

November
2024



THE
Stilley House
SENIOR LIVING

Resident Birthdays

Beverly S. Nov. 9
Richard B. Nov. 12
Kathy A. Nov. 26
Jack B. Nov. 28

Employee Birthdays

Michelle C. Nov. 14
Kaitlyn B. Nov. 15

Stilley Anniversaries

Sandra C. 1 year
Mac R. 2 years
Helen W. 5 years

Letter from our Executive Director

Happy November Residents and Families,

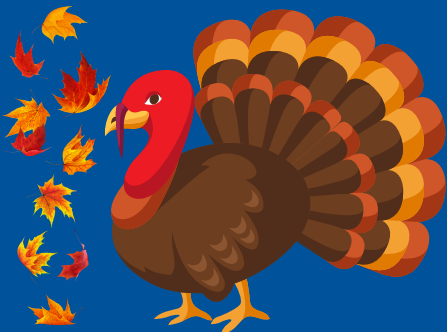
November is one of my favorite months as it is the month of thankfulness in my mind. A time where we get to reflect on all the blessings in our lives, and goodness do I have much to be thankful for. I am thankful for our precious residents who bring a smile to my face each and every day. I am thankful for my co-workers who give it their all every day to make sure our residents are loved and well cared for. I am thankful for our leaders at Arcadia, who provide me and my team with so much support and exemplary leadership. I am thankful for our families. It is so true when they say "it takes a village", and what a wonderful village we have. And lastly, I am thankful for my family and friends, including all of you, who bring so much joy to my life.

As we look to November, I see bright things in our future. With our residents now up to date on their flu shots, I hope that everyone is able to stay healthy and well this holiday

-continued on next page

971 Birch St, Benton, Kentucky, 42025

NOVEMBER



Activities this month in A.L.

Friday, Nov. 1st - Early Voting, 2:15 p.m.
Monday, Nov. 4th - National Candy Day Trivia and Party, 2:15 p.m.
Tuesday, Nov. 5th - Reggie LaFaye on the sax, 2:10 p.m.
Thursday, Nov. 7th - Book Club at 1:00 p.m. (new book intro!)
Thursday, Nov. 7th - Shopping Trip to Walmart, 2:30 p.m.
Friday, Nov. 8th- Trip to Ardsmore and Lunch (Fee required)
Fridays in November- Chair Yoga with Alison, 10 a.m.
Monday, Nov. 11th - Bookmobile out front, 1:00 p.m.
Monday, Nov. 11th - Veterans Day program, 2:15 p.m.
Tuesday, Nov. 12th - Shopping Trip: New To You, 10:30 a.m.
Thursday, Nov. 14th - Richard Cox sings classic country, 1:30 p.m.
Thursday, Nov. 14th - Pickle-tasting Party, 2:30 p.m.
Monday, Nov. 18th - Hymn Sing with Gary, 2:00 p.m.
Tuesday, Nov. 19th - Shopping Trip: Dollar General, 2:15 p.m.
Wednesday, Nov. 20th - Candice Gunn sings, 4:15 p.m.
Thursday, Nov. 21st - Armchair Travel at Library, 9:50 a.m.
Friday, Nov. 22nd - Lunch Bunch, 11:15 a.m.
Monday, Nov. 25th - Bookmobile out front, 1:00 p.m.
Tuesday, Nov. 26th - Funky Monkey Pottery, 10:30 a.m.



I am so thankful to be a Stilley with each of you! ❤️ ~Paula #ImaStilley

Continued from Jennifer

season. But we want to do everything we can to ensure they are well protected! Please be mindful of any signs or symptoms of sickness before you visit. In an effort to keep sickness out of the building, we are going to proceed with one family meal this holiday season as we did last year, our THANKMAS meal. It is scheduled for December 12th. We will be offering this meal at both a lunch and a dinner time to accommodate everyone and spread out as much as possible. Families can pick whichever time meets their needs best.

We look forward to sweet celebrations and making memories as we make our way to 2025. Let's make it our best year yet!

Many blessings,
Jennifer Brown
Executive Director



Save the Date: THANKSMAS 2024



PLEASE JOIN US FOR A

THANKSMAS Meal

DECEMBER 12 NOON OR 5 P.M.

\$10 PER GUEST/FOUR GUEST LIMIT

Stilley House Senior Living

RSVP: 270-527-1700

How exercise helps arthritis

In an article published earlier this year by Matthew Solan, Executive Editor of *Harvard Men's Health Watch*, we excerpt a part of the article: There is no cure for arthritis, but exercise can help you manage and reduce pain. A 2021 analysis found that exercise can raise a person's pain threshold, particularly at the affected site. So, when flare-ups do strike, they may not feel as intense. Regular exercise can help dampen inflammation and improve blood flow, which can help reduce pain. In addition, exercise increases muscle strength and helps with weight loss, which takes pressure off painful joints. But exercise is more than a pain reliever. "It can increase mobility and improve balance, issues that people with arthritis struggle with," says Dr. Solomon. "Exercise also is a proven mood booster and stress reducer." The best exercises to help arthritis are stretching, strength training, and low-impact aerobic exercise such as walking.



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THE ARCADIA WAY

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announcements from us!



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Your opinion matters so please write a review

Go To: www.StilleyHouse.com

Choose REVIEWS and post your experience

OR use the QR code →



THANK YOU

KNOW YOUR NEIGHBOR

\$500
for You

\$500
for Your Neighbor

Be rewarded for referring others to
The Stilley House. Refer today and receive
\$500 credit off one month's rent* and your
new neighbor will also receive \$500 credit.

971 Birch St., Benton, KY | www.StilleyHouse.com



For more information contact
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*A referring resident receives \$500 credit
after your new neighbor stays for 60 days.

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