

# Final Thoughts...

From your Executive Director

Wow, color season in the Copper Country was sure a site to see, the colors were just beautiful! Here we are now going into November, as the saying goes, "time flies when you're having fun!" I guess we're having fun! Did you realize that we only have 2 months left in this decade? I hadn't given it much thought until I saw a post online about it and it made me think how I'm going to spend the last two months of this decade. I'm still working on my "two month bucket list" and hope to have it wrapped up soon.

The kids are in a nice routine each day with school and homework, Axl's hockey is in full swing, we've started college admission paperwork for my oldest son, Dayton and Blake will be getting his drivers license any day now. Talk about time flying! In October, we visited my Aunt and Uncles summer house on Lake Medora (near Copper Harbor) and I took this beautiful picture (left), notice the ducks swimming. Going into November, I'm thankful that my yard is all wrapped up and ready for sn....oh, you know what I mean but I won't say the "S" word just yet! November also bring deer season! I have been hunting for 13 years now and I look forward to it every year. Take some time to reflect on all that you're thankful for, wishing you a wonderful Thanksgiving.  
~Jessica



## Jessica Bracco

Executive Director

906-483-4400

[jbracco@thebluffs.org](mailto:jbracco@thebluffs.org)

[www.thebluffs.org](http://www.thebluffs.org)



PLEASE  
PLACE  
STAMP  
HERE



SENIOR COMMUNITY

1000 Bluff View Drive  
Houghton, MI 49931  
906-483-4400



## November 2019



1000 Bluff View Drive | Houghton, MI 49931 | 906-483-4400 | [www.thebluffs.org](http://www.thebluffs.org)

### Our Team

**Jessica Bracco**

Executive Director

**Lori Nordstrom**

Resident Services Director

**Abbie Newman**

Activities Director

**Jodi Bussiere**

Kitchen Manager

**Shelly Marino**

Dining Room Manager

**Jackie Saari**

Head Housekeeper

**Jeff O'Connell**

Maintenance Director

### Happy Thanksgiving to our Residents and Families!

We have so much to be thankful for here at The Bluffs, especially each other! We often refer to our community as The Bluffs family and it's just that...Residents may move in as strangers but soon they find they we are big close knit family.

Thankful for that.

all of the

food and caring

We would also like

Thank You to all

for our country.

and thank you for

will have a special

Program with the

on Friday, November 8th. Everyone is encouraged to attend.

Invitations for our annual Thanksgiving feast will be posted soon, we will need all RSVP's on time as we are planning for a large crowd this year.

Cold and flu season is upon us and we're going to hope for a healthy winter!

If you do become sick or experience any flu-like symptoms, (cough, fever, vomiting etc.) please stay in your apartment and request meals to be

delivered. It is important we all stay healthy as we have a frail community and we want to prevent the spread of germs as much as possible.

Wishing you all a wonderful November and as a reminder, we're

THANKFUL FOR YOU!



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# Resident Spotlight – Marion Rossi



Marion Rossi was born and raised in Chassell. She has four siblings, one brother and three sisters. She attended nursing school and was a nurse for a little over a year before getting married at nineteen years old. Marion and her husband Joe had three children, one daughter and two sons. She now has about 25 grand and great grandchildren. In 1940 Marion and her husband purchased The Ambassador Restaurant, which is still run by their family today. Her favorite vacation destination is Las Vegas and she enjoys a little gambling now and then! She also loves playing poker.

Marion moved to The Bluffs two years ago. Her favorite thing about The Bluffs is enjoying coffee and tea with her friends in coffee corner and gossiping. She enjoys all of the meals at The Bluffs, she couldn't pick a favorite. Marion enjoys attending exercise classes on occasion and lunch outings. We enjoy having Marion at The Bluffs and making her smile everyday!



## FUN FACTS:

Favorite Flower: Roses  
 Favorite Food: Pasty  
 Favorite Smell: Lilacs



## November BIRTHDAYS

- 1st Thea McCellan EMP
- 2nd Laura Hamlett EMP
- 2nd Trudi Huls
- 2nd Charlotte Clouthier QC
- 4th Jan Mikkola
- 16th Jodi Bussiere EMP
- 21st Aaren Hillenbrand QC
- 23rd Jorma Kalliokoski
- 23rd Betty Sadjak
- 29th Betty Zalme
- 30th Sandy Mannisto

QC - Quincy Cove Resident  
 EMP - Employee

## Culinary Corner

Hello All!

I enjoyed hearing all of your feedback at last months culinary meeting. If you missed the meeting and you still have feedback or suggestions please feel free to use the feedback box located near the elevator on the first floor. We will be having another culinary meeting in December. I hope everyone enjoyed our special Halloween Boo-fet last month.

This month we will have our annual Thanksgiving Dinner on November 28th. It will feature a traditional turkey dinner with a variety of homemade delicious sides.

The kitchen staff would like to wish everyone a Happy Thanksgiving!

~Jodi

Kitchen Manager



# Employee Birthday Spotlight

**Thea McCellan**  
 Dining Attendant  
 November 1st

**What is your Favorite Travel Spot?**  
 Phoenix, AZ  
**When are you happiest?**  
 When I am with Family & Friends.

**Laura Hamlett**  
 Exercise Instructor  
 November 2nd

**What is your Favorite Movie?**  
 Gone with The Wind  
**If you're not working, where can we find you?**  
 Exercising of course, or teaching a stained glass classes.

**Jodi Bussiere**  
 Kitchen Manager  
 November 16th

**Where did you grow up?**  
 Painesdale  
**What have you gained working at The Bluffs?**  
 So much! Friends, knowledge & confidence

**Aaren Hillenbrand**  
 Dining Attendant  
 November 21st

**What is your favorite travel spot?**  
 California  
**What is your favorite part of the job?**  
 All of the wonderful people that live here and I work with.



