

Shavings

The Magazine of **The**  **Estates** November 2020
A T C A R P E N T E R S



GIVE
THANKS

“Let us come before him with thanksgiving and extol him with music and song. For the Lord is the great King above all gods.”
Psalms 95:2-3

From The Executive Director



How will we look back on 2020?

We are living in unprecedented times and in a world that none of us could have ever imagined. A pandemic that has resulted in changes to every aspect of our daily lives and that has stretched our patience and tested our fortitude. We have laughed and cried at the ridiculous world we live in and missed spending time with our families and friends.

Every generation seems to have two or three events that define and shape their generation. Those who lived through the Great Depression understand and appreciate the value of what they have. They saved for the unplanned and unexpected. The World War II generation, also known as the Greatest Generation, built our country with a sense of patriotism never seen before in our young country's history. The moon landing showed us what was possible, and the Challenger disaster reminded us of what could happen if "corners were cut."

How will we look back on 2020?

It is hard to imagine that it has been over eight months since the World Health Organization declared a pandemic. Little did we know what was ahead of us on this journey. Over this time, we have been reminded of what we can accomplish when we work together and, sadly, have watched the news stories that demonstrate what happens when we do not. We have learned how many of the everyday activities that we took for granted helped to define our lives.

How will you look back on 2020?

Will you look at this year as an opportunity to "reframe the picture" and to appreciate the many blessings each of us has in life?

I am hopeful and optimistic that the pandemic will teach us to love and appreciate one another. It will teach us to value what we have and to accept the differences that make each of us unique. Above all, I pray that it will remind us of what is truly important in our lives and show us that we are more resilient than we ever knew. Finally, please remember that "This too shall pass."

- *Brian Robare, CEO & Executive Director*

King For a Day

By: Jo McNally

I'm resting here quite regally,
The feature of the table.
Surrounded by potatoes that
I'd taste if I were able.

My subjects, scrubbed and beaming,
Circle round the royal platter.
They seem to be adoring me,
But something is the matter.
See me basking in the candlelight,
My skin so nicely tanned.
The reason for this treatment,
I do not understand.



While I'd love to peck that dish of corn
And gobble down a berry,
I find this jolly atmosphere
To be a trifle scary.

These human creatures were my
friends.
They filled me up with bread,
But now I have suspicions that
They're cannibals instead!

Our Day of Thanks

On Thursday, November 26th we celebrate the best day of the year, in my opinion! Well, at least when it comes to celebrating food. Thanksgiving is a day where we come together and enjoy family time, give thanks to the things we love, watch the Macy's Thanksgiving Day Parade, and stuff our faces with yummy food. But how did this day of thanks come about and how did our traditions begin? Most people know about the story of the pilgrims and the first "Thanksgiving." However, what you may not know is that America first called for this national day of thanks to actually celebrate our victory over the British in the Battle of Saratoga. The proclamation of this national holiday did not come until 1863, when President Abraham Lincoln called for Thanksgiving to be held on the final Thursday of November. Along with the delicious feast, there are other traditions that we all enjoy on this day of thanks. The first Thanksgiving football game was a college match between Yale and Princeton in 1876, only thirteen years after President Lincoln made Thanksgiving a holiday. Also, to celebrate the expansion of Macy's Herald Square superstore in 1924, the store decided to throw a "Big Christmas Parade" complete with floats, bands, and an animal circus two weeks before Thanksgiving. It turned out to be a huge success and has continued to be the biggest broadcast on NBC! Now that you know a little history about this momentous holiday, do not forget on November 26th, 2020 to watch the Macy's Thanksgiving Day Parade, watch some good 'ole football, wear your stretchy pants, and stuff yourself with some delicious food! Happy Thanksgiving!

