



LETTER FROM THE ADMINISTRATOR

Welcome November and to the beginning of the Holiday Season. I really enjoy this time of year. The leaves are starting to change colors and you can actually sit outside. So grab a friend and go outside to enjoy some fresh air and our beautiful views of the lake. If you have a cell phone take some pictures we would love to share them on our Lakeview Terrace Facebook page.

Our Chili Cook off event was very successful for Lend A Hand this year and I want to thank everyone that made chili or just came to taste the chili's that were made or

just made a donation. This is a local organization that runs on Volunteers and really helps some of our Residents. Thank you to everyone that participated in making this a wonderful event.

If you are single did you make it out to our Single Mingle Mix and Mingle event we hosted? If you did I hope you enjoyed yourself and the next time we hold this event be sure to invite your friends.

Mary Rush

ADMINISTRATOR

Dietary Department

Greetings from the Kitchen!

Happy November, we can begin to transition into fall! Fall brings a huge array of culinary delights with it. We will start our new Fall/Winter menus at the beginning of November. We will be introducing several new items on the menus and look forward to your input. We will be serving our traditional Thanksgiving Dinner at 11:30am on Thursday November 28th. If you will have family or friends having dinner with you, the cost is \$15.00 per person. We will only have enough seating for a maximum of 4 guests per resident

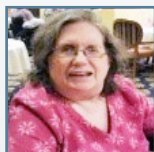
**See you at Food for Thought!
November 6th 10:30**

Happy Birthday

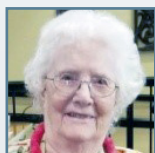
We would like to wish our November Birthdays a very Happy Birthday!!



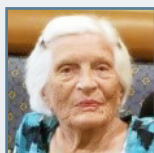
Ann K.



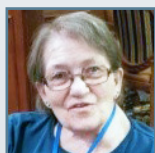
Bene S.



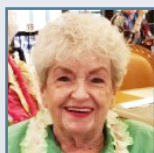
Phyllis M.



Pat P.



Nancy S.



Jackie T.

Health Services: Preparing for this flu season

CDC Statistics say that “millions of people get sick, hundreds of thousands are hospitalized, and thousands to tens of thousands of people die from the flu.” Are you prepared to recognize the signs and symptoms of the flu and are you protected from it? As gathered from CDC: CDC recommends getting your flu shot by the end of October as it takes at least two weeks for the antibodies to develop that protect against the flu. Although it is difficult to determine which flu strain will dominate from season to season, getting a flu shot is the most effective method of avoiding the flu. Flu season begins as early as October and can last as late as May; with its peak in December and February. You are at risk if you are 50 and over, have a chronic medical condition (asthma, cancer, obesity, kidney or liver disease, neurological or blood conditions), and have a body mass index 40 or higher. If you had a bad/allergic reaction to flu vaccine in the past, it is advised not to get a flu shot. Possible side effects of the flu shot include: low grade fever, body chills, headache, and tenderness/redness around injection site. There are other types of vaccinations, please discuss with your healthcare provider on those options. If you haven’t received your flu shot, please stop by the health service office and let us know as we have a pharmacist to administer it here at Lakeview Terrace.

Other interventions to assist with not catching the flu are: good hand washing and maintaining a healthy diet and lifestyle with low stress.

EMPLOYEE OF THE MONTH



Matt L. is our November employee of the month.

Matt has only been with Lakeview for a few months now, but from the start he has gone above beyond. He is always willing to work extra shifts when needed and help out his fellow team members. Matt has received several positive comment cards from our residents on his excellent cooking skills. We appreciate all he does on a daily basis for the residents and his fellow coworkers.



Activity Highlights Happy November Everyone!

We have some great entertainment lined up for this month we have

Lou Demise Thursday November

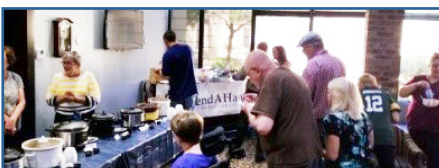
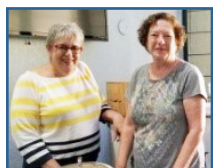
7th and a new artist here to Lakeview her name is **Nellie Norris** on Thursday November 14th at 3pm

The Dietary will be serving a wonderful Thanksgiving dinner on Thursday November 28th at 11:30am, we ask if you have any family or friends wanting to have dinner with you, please have them RSVP by Monday November 18th the cost will be \$15.00 per person.

