



FLAVORS of the Month

- ◆ Hunting
- ◆ Gatherings
- ◆ Harvest Foods
- ◆ Veterans Buffet
- ◆ Football Snacks
- ◆ Thanksgiving Meal
- ◆ Holiday Cooking



November's SEASONAL Events

- 1st - Silent Auction Starts**
see poster for more information
- 3rd - Daylight Time Change**



- 5th - Vote, final day for this election**
- 11th - Veterans Day**



- 11th - Veterans Fried Chicken Buffet**
at MWS see page 4 for more info
- 20th - MWS Celebration of Life Service**
- 22nd - BD Celebration of Life Service**
See page 6th for more info
- 22nd - Hobby “Show & Tell with some Show & Shop!”**
see poster for more information

- 28th - Thanksgiving Day**
- 28th - Thanksgiving Noon Meal**



- 29th - MWS Special Harvest Bingo**

This Month's Musical Entertainment

At Brightondale AL & Reflections

- 1st** Guitar Music by Tim Meyer
- 2nd** Harp Music by Elsa
- 13th** Avail Academy Middle School Choir
- 15th** Ventriloquist by Kevin Doely
“The Power of Gratitude” Show
- 17th** Piano Music by Nicole
- 25th** Piano Music by John Lundgren
- 27th** Guitar Music by Tony Garry

At Meadowood Shores

- 1st** Paino Music by Dan Chouinard
- 6th** Hymn Sing by Lee Ann
- 12th** For the Love of Food
By Chef Brian
- 15th** Ventriloquist by Kevin Doely
“The Power of Gratitude” Show

Educational Sessions

Both

- 7th** Public Safety Chats with Coffee
Presented by Officer Austin of New Brighton Police & Fire
- 7th** “Resident Forum”
Presented by Management

BD ONLY

- On most:**
- Monday Mornings** - Animals Related Series
- Wednesday Mornings** - Famous Face Series
- Some Tuesdays** - KIT Box Collections

- 7th** “Calendar Review”
Presented by Lisa
- 12th** “Fun Facts of November”
Presented by Lisa
- 26th** “Scandinavia Adventure”
Presented by Su
- 29th** “New Resident Orientation”
Presented by Patricia

MWS ONLY

- 14th** “Scandinavia Adventure”
Presented by Su
- 20th** Occupation Fitness Therapy for Incontinence Management
Presented by Ascend Rehabilitation
- 21st** New Resident Orientation
Presented by Welcome Greeters & Su

Daybrightoner
Brightondale & Meadowood Shores

SILVERCREST
PROMOTING WELLNESS FOR A VIBRANT LIFE

**This nation will remain the land of the free only so long as
it is the home of the brave.** ~Elmer Davis



***This Month We Highlight a
Few of Our Many Veterans
Check out Our Updated Veterans' Wall of Honor***

If you live with us and have served, we would love to honor you by adding your photo and information to our display of Veterans. We will display them on our Wall of Honor, giving tribute to all of those that have served our country. Please bring your service-time photos to the front desk with your name & dates that you served. We will make a copy of the photo and return your original.

Family please let us know if you would like to borrow these photos.

Contact Program Department staff for additional information.

Thank you

**Residents' Guidelines for Bus Travel
Relating to Inclement Weather**

SilverCrest recognizes the importance of consistent, dependable and safe transportation. Trips may be cancelled or changed as needed. Here are the weather guidelines that we follow.

- Road condition & weather reports are assessed for storms, fog, snow and ice conditions.
- Temperature related safety conditions can also affect trips/outings (too high or too low)
- When a bus does not travel a route in the morning due to ice or snow conditions, it will not do so in the afternoon either.
- When a bus does not travel in the morning due to fog and the fog clears during the day, the bus will transport as soon as possible.
- If a cancellation or change is required, you will be notified by posting and or phone call.

**Reminder, when using the bus, dress appropriately for weather & walking conditions.
If an emergency occurs, we want you to be safe and warm or cool as weather dictates.**



It's hard to believe the Holiday season is upon us!

This is a time for all of us to reflect on what we are Thankful for. I continue to be thankful for Family, Friends, all of you, our wonderful staff and good health.

There are a couple of items I would like to review. First, if you have any apartment or building concerns that fall outside of normal business hours, please call the Brightondale main number at 651-633-6484. This number is forwarded to our Home Health staff located at Brightondale. They can take your concern and notify the maintenance "on call" person if needed.

If you rent a garage space, please refrain from storing any items in front of or next to your car. Some of our parking spots are tight, and this "extra" stuff impedes the ability for Residents in surrounding parking spots to safely park. Thank you for your cooperation. We do have storage available for a monthly fee, please see the front desk if you are interested in renting a storage closet.

