



The Cottages at Martin Lake November Newsletter

Fall is my favorite time of year! I love the leaves changing colors, the cooler temperatures, and looking forward to the holidays. It means sweaters, warm fires, family gatherings, and reminiscing.... With our families grown and living all over the country, it also means getting creative to find time to get together.

Our wish at The Cottages at Martin Lake is to help make this time of year (and life) special for you, your loved one, and your family. We don't know how long our loved ones will be with us, so we need to cherish the time we have left.

Time is sneaky. The minute is still 60 seconds and an hour is still 60 minutes. A day is 24 hours. Nothing has changed but suddenly we don't know how time has gone so fast! Where did it go? Time with our loved ones is limited. Please remember that as the busy holiday season is approaching us. You won't regret spending the extra time with them. I promise!

That being said, please let us know if you are planning on picking up your loved one for your Thanksgiving meal or if you would like to join us for our Thanksgiving Meal! (Small fee applicable.)

Massages Available!

We have a licensed massage therapist who will come and give relaxing hand, foot, shoulder massages. The cost is approximately \$1/minute. This type of treatment has shown to be very beneficial to the elderly with their many aches and pains. It could be scheduled on a biweekly, weekly, or bi-monthly basis. We would add it to your invoice so there would not be an extra bill. Please let us know if you would be interested in this type of therapy for your loved one!

MEDICAL APPOINTMENT FORMS

Don't forget to pick up a medical form for the physician BEFORE you take your loved one to the doctor. This will inform us of any changes in medications or treatments. Thank you!



Why was Cinderella bad at football?

Because she had a pumpkin for a coach.

**** **CINNAMON ALLERGY ALERT!** ****

We have a Resident Care Provider with a cinnamon allergy. This is very serious and similar to a peanut allergy! Please refrain from bringing in anything that is spiced with cinnamon! (This includes fall or winter lotions, pumpkin spice treats, chai...) Thank you for your help in keeping our staff healthy!

Welcome New Staff

Welcome to new and returning Staff: Amber, Kate, Cassidy, Kennedy, and Shawn!

Our Staff Highlight this month is

Mercedes! Mercedes has been on The Cottages team for over a year. She primarily works day shift but also helps out on second shift as well. Mercedes has a tender heart and loves the residents. It isn't uncommon for her to bring in a special treat for someone just to make their day. She loves to read and her favorite author is Amy Sparling. Her favorite color is purple and her favorite candy is a Hershey's Bar. You may have met her new fur baby, Delilah, the cutest Australian Shepherd puppy! When Mercedes isn't working, she helps care for her younger sister and enjoys going to the gym! She is currently going to school to become a Registered Medical Assistant.

CHRISTMAS KICK-OFF!

Santa is coming to The Cottages at Martin Lake on Thursday, December 1st at 4:00pm. Plan now to bring "the littles" for a fun evening you won't want to miss! You will also get the opportunity to meet the Staff's families.

We will have activities, story time, photo ops, yummy food, gifts bags for each child, and of course - SANTA! Please plan now to attend!

RSVP by Friday, November 24th! We need to know a number for:

- ___ adults
- ___ children ages 0-2 ___ children ages 3-4
- ___ children ages 5-6 ___ children ages 7-9
- ___ children ages 10-older.

Donations appreciated to offset the cost of the party.

IT'S GOING TO BE AMAZING!

SATURDAY TEA TIME

Saturday Tea time is back! Saturdays from 11am to 12:30pm is a great time to come hang out at The Cottages! We have "Tea Time" which includes hot chocolate or coffee and an interactive activity to make visiting easy. There is also a definitive end time as lunch will be served at 12:30. Come and try your luck at BINGO or trivia. You might learn a thing or two about history or have fun with Word Play! (This would also be a good time to bring teens since there is something to do and it doesn't last too long.)



The King of Rock & Roll!

Our Fall Party was a big success thanks to every one who came, including Elvis! The residents had lots of fun with family decorating pumpkins, leaf rubbing, and listening to "Elvis" James McKay. Elvis sang many familiar songs including "Love Me Tender", "Suspicious Minds", "Always on My Mind", and "Blue Suede Shoes"! He worked the crowd and managed to sing to most residents personally. After Elvis left the building, we finished the party with some good food. Thank you to everyone who came and helped make this a special time for the residents!



Make a joyful noise unto the Lord, all ye lands.

Serve the Lord with gladness: come before His presence with singing.

Know ye that the Lord is God: it is He that hath made us, and not we ourselves; we are His people, and the sheep of His pasture.

Enter into His gates with thanksgiving, and into His courts with praise: be thankful unto Him, and bless His name.

For the Lord is good; His mercy is everlasting: and His truth endureth to all generations.

NEW PHOTO BOARDS

New photo boards are up in each building with pictures of your loved ones. We often take pictures during special occasions and want to share them with you. Please check these boards periodically as we will be updating them as we get pictures of the residents. These photos are for you to take and enjoy!

Let's Stay Healthy!

It is Flu Season and time to get your Flu shot! Residents received flu shots on Friday, October 21st. If you have not gotten your flu shot yet, please consider getting it done as soon as you can and help us keep your loved one healthy. If you are not feeling the best, please ask for a mask. Covering your mouth when coughing and sneezing along with good, frequent hand washing is the best way to prevent the spread of sicknesses.

All residents will be receiving a Covid Booster the last week in October.



