Manager's Corner

Executive Director ........... Dotty Guenther
Asst. Administrator ...... Maryanne Brawley
Resident Services
Dir. ....................... Tunde Meszaros
Dining Services
Dir. ........................ Melissa Kaylor
Memory Care
Dir. ........................ Christy Beck
Activities Dir. ............... Coreen Bullock
Maintenance Dir. ............ Craig Billman
Community Relations Dir.  Patty Bowen

Letter From the Executive Director

With the change of weather, I know we’re all hoping for some sunshine. Time to get our spirits up as we head into the holiday season. Veterans Day is Nov. 11, and we will be honoring our wonderful Veterans. Please note, we have a representative of the Veterans Administration presenting a benefits program on Nov. 16 at 2 p.m. and 6 p.m. Everyone is welcome.

Thanksgiving is on the 24th, and we all have much to be thankful for. Every day, I am thankful to walk in front door of Emeritus at Harrisburg and see all the welcoming, loving residents and the hard-working, dedicated staff. Every day is Thanksgiving for me.

Prepare for Colder Nights

Keep an extra blanket near your bed to prevent shivering in your sheets, as autumn night temperatures can drop drastically.

Horizon Hospice

In November, Horizon Hospice is treating all staff (round the clock) to a fun meal in appreciation for all they do for our beloved residents.

For the families and friends of the Memory Care Neighborhood residents, the Alzheimer’s Support Group meets the 2nd Wednesday of every month from 6 p.m. until 7 p.m. Our next meeting will be Nov. 9. Please come and meet Christy Beck, LPN, our new Memory Care Director.

On Nov. 11 ...
Be sure to thank a veteran.
**Community Events**
Every Emeritus Senior Living community offers a diverse activities program that is sure to keep residents entertained, engaged and excited to live life to the fullest. Each community offers programs that reflect the talents, interests and personalities of our senior residents. Be sure to check the activities calendar and plan to participate. Getting involved and spending time with neighbors fosters a creative, caring environment for all.

**Talk About It: Favorite Authors**
Use this discussion topic to reminisce about your past. Talk with your friends about your memories and learn how everyone’s experiences were similar or different.

Nov. 1 is National Authors’ Day, a day to celebrate writers’ contributions to American literature. Who is your favorite author?

What type of literature do you enjoy? Do you prefer fiction or nonfiction? Have your tastes changed over the years?

When you were a child, what kinds of books did you like to read? Who were your favorite authors then? Have you shared those books with your children and grandchildren?

Have you ever met a famous author?

**News & Updates**
There’s always plenty going on at every Emeritus Senior Living community and we want every resident to feel included in the action. You’ll find everything you need to know to stay in the loop in the News & Updates section. Here, you’ll find important announcements and other news to keep you posted on the happenings in the community so you’ll never have to wonder what’s going on.

**Remember Me?**
Few people are well-acclaimed in the three performance categories of movies, television and theater. Angela Lansbury, however, breaks the norm. Born Oct. 16, 1925, in London, Lansbury’s career rose quickly and has never sunk. Whether you know her from movies such as “Gaslight,” musicals such as “Mame” or from TV’s “Murder, She Wrote,” Lansbury always stands out.

Though she had earned two Oscar nominations by the time she was 20—and would go on to gain one more—Lansbury later cited the fact that she hadn’t done more movies as her only regret.

For her outstanding theater work, Lansbury holds the record for most Tony award wins (four) of Best Leading Actress in a Musical.
**Resident Spotlight**

We are proud of our residents and honored to have them as part of the Emeritus family. We take time to learn about the hobbies, careers and interests of each and every resident. We enjoy learning about the lives and accomplishments of our residents and sharing this information with neighbors to create a caring, family-oriented atmosphere that feels like home.

**Laugh Lines: Gobble, Gobble**

Feast your funny bone on these Thanksgiving riddles:

Q. If the Pilgrims were alive today, what would they be most famous for?
   A. Their age.

Q. Why should you keep your eye off the turkey dressing?
   A. Because it might make him blush.

Q. How can you tell a male turkey from a female turkey?
   A. The male is holding the remote control.

Q. What is your favorite thing to make for Thanksgiving dinner?
   A. Reservations.

Q. Can a turkey jump higher than the Empire State Building?
   A. Yes. A building can’t jump at all.

Q. Why do turkeys go “gobble, gobble?”
   A. Because they never learned good table manners.

Q. What kind of music did the Pilgrims like?
   A. Plymouth Rock.

**Emeritus Family Spotlight**

Emeritus is known for hiring some of the most dedicated, compassionate individuals in the senior living industry. Every day, they live the Emeritus Family Values. We are grateful for their service and teamwork, for their integrity and responsiveness and most importantly, for honoring the dignity of our residents and always striving to exceed their expectations.

**Emeritus Family Values.**

These values are upheld by all of our employees in their commitment to our residents and loved ones.

As a member of the Emeritus family ...  
- I welcome, smile at and greet everyone I have contact with.
- I am a good listener and I communicate honestly with others.
- I take pride in my appearance and in the appearance of our Emeritus home.
- I am responsive to resident and family choices.
- I strive to exceed the expectations of all those I come in contact with.
- I am a problem solver by taking ownership of issues and searching for solutions.
- I make a difference every day.

**Community Events**

Emeritus Senior Living offers residents many options for staying socially engaged through a variety of stimulating programs and activities. Check the calendar to see what new experiences await you this month. Don’t be left out—come and participate to join in the fun!

**Live Better, Live Longer**

True, our genes play a role in how long—and how healthy—our lives will be. But genetics are just one side of the longevity coin. Researchers at Harvard Medical School report that several lifestyle changes can help seniors get more years from their lives and life from their years:

- **Don’t smoke.** Stay away from cigarettes and cigarette smoke.
- **Get a move on.** The U.S. Department of Health and Human Services recommends at least 150 minutes of moderate activity every week.
- **Eat like the Greeks.** Adhere to the Mediterranean diet of mostly plant foods, with olive oil as the primary fat.
- **Mind your waist.** Obese people are 20 times more likely to get diabetes, and they have a significantly higher risk of heart disease, stroke and gallstones.
- **Sleep tight.** Sleep researchers say most people need seven to nine hours of shut-eye a night.
- **Find your friends.** Socially connected older adults live longer than their solitary counterparts.
Stuffing or Dressing?
You say “stuffing.” I say “dressing.” Thanksgiving turkey’s savory side dish goes by two names. What you call it probably has more to do with where you grew up than whether the mixture is served inside or outside the bird. Generally residents of the northern U.S. say stuffing, while Southerners tend to call it dressing. One theory is that the word “dressing” is more palatable to genteel Southern sensibilities than the graphic-sounding “stuffing.”

Sunny Days
“Sesame Street” premiered on Nov. 10, 1969.

Holiday ABCs for November
T is for cherished family Traditions
H is for Hugs from those you love
A is for Another serving of pumpkin pie
N is for making New memories
K is for Keeping secret your wishbone wish
S is for Savoring the Thanksgiving feast

Give Thanks
This Thanksgiving, make a list of everything in your life for which you are truly grateful.

November Word Search

1. Autumn
2. Colorful
3. Cool
4. Cornucopia
5. Eleventh Month
6. Feast
7. Holiday
8. Jacket
9. Nuts
10. Pilgrim
11. Pumpkin
12. Rake
13. Thankful
14. Thanksgiving
15. Turkey
16. Windy