Lastly, I know many of you like to recognize employees this time of year. I would like to remind you that we, as employees, are not able to accept individual gifts. If you would like to donate towards the employee fund, please let me know. We will use donations to purchase gifts for our annual Holiday Employee Party.

In Minnesota, November typically marks the transition from autumn to winter. Then I start to think about shorter daylight, long nights, dry cold air, dressing in layers, hunting, falling leaves or the first snow, ice fishing, Thanksgiving...

R is our letter of the Month, meaning **Residents First**. Employees continue to focus on our residents' needs. Acknowledge their presence, treat them with respect, dignity, and call them by their name. This means making a connection to understand that each resident is unique and should be treated as such.

I would like us (residents, staff, and families) to focus on our communication, which includes promoting open dialogue between each other. Communication fosters trust and understanding and makes us a stronger community!

Happy Thanksgiving!

****Reminder**** *We just wanted to remind everyone to use the SilverAdvantage boards for recognition. If residents and/or staff ever want a special way to say thank you, the board is a good place to do so. We have had people try to leave tips & although that is a very kind gesture we cannot accept them. Each recognition post-it note is worth 5 points. When an employee gets to 50 points they then get to redeem a prize through our corporate office. The SilverAdvantage boards are located by the elevators at both buildings.*

~ NEED to Know ~

Voting day at... Grace Point Church

Tuesday, November 5, 2024 (Polls open 7:00am - 8:00pm)
Our bus will be available during appointment runs around medical appointments.

CUB SHOPPING CARTS

Per our agreement with CUB Management, we are allowed to keep 4 shopping carts on our campus at all times. We will ask that if you use a cart, please return it to the garage so another resident can access it.

Carts should not be stored by your vehicle or in your apartment.

We value our on-going relationship with cub and appreciate your assistance to continue this arrangement.



SilverCare Connections

Submitted Cheri Booth, RN,
SilverCrest Corporate Clinical Director

Something is Afoot! Understanding Plantar Fasciitis in Seniors and How to Manage It



Plantar fasciitis is a common condition among seniors that causes pain and inflammation in the heel and foot. As we age, the padding under our feet becomes thinner, and the wear and tear on the plantar fascia—a ligament connecting the heel bone to the toes—can lead to chronic discomfort. Seniors with this condition often experience sharp, stabbing pain, especially during their first steps in the morning or after prolonged periods of sitting or standing.

Managing plantar fasciitis in seniors requires a combination of preventative measures and treatment options. Wearing supportive shoes with proper arch support, stretching the calf and foot muscles, and using orthotic inserts can help alleviate the strain on the plantar fascia. Ice therapy and over-the-counter anti-inflammatory medications may also provide relief from pain and swelling. In some cases, physical therapy can assist in strengthening the muscles around the foot to prevent further strain.

For seniors, it's important to address plantar fasciitis early to avoid complications that could limit mobility and independence. Caregivers and healthcare professionals should encourage regular checkups to assess foot health, especially for those with conditions like diabetes, which can exacerbate foot problems. Proper care and attention to foot health can significantly improve the quality of life for seniors dealing with plantar fasciitis.

Food Service

Submitted by Mariel Boeyink, Director of Food Services

Well everyone, whether we like it or not, as soon as the 31st of October is past... the holiday season will be in full swing. Here's what we've got going on. At the end of October, we introduced Friday night buffets at Meadowood Shores. I've fielded a few questions so far, and I hope you all bear with me as I get used to this new feature along with you! A few reminders about this new buffet night: You will still sign up for your chosen seating on Friday nights – 5:00, 5:15 or 5:30. This will help with traffic flow! However, as you will see when signing up, there are no alternative meals offered on buffet nights. If you are signing up for a pick up meal or delivery meal, we will pack a small amount of each of the hot meal items, cranberry juice, the salad of the week, and featured dessert for you. Servers will bring your beverage to your table. If you need, servers are available to help dish or carry plates! Buffets are “take all you'll eat, but eat all you take” – meals are designed to be eaten in the dining room, and takeout containers for residents dining in will not be permitted, even if you bring your own containers!

Please join us for a Thanksgiving meal at 11:00AM at Brightondale and 11:30AM at Meadowood Shores on Thursday, November 28. This meal will be plated (NOT buffet-style) and there will be no Bistro or evening meal served at Meadowood Shores. Brightondale and Reflections will receive a cold box dinner delivered to apartments, if desired. We hope to see you for the holiday!

Keep an eye out for posters at the front desks advertising pie sales for the Thanksgiving holiday! And please let us know if you would like to see any food events or special sales in the near future.



