

**Your
Management
Team**

Steve Sarine
Executive Director

Heather Murdock
Marketing Director

Ligia Rodriquez
Director of Care

Melina Dearing
Wellness Director

Bernadette Soliz
Culinary Director

Leon Borges
Transportation

Lupe Ramirez
Joseph Enriquez
Jill Betz
Activity Staff

Jessica Ramirez
Office Manager

Lorine Ricardos
*Housekeeping &
Laundry Director*

**Russell Thomas &
Clemente Lopez**
Maintenance

November Horoscopes and Birthdays

In astrology, those born November 1–22 are the scorpions of Scorpio. Scorpions are passionate and assertive, yet they are also known to keep cool. This composure makes them good leaders & loyal friends. Those born between November 23–30 are centaur archers of Sagittarius. Archers are curious, energetic, & enjoy change. They are funny and enthusiastic, cherishing freedom & independence.

Resident Birthdays

#53 Stan Webb ----- November 7th
#17B Mitsuya “Mitch” Takechi - November 12th
#80 Lillie Jordan ----- November 15th
#32 Orsola Fuller ----- November 17th
#2 Joe Schmidt ----- November 20th
#18 Sue Conover ----- November 28th

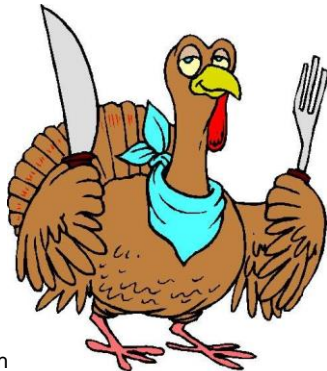
Staff Birthdays

Derique Warren (Kitchen) ----- November 2nd
Rosetta McCleton (Kitchen) ----- November 4th
Ligia Rodriguez (Care Director) - November 9th
Jill Betz (Activities Assistant) ----- November 24th
Shanika Brown (AL Caregiver) -- November 24th
Jessica White (MC Caregiver) --- November 25th

Birthday Party

Join us for the monthly Birthday Party on November 13th at 3pm. Skip Morgan will be here to play for us, and we will serve cupcakes, ice cream and cocktails.

Family & friends are always welcome to join us for our Birthday Parties or Cocktail Hours so don't hesitate to bring them. The more the merrier!



November 2019

Reflections on the Pond



**Golden Pond Assisted Living 3415
Mayhew Rd. Sacramento, CA. 95827
916.369.8967 RCFE #347000985**

**Celebrating
November**

Author's Day
November 1

**Men Make
Dinner Day**
November 7

**Forget Me
Not Day**
November 10

Veterans Day:
U.S.
November 11

**Birthday Party
w/ Skip Morgan**
November 13

**Happy
Thanksgiving
Thanksgiving
Brunch**
November 28

“We must find time to stop and thank the people who make a difference in our lives.”

— John F. Kennedy

Let's Give Thanks

Thanksgiving, a day in which we stuff our faces with turkey, cranberry, mashed potatoes and more. But there's more to it than just food. It is also a day in which we should step back and analyze who is in our lives and why. It's a time when we say thank you to those people for everything they've done for us and everything they've done for their community, workplace or school. A simple, “Thanks for everything you do, I truly appreciate it”, can make somebody's day.

Join us for our annual Thanksgiving Brunch on Thursday, November 28th. Make reservations at the front office with Jessica if you plan on joining your loved one for brunch.



Real Life Math Curiosity by Merle Chadbourne #90

In the current year (2019), all people on Earth are in the same age group. This year your age plus your year of birth will equal 2019.

Example: 75 (your age) + 1944 (your birth year) = 2019

This happens only every 1,000 years.
Enjoy what's left of this year. It's truly special!

November Theme Days

Nov. 1st



Wear All One
Color Day

Nov. 8th



Red, White
& Blue Day

Nov. 15th



Crazy Hair
Day

Nov. 22nd



Sweatpants
Day

Nov. 29th



OVERSIZED
CLOTHING DAY

All residents, staff and even family members are encouraged to dress up for our theme days. Just remember to keep it appropriate!

Bread for Breaking and Baking

This November, there are a variety of holidays that encourage the gathering of families and friends: Día de Muertos in Mexico, Diwali in India, Thanksgiving in the United States, Saint Andrew’s Day in Scotland, and many others. These holidays offer the perfect opportunity to “break bread” with loved ones. While many will literally be breaking bread at their feast tables, the expression “break bread together” denotes sharing more than just food, but also feelings of love, trust, and togetherness. Many believe that the phrase “breaking bread” originated in the New Testament of the Bible, where Jesus broke bread and shared it with his apostles during the Last Supper. It was this Scriptural sharing of bread that provides the basis for the Eucharist, or “Holy Communion.” However, the ritual breaking of bread dates back to before the Last Supper and has a long Jewish history, a history with which Jesus, as a Jew, was familiar. The Jewish ritual of Shabbat involves breaking bread. Indeed, according to laws given to Moses by God, 12 breads were supposed to be placed in the Tabernacle each Sabbath. It is from these Jewish traditions that we get the expression “breaking bread.”

