>Spanish Class with Patricia</div> 11:00 Discuss & Recall - Kennedy Curse 11:00 Let's Discuss! 1:00 Bingo 1:00 Turkey Trivia 2:00 Artistic Moments 2:00 Wheel of Fortune 3:00 Café Connections | 9:30 Morning movement w/Matt 21 10:00 Busy Hands 10:45 <div><div>SS</div>Church w/ Ginny</div> 11:00 Table Games 1:00 Bingo 1:00 Hello World 2:00 Artistic Moments 2:00 Up, Up & Away 3:00 Café Connections | <div>Day Club Closed 22</div> <div>Thanksgiving</div> | <div>Movie Outing 23</div> 9:30 Morning movement w/Matt 9:45 <div><div>Music Therapy</div> w/ Joel</div> 10:00 Busy Hands 10:30 <div><div>CC</div>Bible Study</div> 11:00 Let's Discuss! 1:00 <div><div>LL</div>Bingo</div> 1:00 Name that Tunes 2:00 Artistic Moments 2:00 Native American Heritage Day 3:00 Café Connections | <div>Day Club Closed 24</div> |
| | <div>Day Club Closed 25</div> | 9:30 Morning movement w/Matt 26 10:00 <div><div>AE</div>Busy Hands</div> 11:00 Let's Discuss! 11:00 Whats that name? 1:00 Bingo 1:00 Tut Trivia 2:00 November Birthday Party 3:00 Café Connections | 9:30 Morning movement w/Matt 27 10:00 Busy Hands 10:30 <div><div>CE</div>Spanish Class with Patricia</div> 11:00 Let's Discuss! 1:00 Bingo 1:00 <div><div>ENT</div>Dan Weibe</div> 2:00 Artistic Moments 2:00 Participant/Resident Counsel 3:00 Café Connections | 9:30 Morning movement w/Matt 28 10:00 Busy Hands 10:45 <div><div>SS</div>Church w/ Ginny</div> 11:00 Table Games 1:00 Bingo 1:00 D-Day Trivia 2:00 Artistic Moments 2:00 Rockefeller Center Christmas Tree Lighting 3:00 Café Connections 4:00 Family Fun Night - 4pm - 6pm | <div>Casino Outing 29</div> 9:30 Morning movement w/Matt 10:30 Young Adults - How-To Club 11:00 <div><div>PE</div>Hula Hoop Challenge</div> 11:00 Let's Discuss! 1:00 Bingo 1:00 <div><div>LL</div>Charades</div> 2:00 Artistic Moments 2:00 Deal or No Deal 3:00 Café Connections | 9:30 Morning movement w/Matt 30 10:00 Busy Hands 10:30 <div><div>CC</div>Bible Study</div> 11:00 Let's Discuss! 1:00 Bingo 1:00 Meteorite Trivia 2:00 Artistic Moments 2:00 Notable Quotable Day 3:00 Café Connections | |