Let Us Be Thankful

Let us take a minute and think about this. What are we thankful for? We say God, our friends, our job, nature, etc. What about our parents? Though they may not be here any longer, we think of everything they went through for us. Being a parent is no easy job, as you may know. As children, we do not see the influence they have on us and the responsibility that comes with caring for a family. It is only when we are older and have children of our own that we can appreciate that. As for me, I am truly thankful for MY own parents, who together shaped my life, my mind, my personality and my heart. Sometimes we take our families for granted. We act like they will always just be there. We know this is not true, so we really need to thank God for our spouses and children, whether they are with us now or up in Heaven. The love and support, the sharing, the fun times and not so fun times. Our jobs, our Churches, our leadership, are more things to be thankful for. Have you ever thought about being thankful for the weight you have gained? It means that you have enough to eat. What about the laundry that you do? It means you have clothes to wear. Are you thankful for the electricity that turns on your lamp? It means that you have a house to live in. Some things that I am thankful for are my aching feet at night because it means that I can walk. I am thankful for the sun that gets in my eyes because I know that I can see. I am even thankful for Mondays at work! It means that I have a job that allows me to help provide. I sometimes think that we do not consider being thankful for the unpleasant things in our life, but we just decide to complain what a burden they may be. If we look at things the way I have described, you will see what being thankful really means. My request is that you think about how thankful you are to live here at The Estates. You live in a community filled with love and kindness. When we are safely able to, it will be filled with hugs and laughter once again and I am so thankful that I will be here for that day!

- Cheri Shrader, Director of Nursing

A Mindful Practice

November reminds us to be thankful for all the little things in life. Finding gratitude amid the troubles of COVID-19, killer hornets and hurricanes into the Greek alphabet may seem hard at times but focusing on the present shows great benefit to our emotional wellness. The past seven months have been unusual, but if we take the time to reflect, you will find there are many things that we can be thankful for.

Studies have shown how we think directly influences how we experience sensations, including pain. Individuals who have more grateful tendencies experience fewer aches and pain. This is thought to be due to better selfcare and an improved feeling of wellness. It is difficult to measure one's level of gratitude, but a study conducted in 2016 of heart failure patients found that individuals who kept gratitude journals showed a reduction of biomarkers for heart failure.

We all know that getting a good night's sleep is important for our health, but did you know that people who practice gratitude journaling before bed are shown to get better sleep and wake feeling more refreshed? Future studies will be conducted to investigate the intriguing trend of how gratitude can affect sleep.

Take the time to look back on the little things each day. This year has had its share of uncertainty and troubles, but if we take the time to pause and look at our surroundings, we can see the good. Not only will you ease the mind with gratifying thoughts, but you will reap wonderful wellness benefits that are associated with gratitude.

- Marco Silvera, Wellness Coordinator

Source: <https://www.wellright.com/>

Resident Spotlight: Donna Ludwig


Donna Ludwig has lived at the Estates for seven years. She also just celebrated her 100th birthday with us on October 3rd! She was so grateful and felt blessed from the amount of love she received on her birthday. She received 211 birthday cards and was able to spend time with her son and daughter. Donna was born in Pittsburgh, Pennsylvania and lived there for thirty-seven years. Her father worked as a secretary and her mom did not work, which was common, due to the Depression. She was able to graduate with a high school diploma, but due to financial issues, she was not able to go to college. After high school, she worked as a secretary for a lawyer for two years before getting married to the love of her life, and dedicating herself to becoming a housewife. She was introduced to her husband by some of her friends. They fell in love, married in 1939 and were married for sixty-five years. While Donna was at home, her husband worked as a salesperson. Because of his job, they moved to Michigan and lived there for twenty-four years. Once it was time to start the next phase of life, Donna and her husband decided to come down to Florida to visit Donna's sister. They fell in love with Florida and decided to stay and live here permanently. Donna has always lived by one phrase, "Stay Busy," and boy has she stuck to it! While living in Country Meadows of Plant City, she filled the role of secretary and was even the editor of the community newsletter. Once she moved to the Estates, she continued to live by her favorite phrase and got involved in community activities, like calling numbers for Bingo, playing Bridge, playing in the Wii Bowling League, helping with the Flea Market and library, and also helping usher people for Chapel services. When Donna is not volunteering wherever she can, she is probably watching TV and crocheting in her apartment. Donna has crocheted many things for the residents in the Manor and for Hospice patients. She says she is, "so blessed to be living the life that she is living!" She thinks living at the Estates is great and enjoys having the opportunity to speak with her two sons, five grandchildren, and nine great-grandchildren. Just as she was so grateful for everything and everyone in her life, I am just as grateful to have the opportunity to get to know Donna and be able to tell just a small bit of this wonderful woman's story.



