



### True North Employee

Our True North Employee for November is Aaron. Aaron started at Heron Point in January of this year and has been a great asset to have around. Aaron is always smiling, and willing to give a helping hand when needed. Aaron says the most important things in his life are his family, his girlfriend, and soccer. Aaron enjoys working here because it is calm, everyone is nice, and he gets along with everyone! Thank you Aaron for everything you do !

### What Does Thanks Mean To You?

**Pushing wheel chairs to the table, cleaning up water or coffee on the floor, a pleasant smile, someone who serves coffee, those who pick up and do laundry, those who serve in the dining room, those who put the dining room back together, those who put the meds together, those who care for the patio and feed the birds, those who prepare our food 3 times a day, those that fix things that need fixin’ and those who clean our apartments.**



### Gratitude Street

**It’s one thing to celebrate Thanksgiving Day every year, it’s another to live on Gratitude street all the time. People who intentionally count their blessings, and express their thanks, those are the people that live on Gratitude street. They recognize there is no such thing as the day after Thanksgiving because every day is a day of thanks.**



# HERON POINTE

## SENIOR LIVING

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### Thank You

As the weather gets cooler and Fall approaches with a vengeance, we here at Heron Pointe wanted to take the time to reflect on how thankful we are. Our community is staffed with dedicated workers who do what they love and commit to providing the best care possible for our residents. And our residents provide moments of joy for everyone they interact with every day. Every single person in our building is important and has a role to play, and our management team is so thankful and appreciative of every member of our family here.

In the spirit of thanksgiving, we also wanted to extend an invitation to all of our residents’ family members and invite them to join us for a Thanksgiving feast. We will be hosting on November 27<sup>th</sup>, from 12pm-2pm. This event is free, but seating will be limited. Please give us a call to RSVP! We would love to have you and say thank you for everything.



### Leadership Team

Administrator.....	Amy Hynes
Business Office Director .....	Kathy Endecott
Community Relations .....	Nichole Elliott
Dining Services Director .....	Tyler Baker
Life Enrichment Coordinator.....	Kori Bacon
Maintenance Director .....	Bruce Burns
Registered Nurse.....	Rona Smith-Coburn
Resident Care Coordinator.....	Ashley Stengel



### Happy Birthday

Scott.....	11/09
Dottie.....	11/10
Rita.....	11/12
Jan.....	11/14
Raymond.....	11/17
Virginia W.....	11/18
Bonnie.....	11/24
Susan.....	11/26
Sally C.....	11/29



# Welcome Home

Mary “Phronsy” Baily Moved into Heron Pointe on October 21st. She previously lived at home with her daughter and son in law. She is originally from Arkansas and Missouri, but moved to this area last year to be closer to family. She enjoyed fishing, and loves flowers!

## Thanksgiving Facts



- ◆ President Roosevelt Tried to Change the Thanksgiving Holiday Date
- ◆ The USA’s First Thanksgiving was in 1621; Canada’s Was in 1578
- ◆ Some Native Americans Consider Thanksgiving to Be a Day of Mourning
- ◆ The First Thanksgiving Dinners Were Eaten Without Forks
- ◆ No Turkey Was Served at the First Thanksgiving
- ◆ The Biggest Thanksgiving Pumpkin Pie Weighed 2,020lbs!

“Welcome sweet November, the season of senses and my favorite month of all.”  
— Gregory F. Lenz

*Ever made a scarecrow?* It is not as hard as you may think. We purchased used clothing, gathered other materials needed and went to work. We had to brainstorm the best way to get him to stay together while sitting down. In the end we had a great outcome and our scarecrow now greets you when you walk through the door. We hope you enjoy him as much as we do.



## #Gen2000

Ever wished you could connect with loved ones who you have not seen in a while? Maybe they live in another state, or they just don’t have time to come see you as often as you would like? Maybe you have a smart phone that you don’t really know how to navigate well. Well we have a solution for you. We would like to start a program that will allow you to connect with family members, or learn to navigate the internet. We will be getting together with local students to teach you how to use a tablet or smart phone. If you are interested please reach out to Kori, we will have more details as we move further in the planning process.

Have new ideas you would like to see? Please join us during activities chat to share your new and exciting ideas, or just stop by and let Kori know what your ideas are!

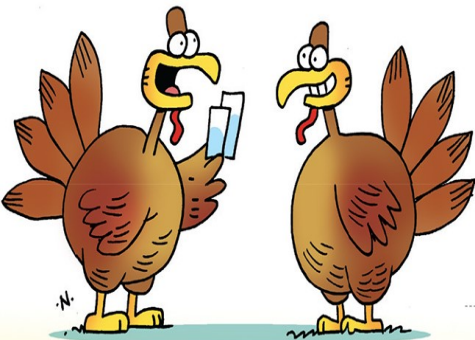


## Menu Chat:

Every Monday after lunch at approximately 1pm, Menu chat will be held in the dining room. Tyler will be there to discuss the weekly menu and any dining related concerns residents may have. This is a great way to let Tyler know about any special food cravings you may have, discuss and share recipes, and offer ideas for upcoming menus and dining events. All residents are encouraged to come, please join us.

## Fun Food Days

- 11/3– National Sandwich Day
- 11/5– National Donut Day
- 11/6– National Nachos Day
- 11/11– National Sundae Day
- 11/26– National Cake Day
- 11/28– National French Toast Day
- 11/29– National Crème Pie Day



“Let’s fly south for Thanksgiving. I got two plane tickets online.”

# Horoscope

## LIBRA

This month things are quiet as almost all the planets are in Scorpio. Come the last two weeks of November Venus will enter Sagittarius and that effect will team up with good aspects from Saturn and Pluto. This will help you feel centered and happy. Basically be mindful on a daily basis and have a positive motivation each morning. Irrespective of astrological influences these two factors will make your life meaningful and fulfilled.

## SCORPIO

This is your birthday month and the Sun, Mars, Mercury, Venus and Jupiter are all in Scorpio. That comprises half of the planets of the zodiac and so it is energetically stimulating. Go slowly as you have ample energy to draw on. Going slowly ensures actions and thoughts are done skillfully. Don’t forget to send a card to your parents to thank them for this rebirth. Even if they have passed away you can dedicate a meditation in deep appreciation of their support.