As luck would have it, Homemade Bread Day falls on November 17, offering a chance for novice and expert bakers alike to try baking their own bread. When we think of bread, we mostly think of yeast breads, which must be allowed to rise and rest before baking. Quick breads, on the other hand, rise with the help of leavening agents like baking powder or baking soda, so there is no need to wait for the yeast to work. Regardless of your leaven, baking homemade bread fills the house with wonderful smells that are bound to attract a crowd. Challah is the traditional Jewish Sabbath loaf, a portion of which was separated as a gift for the *kohanim*, or priests. A yeast bread with honey-sweetened and egg-enriched dough, challah makes a light, tender loaf that is golden brown. The braided loaf looks like intertwined arms, symbolizing love or the interlocked principles of peace, truth, and justice. Its 12 humps recall the 12 ritual breads meant for the Tabernacle and the 12 tribes of Israel. With such a storied history, it is easy to see how sharing

We Love Referrals!

Did you know that Golden Pond loves referrals? Refer Golden Pond to a friend or family member and we will provide a credit of \$750 to you! Meet with Heather Murdock, our Marketing Director, to further discuss our referral program.

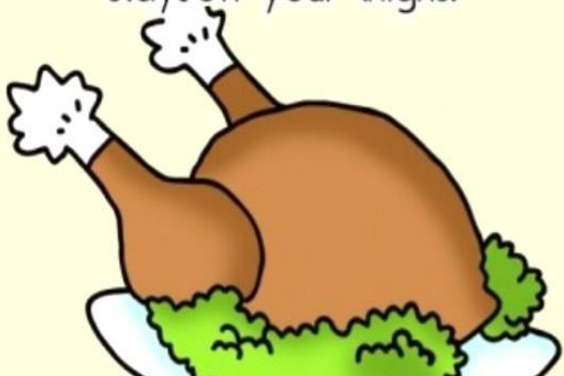
Reservations

Is your birthday coming up? Do you want to celebrate with family & friends in a private setting without having to leave your home? Well the Family and Friends room is the place for you! Please contact Joseph, Jill or Lupe to reserve the room.

30 Days of Thanksgiving

A THANKSGIVING POEM

May your stuffing be tasty,
May your turkey plump,
May your potatoes and gravy
have nary a lump.
May your yams be delicious
and your pies take the prize,
and may your
Thanksgiving dinner
stay off your thighs!



Thanksgiving in America means gracing the table with a classic roast turkey with stuffing and gravy, sides of cranberry sauce and sweet potatoes, and, of course, a pumpkin pie for dessert. While the event of the meal may bring families and friends together; it is important to remember the many reasons to celebrate Thanksgiving.

The tradition of keeping a gratitude list isn’t new. Some people write a daily list. Others keep a mental list and acknowledge thanksgiving during their spiritual meditations or prayers. In a study by The American Psychological Association, researchers suggested that positive emotions of gratitude serve three important moral functions: 1) A moral barometer that allows us to acknowledge that we have been the beneficiary of another person’s kindness or good deed; 2) A moral motivator, that encourages us to do good things for other people; and 3) It is a moral reinforcer to strengthen our resolve to do good deeds in the future. Gratitude list and being thankful slowly starts to change one’s entire way of thinking and perception of the world. According to LONI, Laboratory of Neuro Imaging, the average person has about 70,000 thoughts each day!

Most of those thoughts are very similar or just repeat over and over throughout the day. The problem is that most of those thoughts are negative. Gratitude can work to arrest and replace these negative patterns with something positive. In a 2003 study, psychologists asked participants in three groups to write on a topic for 10 weeks. Group 1 wrote a daily gratitude list. Group 2 wrote a daily irritations list. Group 3 wrote about events that were neither positive nor negative. At the end of the study Group 1 participants were more optimistic and felt better about their lives and the world. This simple act of thanksgiving helps you discover that life is more enjoyable. And once you have gratitude, there is something else you need to do... you must share it. Gratitude is a gift worth giving.

This November join us for 30 Days of Thanksgiving, as we honor the people that get very little recognition daily. We invite to come, make, and sign Thank You cards for the individuals that contribute to our community in very subtle ways, like the US Postal Mail Carrier, the Waste Management Operator, and so many others. Check your calendar for details!