



## The Cottages at Martin Lake November 2024 Newsletter



**This October was the most beautiful October in Michigan that I can remember!**

**Sharon enjoying some time by the lake with Karissa's dog Fatboy.**

### November Facts and Holidays

**There are many holidays....here are just a few:**

- November 1: All Saints Day
- November 3: Daylight Savings Time Ends
- November 5: Election Day
- November 11: Veterans Day
- November 16: National Fast Food Day
- November 17: National Take a Hike Day
- November 19: World Toilet Day
- November 21: World Hello Day  
Great American Smoke Out
- November 25: International Day for the Elimination  
Of Violence
- November 27: National Jukebox Day
- November 28: Thanksgiving

November was the ninth month of the early Roman calendar. The name "November" came from the Latin word "novem" which means "nine". When the Romans converted to a 12 month calendar and added January and February, November became the eleventh month. It is also the eleventh month of the Gregorian calendar.

**Birthstone:** Topaz

**Flower:** Chrysanthemum

November is National Adoption Month, Native American Heritage Month, as well as both Diabetes and Alzheimer's Disease Awareness Month



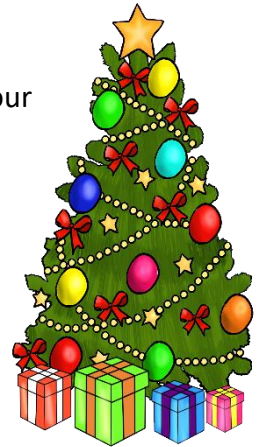
### Thanksgiving 2024

We will be celebrating Thanksgiving by joining both homes and serving a traditional holiday meal at 2:00. The menu will include a big turkey, stuffing, sweet potatoes, etc. We will then have special activities and/or Lion's football on tv.

### Save the date!

Please plan on joining us for our  
**Christmas Tea**  
**Thursday, December 19**  
**4:00-6:00pm \* Building 2.**

It will be a lovely evening with delicious hors d'oeuvres, desserts, wassail, and Christmas carols. At 6:30, we will be showing a Christmas movie for the residents which you are welcome to stay and watch if you want/are able.



JFK was fatally shot on November 22, 1963.  
Do you know where you were or what you were doing when you heard the devastating news?

Northern Lights over The Cottages – October 10th



**First Responder Day!**



This year, National First Responder Day was October 28th. For the past few years, we have made goodie bags filled with water, candy, a homemade cookie, and encouragement for our local first responders. The residents helped with stamping "Thank you" in various ways on the brown bags before we filled them. We made up 70 bags!

The first responders were so happy when they came by to pick up their bags. We even got a hand written thank you note from a state trooper!

### New Remembrance Procedure

When we lose a resident, it affects both the staff and other residents in the home. As we try to offer comfort to the family, we are also experiencing our own sense of loss.

Everyone responds in their own way but we want to have some type of routine so that we do the physical tasks required, honor the resident before they leave the premises, and let others know of the loss.

We now have a form to follow to offer a scripture, a prayer, a sign notifying visitors of our recent loss, a candle to light as a remembrance, and a book of remembrance for staff, residents, and others to write in if they wish.

We get close to our residents and their families. Everyone has their own personality and distinct traits; we spend a lot of time with them and they make an impact. When they aren't here anymore, they are missed! This new tool will help us honor them and notify others of their passing.

### Seconds Anyone?

Thanks to Shawn and Gwen, the residents have been enjoying some very yummy food! Shawn has been working on the menu; switching to more cold weather comfort foods as well as finding new recipes to try. Gwen is one of new caregivers on third shift which is when we prep out meals. Gwen is an excellent cook and loves to create delicious meals. We are also trying to prep foods in a way that they can be cooked and served fresh and hot right out of the oven. Bon Appetit!

### SPIRIT WEEK



Staff and residents got in on the fun!

### HALLOWEEN...