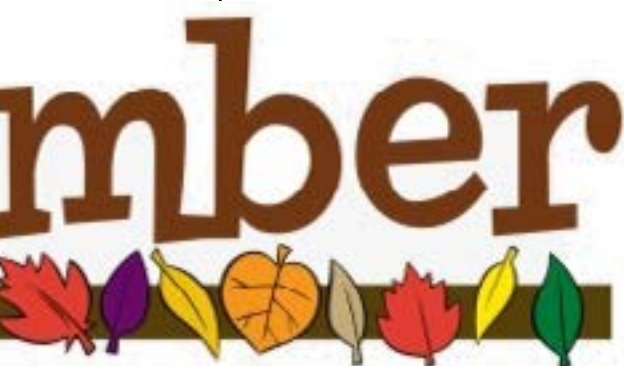
- Kira Morisako, Resident Lifestyle's Assistant

The Good Samaritan Fund

The balance of the **GOOD SAMARITAN FUND** is \$ 385,071.40.
As of September 30, 2020 \$62,517.52 has been used to help residents.
Monies are taken from the interest earned.

| Sunday | Monday | Tuesday | Wednesday |
|--|---|---|--|
| 01 7:00-6:00 Fitness Center 8:15 Daily Devotions - PHONE Phone #: (701)802-5471 Access Code: 359460# All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN | 02 Fitness Center Open 24/7 8:00 Group Exercise - 19TH HOLE 8:15 Daily Devotions - PHONE 9:30 Group Exercise - AUD 10:00 Water Aerobics - POOL 10:30 Body Balance - 19TH HOLE 10:30 Target Run - BUS 11:30 Discovery Time - AUD 1:00 Local Bank Run - BUS 2:00 Afternoon Tea - 19TH HOLE 2:00 Wii Sports - AUD | Election Day 03 Fitness Center Open 24/7 8:00 Gentle Yoga - AUD 8:15 Daily Devotions - PHONE 9:00 Sit & Get Fit - 19TH HOLE 9:30 Publix Shopping - BUS 10:00 Water Aerobics - POOL 10:00 Drum Fit - AUD 10:00 J.U.L.I.E.T. Gathering - 19TH HOLE 1:00 Bible Study with Jim Moore- AUD 2:00 Cranium Crunches - 19TH HOLE 3:00 Bible Study with Jim Moore - AUD | Fitness Center Open 24/7 8:00 Sit & Get Fit - 19TH HOLE 8:15 Daily Devotions - PHONE 9:30 Sit & Get Fit - 19TH HOLE 9:30 Publix Shopping - BUS 10:00 Water Aerobics - POOL 10:30 R.O.M.E.O. - AUD 2:00 Movies - AUD |
| 08 7:00-6:00 Fitness Center 8:15 Daily Devotions - PHONE Phone #: (701)802-5471 Access Code: 359460# All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN | 09 Fitness Center Open 24/7 8:00 Group Exercise - 19TH HOLE 8:15 Daily Devotions - PHONE 9:30 Group Exercise - AUD 10:00 Water Aerobics - POOL 10:30 Body Balance - 19TH HOLE 10:30 Target Run - BUS 11:30 This is JEOPARDY - AUD 1:00 Local Bank Run - BUS 2:00 Afternoon Tea - 19TH HOLE 2:00 Wii Sports - AUD | 10 Fitness Center Open 24/7 8:00 Gentle Yoga - AUD 8:15 Daily Devotions - PHONE 9:00 Sit & Get Fit - 19TH HOLE 9:30 Publix Shopping - BUS 10:00 Water Aerobics - POOL 10:00 Drum Fit - AUD 10:00 J.U.L.I.E.T. Gathering - 19TH HOLE 1:00 Bible Study with Jim Moore- AUD 2:00 Cranium Crunches - 19TH HOLE 3:00 Bible Study with Jim Moore - AUD | Veteran's Day 11 Fitness Center Open 24/7 8:00 Sit & Get Fit - 19TH HOLE 8:15 Daily Devotions - PHONE 9:30 Sit & Get Fit - 19TH HOLE 9:30 Publix Shopping - BUS 10:00 Water Aerobics - POOL 10:00 Journey Through - Conference Room 10:30 R.O.M.E.O. - AUD 2:00 Movies - AUD |