To Honor Veterans' A Fried Chicken Buffet Luncheon Event

All Welcome... to Meadowood Shores
Thursday, November 11th Serving 11:00 AM to 1:30 PM

Veterans eat for FREE (All others, cost will be \$12)

Please RSVP by Nov. 6th,
to assist our Dining Department


Questions? Contact Shannon Garza @ 651-746-5615.

Wishing you a festive and warm November!

Out & About (Community Outings)

>>>>Reminder our bus does not run on Holidays as a rule, at times drivers will offer to drive making it a bonus opportunity!
 Sign up for upcoming Billable Outings: Play Holiday Inn at Northwestern University, & Lutefisk Dinner Outing at 1st Lutheran
 Billable sign up sheets are located in the front section of the outing book.

Date	Time of Departure	Estimated Return Time	Event & Location	Cost	Reserve by
Mondays	Between 8:00 AM	To 11:30 AM	Appointment Runs — 6 mile zone		Day Before
Tuesdays	Between 12:00 PM	To 3:00 PM	Appointment Runs — 6 mile zone		Day Before
Thursdays	Between 8:00 AM	To 11:30 AM	Appointment Runs — 6 mile zone		Day Before
Appointment Books are located at the front desk for both locations. Outing Signup Books are located at the communication center for MWS and Front Desk for BD					
2nd	BD 9:15 AM MWS 9:30 AM	12:00 PM	Scenic Drive (AL & IL)	Free	Day Before
4th	BD 1:00 PM	3:00 PM	Scenic Treat Drive (AL & R)	Free	Day Before
5th	TBA	TBA	Voting Runs are with Appointment Run (AL & R)	Free	Day Before
6th	MWS 10:30 AM	2:00 PM	Ladies Lunch Outing to Sarna's Classic Grill (IL)	\$ Meal	2 Days Before
7th	MWS 6:15 PM	10:00 PM	Billable Outing to "Holiday Inn at UNW Theater (IL)	\$\$16	10-7-24
9th	BD 9:15 AM MWS 9:30 AM	12:00 PM	Scenic Drive (AL & IL)	Free	Day Before
11th	BD 10:30 AM	12:00 PM	Outing to MWS for the Veteran Buffet Lunch Event	Vets Free Other \$12.	11-8-24
12th	MWS 12:15 PM	2:30 PM	Walkover for Mass with Father (IL)	Free	Day Before
14th	BD 1:00 PM	3:00 PM	Outing to Northwoods Animal Humane Society (AL & R)	Free	Day Before
15th	BD 8:30 AM MWS 8:45 AM	12:30 PM	Men's Breakfast Outing to Rusty Cow (IL, AL & R)	\$ Meal	2 Days Before
16th	BD 9:15 AM MWS 9:30 AM	12:00 PM	Scenic Drive (AL & IL)	Free	Day Before
18th	BD 1:00 PM	3:00 PM	Scenic Treat Drive (AL & R)	Free	Day Before
20th	MWS 10:30 AM	1:00 PM	Couples' Lunch Outing "Traven Grill Arden Hills" (IL)	\$ Meal	Day Before
21st	BD 1:00 PM	3:00 PM	Outing to the "Forever Floral Shop" (AL & R)	Looking or Shopping	Day Before
22nd	10:30 AM	11:30 AM	Outing to MWS to the Hobby Show Event (AL)	Looking or Shopping	Day Before
23rd	BD 9:15 AM MWS 9:30 AM	12:00 PM	Scenic Drive (AL & IL)	Free	Day Before
30th	BD 9:15 AM MWS 9:30 AM	12:00 PM	Scenic Drive (AL & IL)	Free	Day Before

Codes:  Additional Walking, AL Assisted Living, IL Independent Living, R Reflections, \$ money & \$\$ with the amount for Billable Outing Page 5