We hope you all enjoyed the Chili Cook Off for Lend a Hand; we thank everyone for attending and donating to great local business that helps out all seniors in the community

The weather is getting beautiful, so we will planning a few fun bus trips, please sign up in the Activity book.

Our fund raiser for Lend-A Hand, the Annual Chili Cook-Off



Our three winners...Barbara, DeMark and our very own chef Jason won the chili cook-off. Congrats and thank you everyone for helping us raise money for Lend-A-Hand.

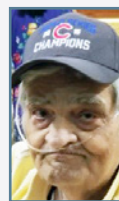
In Memoriam of those Residents who touched our Lives



Jackie K.

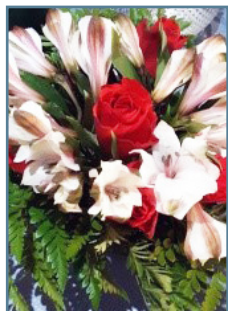


Phillip M.

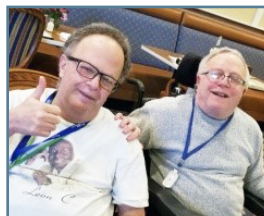


Sam T.

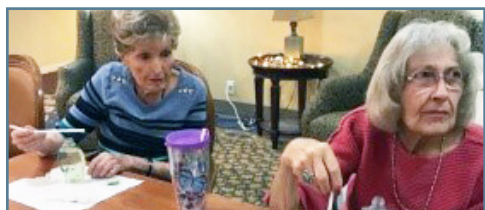
ACTIVITY HIGHLIGHTS



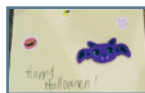
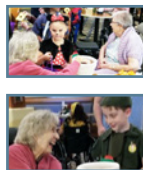
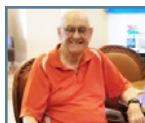
We had a Floral Clinic by Albertsons florist Denis. Beautiful!!



Social Hour with Leon - We had a great turn out!



Look what our residents made at Crafters Corner: Decorated pumpkins and made spooky hand soap dispensers.



Our local Boy Scouts came to trick or treat with our residents. The residents even received "Thank you" cards from the Boy Scouts... HAPPY HALLOWEEN EVERYONE!!!!

Michael's Angel Paws visit was once again a true joy for the residents



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Your Team

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HEALTH SERVICES
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OFFICE MANAGER
Rodina Savet

SALES AND MARKETING
DIRECTOR
Sherry Hoffeld

DINING SERVICES
DIRECTOR
Jason Hollida

MAINTENANCE DIRECTOR
Shawn Turner

ACTIVITY DIRECTOR
Jason Hollida


RIDGELINE
MANAGEMENT COMPANY

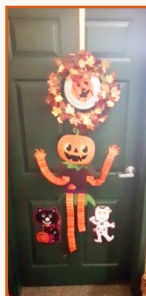
Newsletter Production by PorterOneDesign.com



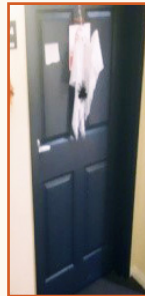
Featured Resident: Lois T.

Lois is our resident of the month. Lois is moving out to live with her Family out of state. We will miss Lois here at Lakeview Terrace. Lois always has a smile on her face and a kind word to share with others. It was a pleasure to have Lois and her husband Sam here at Lakeview, we want to wish her well.

HALLOWEEN DOOR DECORATING CONTEST...AND THE WINNER IS:



**First
Place
Ginny
K.**



**Second
Place
Jody R.**



**Third
Place
Lucinda
D.**

~Thanks to all that participated and let's see if you can win the Christmas Door Decorating Contest! Hope all our residents have a fabulous NOVEMBER 2019!!~