| 15 7:00-6:00 Fitness Center 8:15 Daily Devotions - PHONE Phone #: (701)802-5471 Access Code: 359460# All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN | 16 Fitness Center Open 24/7 8:00 Group Exercise - 19TH HOLE 8:15 Daily Devotions - PHONE 9:30 Group Exercise - AUD 10:00 Water Aerobics - POOL 10:30 Body Balance - 19TH HOLE 10:30 Target Run - BUS 11:30 Discovery Time - AUD 1:00 Local Bank Run - BUS 2:00 Afternoon Tea - 19TH HOLE 2:00 Wii Sports - AUD | 17 Fitness Center Open 24/7 8:00 Gentle Yoga - AUD 8:15 Daily Devotions - PHONE 9:00 Sit & Get Fit - 19TH HOLE 9:30 Publix Shopping - BUS 10:00 Water Aerobics - POOL 10:00 Drum Fit - AUD 10:00 J.U.L.I.E.T. Gathering - 19TH HOLE 10:00 Virtual Town Hall Meeting 1:00 Bible Study with Jim Moore- AUD 2:00 Cranium Crunches - 19TH HOLE 3:00 Bible Study with Jim Moore - AUD | Fitness Center Open 24/7 8:00 Sit & Get Fit - 19TH HOLE 8:15 Daily Devotions - PHONE 9:30 Sit & Get Fit - 19TH HOLE 9:30 Publix Shopping - BUS 10:00 Water Aerobics - POOL 10:30 R.O.M.E.O. - AUD 2:00 Movies - AUD |
| 22 7:00-6:00 Fitness Center 8:15 Daily Devotions - PHONE Phone #: (701)802-5471 Access Code: 359460# All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN | 23 Fitness Center Open 24/7 8:00 Group Exercise - 19TH HOLE 8:15 Daily Devotions - PHONE 9:00 Cooking Show - 19TH HOLE 9:30 Group Exercise - AUD 10:00 Water Aerobics - POOL 10:30 Body Balance - 19TH HOLE 10:30 Target Run - BUS 11:30 This is JEOPARDY - AUD 1:00 Local Bank Run - BUS 2:00 Afternoon Tea - 19TH HOLE 2:00 Wii Sports - AUD | 24 Fitness Center Open 24/7 8:00 Gentle Yoga - AUD 8:15 Daily Devotions - PHONE 9:00 Sit & Get Fit - 19TH HOLE 9:30 Publix Shopping - BUS 10:00 Water Aerobics - POOL 10:00 Drum Fit - AUD 10:00 J.U.L.I.E.T. Gathering - 19TH HOLE 2:00 Cranium Crunches - 19TH HOLE | Fitness Center Open 24/7 8:00 Sit & Get Fit - 19TH HOLE 8:15 Daily Devotions - PHONE 9:30 Sit & Get Fit - 19TH HOLE 9:30 Publix Shopping - BUS 10:00 Water Aerobics - POOL 10:30 R.O.M.E.O. - AUD 2:00 Movies - AUD |
| 29 7:00-6:00 Fitness Center 8:15 Daily Devotions - PHONE Phone #: (701)802-5471 Access Code: 359460# All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN | 30 Fitness Center Open 24/7 8:00 Group Exercise - 19TH HOLE 8:15 Daily Devotions - PHONE 9:30 Group Exercise - AUD 10:00 Water Aerobics - POOL 10:30 Body Balance - 19TH HOLE 10:30 Target Run - BUS 11:30 Discovery Time - AUD 1:00 Local Bank Run - BUS 2:00 Afternoon Tea - 19TH HOLE 2:00 Wii Sports - AUD |  | |

| Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|
| 04 Fitness Center Open 24/7 8:00 Gentle Yoga - AUD 8:15 Daily Devotions - PHONE 9:00 Sit & Get Fit - 19TH HOLE 9:30 Publix Shopping - BUS 10:00 Spiritual Gathering - AUD 10:00 Water Aerobics - POOL 1:00 Women's Bible Study - AUD 2:00 Reflections Series - 19TH HOLE 3:00 Women's Bible Study - AUD | 05 Fitness Center Open 24/7 8:00 Gentle Yoga - AUD 8:15 Daily Devotions - PHONE 9:00 Sit & Get Fit - 19TH HOLE 9:30 Publix Shopping - BUS 10:00 Spiritual Gathering - AUD 10:00 Water Aerobics - POOL 1:00 Women's Bible Study - AUD 2:00 Reflections Series - 19TH HOLE 3:00 Women's Bible Study - AUD | 06 Fitness Center Open 24/7 8:00 Group Exercise - AUD 8:15 Daily Devotions - PHONE 9:30 Group Exercise - 19TH HOLE 10:00 Water Aerobics - POOL 10:00 Coffee Hour - 19TH HOLE 10:30 Target Run - BUS 10:30 Tai Chi - AUD 1:00 Local Bank Run - BUS 2:00 Wii Sports - AUD 2:00 Living Well Series - 19TH HOLE | 07 Fitness Center Open 24/7 8:15 Daily Devotions - PHONE Phone #: (701)802-5471 Access Code: 359460# All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN |
| 11 Fitness Center Open 24/7 8:00 Gentle Yoga - AUD 8:15 Daily Devotions - PHONE 9:00 Sit & Get Fit - 19TH HOLE 9:30 Publix Shopping - BUS 10:00 Spiritual Gathering - AUD 10:00 Water Aerobics - POOL 1:00 Women's Bible Study - AUD 2:00 Reflections Series - 19TH HOLE 3:00 Women's Bible Study - AUD | 12 Fitness Center Open 24/7 8:00 Gentle Yoga - AUD 8:15 Daily Devotions - PHONE 9:00 Sit & Get Fit - 19TH HOLE 9:30 Publix Shopping - BUS 10:00 Spiritual Gathering - AUD 10:00 Water Aerobics - POOL 1:00 Women's Bible Study - AUD 2:00 Reflections Series - 19TH HOLE 3:00 Women's Bible Study - AUD | 13 Fitness Center Open 24/7 8:00 Group Exercise - AUD 8:15 Daily Devotions - PHONE 9:30 Group Exercise - 19TH HOLE 10:00 Water Aerobics - POOL 10:00 Coffee Hour - 19TH HOLE 10:30 Target Run - BUS 10:30 Tai Chi - AUD 1:00 Local Bank Run - BUS 2:00 Wii Sports - AUD 2:00 Living Well Series - 19TH HOLE | 14 Fitness Center Open 24/7 8:15 Daily Devotions - PHONE Phone #: (701)802-5471 Access Code: 359460# All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN |
| 18 Fitness Center Open 24/7 8:00 Gentle Yoga - AUD 8:15 Daily Devotions - PHONE 9:00 Sit & Get Fit - 19TH HOLE 9:30 Publix Shopping - BUS 10:00 Spiritual Gathering - AUD 10:00 Water Aerobics - POOL 1:00 Under the Oaks - AUD 2:00 Reflections Series - 19TH HOLE | 19 Fitness Center Open 24/7 8:00 Gentle Yoga - AUD 8:15 Daily Devotions - PHONE 9:00 Sit & Get Fit - 19TH HOLE 9:30 Publix Shopping - BUS 10:00 Spiritual Gathering - AUD 10:00 Water Aerobics - POOL 1:00 Under the Oaks - AUD 2:00 Reflections Series - 19TH HOLE | 20 Fitness Center Open 24/7 8:00 Group Exercise - AUD 8:15 Daily Devotions - PHONE 9:30 Group Exercise - 19TH HOLE 10:00 Water Aerobics - POOL 10:00 Coffee Hour - 19TH HOLE 10:30 Target Run - BUS 10:30 Tai Chi - AUD 1:00 Local Bank Run - BUS 2:00 Wii Sports - AUD 2:00 Living Well Series - 19TH HOLE | 21 Fitness Center Open 24/7 8:15 Daily Devotions - PHONE Phone #: (701)802-5471 Access Code: 359460# All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN |
| 25 Fitness Center Open 24/7 8:00 Gentle Yoga - AUD 8:15 Daily Devotions - PHONE 9:00 Sit & Get Fit - 19TH HOLE 9:30 Publix Shopping - BUS 10:00 Spiritual Gathering - AUD 10:00 Water Aerobics - POOL 1:00 Under the Oaks - AUD 2:00 Reflections Series - 19TH HOLE | 26 <i>Thanksgiving Day</i> 7:00-6:00 Fitness Center 8:15 Daily Devotions - PHONE Phone #: (701)802-5471 Access Code: 359460# All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN  | 27 Fitness Center Open 24/7 8:00 Group Exercise - AUD 8:15 Daily Devotions - PHONE 9:30 Group Exercise - 19TH HOLE 10:00 Water Aerobics - POOL 10:00 Coffee Hour - 19TH HOLE 10:30 Target Run - BUS 10:30 Tai Chi - AUD 1:00 Local Bank Run - BUS 2:00 Wii Sports - AUD 2:00 Living Well Series - 19TH HOLE | 28 Fitness Center Open 24/7 8:15 Daily Devotions - PHONE Phone #: (701)802-5471 Access Code: 359460# All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN |



