



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.

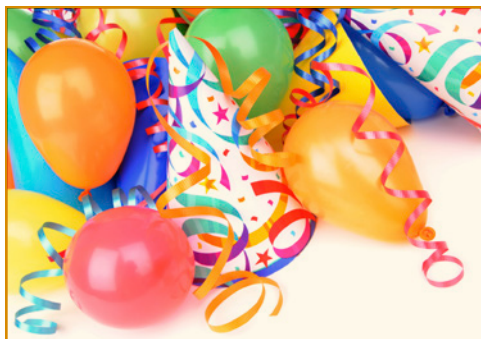
Show Gratitude Quietly.

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.



HAPPY BIRTHDAY!

Happy Birthday to all of you!

11/5	Ruth H.
11/9	Gerry C.
11/14	Don U.
11/14	Lori H.
11/19	Grace P.
11/22	Paula B.

Craig Siemsen took us on an adventure down Route 66 with America's Main Street Show of stories and songs.



Chad Lewis gave an enlightening talk on Paranormal Wisconsin.



UPCOMING EVENTS

NOV. 2 AT 3:00PM

Music-Tom Kastle

NOV. 9 AT 11:45AM

Lunch Bunch Outing

NOV. 16 AT 3:00PM

Music-American Family Choir

NOV. 29 AT 3:15PM

Music-Celtic Harpist

UW Students will be here on

**NOVEMBER 4TH, 7TH,
18TH FROM 1-2PM**



Nice memories of Hazel and JJ making suncatchers in Craft Club.



Our resident Oscar, celebrated his 85th birthday.
His wife Carol treated all the residents and staff to delicious Dairy Queen ice cream cake to make the day special for us all.



AVALON

Assisted Living Community

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OUR STAFF

LORI CRISPEN
Administrator

JAN LOEFFLER
Sales and Marketing Director

AYSA SELLERS
Business Office Manager

NICOLE GUICHARD
Life Enrichment Coordinator

SANFORD JONES
Driver

GEORGE GUNDERSON
Maintenance Director



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Aysa, our Business Office Manager, was honored with the Ridgeline Rockstar Award for the 3rd Quarter 2018.



Lisa, the Ridgeline President and CEO, came to Avalon to surprise Aysa with the award presentation and recognition.