A Celebration of Life

Remembrance Service

**MWS at 2:00 pm on November 20th
Dining Room**

**BD at 2:00 pm on November 22nd
Sunroom**

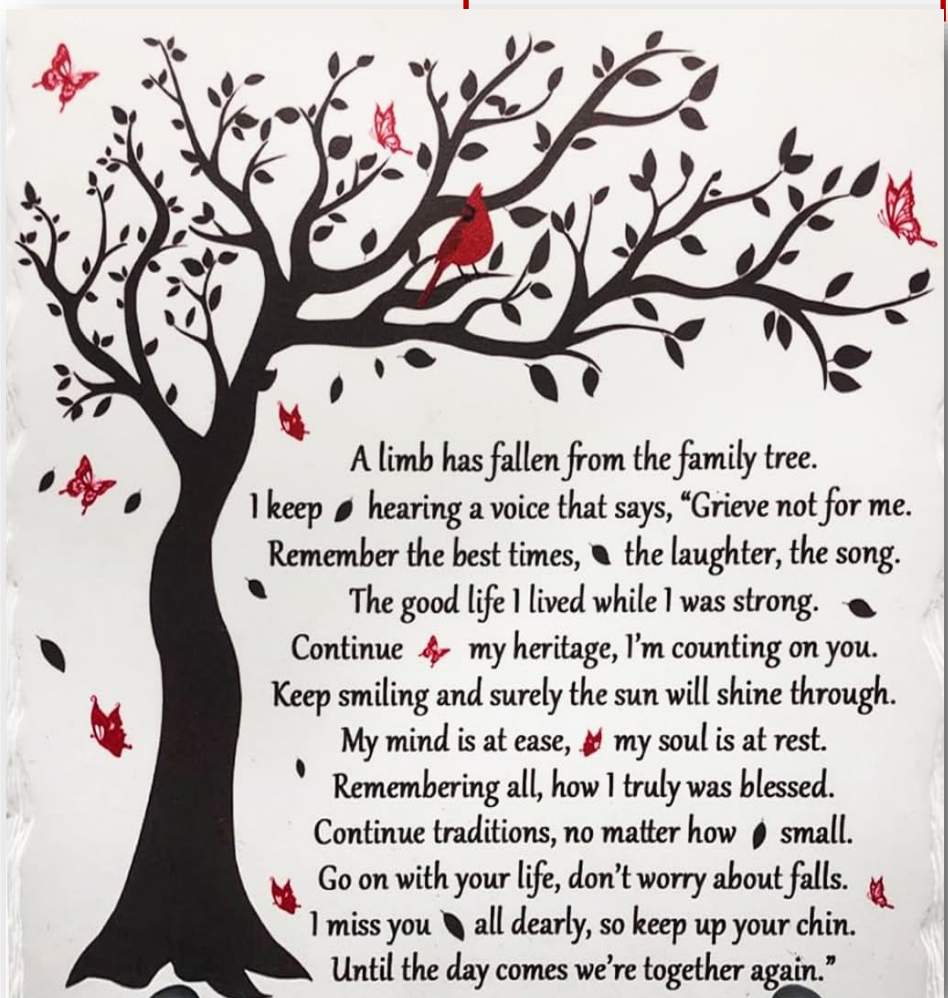
Friends & Families Welcome

Community residents that passed away between Nov. 1, 2023 – Oct. 31, 2024

Brightondale
Mary Rozmark
Kay Hildreth
Burton Nagel
Reighe Nagel
Carole Droege
Lorraine Seitz
Wayne Saarela
Frank Turnland
Sharon Carlson
Don Karpinski
Jeanette Bartlet
Both MWS & BD
Owen Turnlund
Bill Hanson
Grace Norton
Jean Wagar
Jim McClure
Roland Amundson
Joyce Behrens
Josephine Schleski
Roland Defeyer
Marilyn Sherry
John Evans
Gladys Pecore

Previously lived at our Community
Lyle Green
Tom Slayton
Don Heinrich

Meadowood Shores
Norm Kelzenberg
Larry Gordon
Madeline Harrison
Chuck Backlund
Judy Maas



Reflections from Reflections

*From Amy House, our former
Director of Reflections*

Greetings friends and family,

We have one of our most treasured holidays this month - Thanksgiving! A time to be thankful for all in our life that gives us joy and for those basic life necessities that we don't want to take for granted as well. But when your loved one has Dementia and is changing, it can sometimes be difficult to see what there is to be thankful for. So, I thought I would highlight some skills and attributes that a person with Dementia has and we should be thankful for.

1. **Humor** - at every stage of the disease I have witnessed the humor that remains. The person may be witty with one liners or they may not be able to talk, but they sure can laugh. I just overheard two residents at the dining room table for lunch: "I must not have woke up on the right side of the bed this morning." and the other resident replied "so it was the left side?" and they laughed and laughed! Another resident peeked out of her room yesterday and said "oh look at that sunshine, is it warm outside?" I replied that it was very cool, only about 50 degrees. She laughed and said "well we can't have it all!" Humor is a very special bond between people. So many people pick their friends and partners based on their shared sense of humor. So being able to continue to share it is something to be very thankful for!

2. **Music** - the part of the brain that learns and stores music and rhythm for some unknown reason is affected less by Dementia. It is a different area than where our language and speech is kept. This means that someone may no longer be able to talk but they can still sing all four verses to their favorite songs. This is a time to really connect, play an old song and sit back and listen to it together, attend one of our live music sing-alongs on the activity calendar, or if you have the skills play an instrument with them or for them. I know you will not be the only one thankful for music so give it a try.