Abbreviations Key

AUD - Auditorium
 Art Studio (D-406)
 19TH HOLE - Outside Of
 C/D Wing
 PHONE - Phone Call

Gift Shop Hours

M-F 8:30 - 10:00 a.m.
 2:00 - 3:30 p.m.

Salon OPEN

Activity Sign-up

To sign up for our Lifestyles' programs, please call ext. 114 to reserve your spot. For more details, please check the posters by the C/D, F/G, and M elevators.

New Events Happening This Month:

If you have an interest in attending any of these events, please call ext. 114 and reserve your spot.

Journey Through Grief

Wed. Nov. 11th - 10:00 a.m.

This grief support group will be hosted in the Estates **CONFERENCE ROOM**. Come and receive hope and encouragement with Chaplain Randy Horn.

Discovery Time

Mon. Nov. 2nd, 16th, & 20th - 11:30 a.m.

Join us in the **AUDITORIUM** on some of the most interesting and exciting adventures in the world.

This is JEOPARDY

Mon. Nov. 9th & 23rd - 10:00 a.m.

Think you have what it takes to compete on Jeopardy? Well now is your chance! Join us in the **AUDITORIUM** and test your knowledge on the 40s through 70s, and Thanksgiving. Go head to head with your fellow residents to see who is the Jeopardy champion!

Sweet Potato Rolls

Ingredients:

- 1 (.25 ounce) package active dry yeast
- 4 tablespoons white sugar
- 1/2 cup canned sweet potato puree
- 1/2 cup warm water (110 degrees F/45 degrees C)
- 3 tablespoons margarine, softened
- 1 teaspoon salt
- 2 large eggs
- 3 1/2 cups of all-purpose flour



Directions:

1.) Dissolve yeast, warm water, and 1 tablespoon sugar in a mixing bowl. Let stand 5 minutes.

2.) Add remaining sugar, sweet potato, butter or margarine, salt, and slightly beaten eggs. Stir to mix well. Stir in 3 cups of flour. Turn out on a lightly floured surface. Knead 2 to 3 minutes, adding just enough of remaining flour to prevent sticking. Do not knead too heavily; when smooth, shape into a ball. Place in an oiled bowl, and turn to coat the surface. Cover, and let raise about 1 hour or longer.

3.) Punch down, and allow dough to rest for 2 minutes. Divide into 16 to 20 balls, and place on a greased cookie sheet or in a 9x13 inch pan. Allow to rise until doubled.

4.) Bake at 375 degrees F (190 degrees C) for 12 to 20 minutes. Serve warm.



Health Center Update

November is a time for being thankful! Some of the Villa residents want to share what they are thankful for!

- Ms. Rose Tomon is thankful for her family.
- Ms. Marian Randall states, “I am thankful for The Estates at Carpenters and I truly mean that!”
- Ms. Betty Morawski is thankful for the kind, caring, and very special staff that work at her facility.
- Ms. Emme Bruce is thankful for each day she is alive and stated, “I pray to God everyday to heal our land!”
- Ms. Ida Gillette is thankful for a nice and comfortable place to stay and being with family.
- Ms. Edith Evans is thankful for her friend Zoe that sends her good books, and states, “I am thankful for good friends!”
- Ms. Fran Stewart is very thankful for her children.
- Ms. Nellie Schweigart is thankful for a very nice place to stay, her great parents, family and her music.
- Ms. Virginia Blanton is thankful for life and a nice place to stay.
- Ms. Ruth Adcock is thankful for sleeping well and her family and friends.
- Ms. Lois Phillips is thankful for family and friends.

Even in this time of uncertainty, we all have something to be thankful for. Our residents and staff from the Health Center would like to wish all of you a happy and safe Thanksgiving and encourage you to remember that we are blessed and can always find something to be thankful for!

- Jamie Backensto, Director of Recreation, Health Center

A Salute to our Nurses

I am grateful to all the great nurses who are inspiring others through their service and sacrifice. All the nurses that selflessly give themselves to others with great heart, who work extra hours and go home late because they know they must take care of the people who need them. I salute the nurses that go home to their families empty because sometimes it may seem they have left their heart and love at work. I am thankful to the nurses who are working to get their patients well with no regards for their own health and the nurses demonstrating strength and courage during this pandemic who come to work every day knowing they must make decisions based on what is best for their patients and not themselves. I am thankful to the nurses battling Covid-19, putting themselves at risk working tirelessly to help others and keep our communities safe. Please know this – your nurses need your love. They need to be taken care of. They need your understanding. And they need to know “you get it”. A big thank you to all who love us and let us do this work, this calling.

- Rana Khan, Director of Nursing, Health Center



ESTATES

Lucy Valcour.....04
 Marjorie Butler.....05
 Theresa Bare.....06
 Evelyn Wyatt.....06
 Esther Smith.....07
 Robert Holmstrom...09
 Carolyn Simon.....10
 Richard Thompson...10
 Sylvia Rosetta.....11
 Jean Stewart.....11
 Cheryle Bronson.....15
 Sue Kain.....15
 Winnie Markarian.....15
 Arleen Allen.....17
 Elizabeth Zellhofer...17
 John Falkenham.....21
 Raymond Schartner...23
 Don Helzer.....24
 Mary Jorgensen.....24
 Tony Douches.....25
 Michael League.....25
 Dot Finklea.....26
 Betty Wilson.....26
 Marjorie Kozak.....27
 Nancee Smith.....28
 Sally Posey.....29