3. **Faith** - just like music, many stories, songs and prayers have a rhythm to them and are stored in a different part of the brain. Reading old verses together or praying together can give someone peace, bring two people together or encourage someone who is having a hard day. We have a Bible studies, worship services and mass, that are available (see calendar for times and dates.) All are welcome to come and join.

4. **Passion for interests** - if someone had an affection for children or pets, art or gardening, etc. they may still see joy in it. They just may need to have it adjusted to meet their current needs. This might mean they just watch the children playing, or they pet a dog instead of walking it. It could be that they look through a book of art and talk about it, or just listen to you describe the artist and what inspired them. Someone may not be able to plant a tulip bulb in the fall but they could help pick out what bulbs to order from a catalog or help sort the bulbs into different piles that are to be planted. For anyone that has been passionate about anything in this world, it is easy to see how our residents can be thankful for a piece of that passion.

I hope this inspires you to take a moment and be thankful for what your loved one still has and has given you some opportunity to connect with them for this holiday.



**Connect with
Reflections
on....Facebook.**

If you use Facebook, please join our private page for family members only.

Search for:
"Reflections at Brightondale."
When "friending" us, please mention which Reflections resident you belong to.



**Meadowood Shores
Apartment Living**

2100 Silver Lake Road
New Brighton, MN 55112
(651) 604-2900

**Brightondale
Assisted Living
& Reflections Memory Care**

2700 Rice Creek Road
New Brighton, MN 55112
(651) 633-6484



Website:

www.brightondaleseniorcampus.com

Brightest-Side of ...

“Thanksgiving dinners take 18 hours to prepare. They are consumed in 12 minutes. Half-times take 12 minutes. This is not coincidence.” –*Erma Bombeck*

“Thanksgiving, after all, is a word of action.”
–*W.J. Cameron*

“Thanksgiving is an emotional holiday. People travel thousands of miles to be with people they only see once a year. And then they discover once a year is way too often.” –*Johnny Carson*

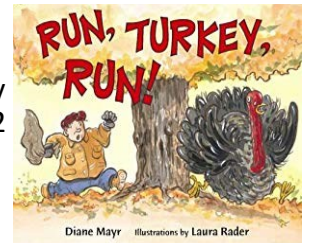
“An optimist is a person who starts a new diet on Thanksgiving Day.”
–*Irv Kupcient*

“Thanksgiving Day is a good day to recommit our energies to giving thanks and just giving.” –*Amy Grant*

“There is no better opportunity to receive more, than to be thankful for what you already have. Thanksgiving opens the windows of opportunity for ideas to flow your way.” –*Jim Rohn*

“Thanksgiving Day is a jewel, to set in the hearts of honest men; but be careful that you do not take the day and leave out the gratitude.”
–*E.P. Powell*

<https://www.skipprichard.com/15-thanksgiving-quotes-to-start-the-holiday-season/>



**Brightondale
Meadowood Shores
Community Lead Staff**



Deb Tschida Executive Director	dtschida@brightondale.com	651-746-5602
Allen Weber Maintenance Lead		651-746-5622
Lori Blaido Supervisor of Housekeeping	lblaido@brightondale.com	763-843-3247
Tamba Ngewoh -Tana Assistant Executive Director	ttana@brightondale.com	651-651-5638
Regina Kpasia Director of Administrative Services	rkpasia@brightondale.com	651-746-5637
Brightondale Front Desk	bdreceptionist@brightondale.com	651-633-6484
Meadowood Shores Front Desk	mwreceptionist@brightondale.com	651-604-2900
Shannon Garza Director of Marketing	sgarza@brightondale.com	651-746-5615
Su Stigney Director of Programs	sstigney@brightondale.com	651-746-5621
Program Coordinators	programming@brightondale.com	
Chuck Kraus-Schlichtmann Bus Driver	bus cell phone	612-433-5860
Mark Schlichtmann Bus Driver	bus cell phone	763-406-6094
Executive Director of Reflections	@brightondale.com	651-746-5611
Mariel Boeyink Director of Dining Services	mboeyink@brightondale.com	651-746-5604
Jennifer Enright Dining Services Supervisor	jenright@brightondale.com	651-746-5616
BD Kitchen		651-746-5603
MWS Dining Room		651-746-5619
Sara Koch Hairstylist	xomom0204@gmail.com	763-213-5874
Kerrie Foley Clinical Director	kfoley@brightondale.com	651-746-5608
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