HEALTH CENTER

Ruth Campbell.....05
 Ralph Posey.....07
 Ida Gillette.....11
 Phyllis Greene.....15
 Dorothy Graf.....21
 Lois Phillips.....23
 Joy Mogyorosy.....24
 Elizabeth Morawski...30



Every Wednesday

AT THE MOVIES

November 4th - Mrs. Doubtfire
 Starring Robin Williams, Sally Field, and Pierce Brosnan. After a bitter divorce, an actor disguises himself as a female housekeeper to spend time with his children held in custody by his former wife.
 (PG-13 - 125 minutes)

November 11th - Letters to Juliet
 Starring Amanda Seyfried, Vanessa Redgrave, and Christopher Egan. An American girl on vacation in Italy finds an unanswered "letter to Juliet" - one of thousands of missives left at the fictional lover's Verona courtyard, which are typically answered by the "secretaries of Juliet"- and she goes on a quest to find the lovers referenced in the letter.
 (PG - 75 minutes)

November 18th – A League of Their Own
 Starring Tom Hanks, Geena Davis, and Madonna. Two sisters join the first female professional baseball league and struggle to help it succeed amidst their own growing rivalry.
 (PG - 128 minutes)

November 25th - Father of the Bride
 Starring Steve Martin, Diane Keaton, and Kimberly Williams. With his oldest daughter's wedding approaching, a father finds himself reluctant to let go.
 (PG - 105 minutes)

Heartfelt Gratitude

I am so thankful for my family and friends that have been such a strong support and blessing during this season of time. Healthy, encouraging relationships have really made a difference in the overall outlook this year. Beyond family and friends, God has been our source of help and strength, I give Him all the praise. We have learned to put our trust and faith in the Lord in these uncertain times, knowing that every good gift, everything beautiful and right and perfect and lovely, comes from God and we must know where to direct our thanks. We know at the center of the universe; our God is strong and good. And we know what we are most thankful for – that when we were helpless and dead in our sins, Christ gave us a new life, a clean slate, a holy purpose. We understand that although we deserve nothing, we have been given everything through God's grace. Going about our days with heartfelt gratitude makes a difference in us. And it makes a difference to those around us. The greatest gift I can offer to God is my heartfelt thanksgiving. For it is simple gratitude that is the most healing medicine known to humankind.

God Bless You!

- Chaplain Randy Horn

MEMORIALS, HONORARIUMS AND DONATIONS

The Estates would like to thank the following individuals for their generosity during the month of September 2020: Shirley Amack, Barb Andry, Janet Armstrong, Mr.&Mrs. Bauer, Mr.&Mrs. Beckner, Joyce Blackwell, Jill Burgess, Ervine Byrnes, Jeannine Casey, Roz Coleman, Virginia Collier, Mr.&Mrs. Crosby, Faye Drew, Mr.&Mrs. Eshleman, Jackie Fairchild, Jane Fawcett, Mr.&Mrs. Ferguson, Mr.&Mrs. Finklea, Mr.&Mrs. Fitzwater, Mr.&Mrs. Gabler, Bonnie Geohagan, GFWC Four Corners, Bertilou Hatton, Catherine Head, Rochelle Iovino, Donna Johnston, Mr.&Mrs. Jorgensen, Alita Keller, MaryAnn Kleintop, Jane Kramer, Marge Lehman, Mr.&Mrs. Lewis, Nancy Lynette, Meikle, Rodney Merkert, Althea Nye, Arleen Oakland, Vivian Pemberton, Mr.&Mrs. Pesta, Sally Posey, Ann Pryor, Mr.&Mrs. Rindge, Mr.&Mrs. Brian Robare, Mr.&Mrs. Sarbaugh, Mr.&Mrs. Schartner, Betty Sutton, Mr.&Mrs. John Thompson, Mr.&Mrs. Matt Thompson, Mr.&Mrs. Whittaker, and Shirley Williams

The Estates

A T C A R P E N T E R S

THANKFUL



Visit us on the web at: www.EstatesatCarpenters.com