## Additional Reminders & Announcements

- Cold & flu season is upon us, please cover your cough and stay in your apartment if you are not well.
- If you have any suggestions, food for thought comments, or employee nominations they can be placed in the box near the elevator and 1st floor bathrooms, or the suggestion box near the information center. The boxes are checked weekly.
- Event posters will no longer be hanging in the elevator please check for activity posters near the mailboxes and the bulletin board near the restrooms on the 1st floor.
- Please make sure you are coming to the dining room during meal hours.  
 Breakfast 7:00a.m.-10:00a.m., Lunch 11:30a.m.-1:00p.m. and Dinner 4:30p.m.-6:30p.m.
- If you received a flu vaccination at your doctors office, please let us know at the front desk

## December – Save the Dates

6th– Birthday Lunch & Pizza Party Dinner

20th– Holiday Merriment Party

24th– Christmas Eve

25th– Christmas Day Dinner

27th– New Years Happy Hour

31st– New Years Eve





# Senior Snapshots



# Activity Happenings

Happy November!

We are getting ready to start the hectic holiday season! This will be my first winter here at The Bluffs and I am so ready to learn all of our special holiday

*thankful  
AND  
blessed*

traditions and to make memories with the residents and staff. We have many activities planned for the next month and it's sure to be a wonderful time. In November we will be hearing from a few different guest speakers. Local hockey historian, Bill Sproule will be here to talk about the exciting Hockeyville week that just took place in Calumet. He will touch on local hockey history as well as the impact that Hockeyville had on our small community. Dial Help will also be here during the middle of the month to speak to residents about the services that they offer that could benefit them. We will have many fun and special celebrations as well. On November 8th we will celebrate Mens Health with a special Movember Happy Hour. We will also have celebrations for opening day of deer season, and of course Thanksgiving. Maria and I would like to wish everyone a happy start to the holiday season and a happy and blessed Thanksgiving.

~Abbie & Maria



## November Outings

- 11/5- Lunch at Culvers
- 11/6- Econo Shopping
- 11/12- Lunch at Library
- 11/13- Walmart Shopping
- 11/19- Lunch at Ginos
- 11/20- Econo Shopping
- 11/26- Lunch at La Cantina



## Activity Snapshot

- 11/1- Birthday Lunch
- 11/1- Hockeyville & Local Hockey with Bill Sproule
- 11/4- Mary Kay with Lois Anderson
- 11/7- Portage Home Health & Hospice Day
- 11/8- Veterans Day Program with Hancock JROTC
- 11/8- "Movember" Happy Hour
- 11/11- Veterans Day Social
- 11/12- Catholic Outreach with Sister Marcelyn
- 11/13- Senior Sippers Cocktail Social
- 11/15- Deer Hunters Ball Happy Hour
- 11/18- Dessert Social w/ St. Als Students
- 11/20- Dial Help Presentation
- 11/21- Blood Pressure Checks
- 11/22- Thanksgiving Craft
- 11/25- Making Pumpkin Cheesecake Truffles
- 11/28- Thanksgiving Day Dinner
- 11/28- Thanksgiving Movie "Happy Thanksgiving Charlie Brown"

## Featured Activity

### Veterans Day Program

Hancock High School's JROTC will host a special Veteran's program in the 3rd Floor Ballroom on Friday, November 8th at 1:00 PM. We encourage all Veterans, spouses and families to join us.





SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

# NOVEMBER 2019 ACTIVITES CALENDAR



1  
10:30 - Exercise with Laura (ER)  
11:30- Birthday Lunch (DR)  
2:00- Hockeyville Presentation by Bill Sproule (LIB)  
  
*No Happy Hour tonight!*

2  
10:30- Crafty Ladies (GR)  
1:15 - Pinochle (LIB)  
2:30 - Afternoon Movie (GR)  
6:30-Scrabble (LIB)

3  
11:00 - Catholic Communion (GR)  
2:00- Music with the Mennonites (B)  
6:30 - Movie Night (GR)  
  
\* Remember to set your clocks back 1 hour tonight!

4  
10:30 - Exercise with Laura (ER)  
2:00- Mary Kay with Lois Anderson (LIB)  
3:30 - Nintendo Wii Bowling (B)  
6:30- Resident Run Games- Left, Right, Center (LIB)

5  
10:30- Sittercise (ER)  
11:45- Lunch Outing to Culvers (LD)  
2:00 - Lutheran Prayer Service w/ Pr. Gehrke (CA)  
3:30 - Reading w/ Joe Kirkish (CA)

6  
10:30 - Wellness Wednesday with Laura (ER)  
10:30- Econo Shopping Outing (LD)  
1:00 - Bible Discussion with Tim & Diane (PDR)  
2:00- Catholic Mass  
3:30 - Nintendo Wii Bowling (B)

7  
10:30 - Sittercise (ER)  
1:30 - Bingo (LIB)  
2:00- Bells For Hospice Event (B)  
3:30 - Reading w/ Joe Kirkish (CA)  
6:30 - Methodist Hymns & Prayers (CA)

8  
10:30 - Exercise with Laura (ER)  
1:00- Veterans Program by Hancock High School ROTC(B)  
4:30- Movember Happy Hour  
  
**Wear Blue Today for Men's Health**

9  
1:15 - Pinochle (LIB)  
2:00- Poetry Reading (Rm. 212)  
6:30 - Scrabble (LIB)

10  
11:00 - Catholic Communion (GR)  
2:30- Coffee Chat (CC)  
6:30- Movie Night (GR)

**Veterans Day** 11  
10:30 - Exercise with Laura (ER)  
2:00- Veterans Day Social (B)  
3:30 - Nintendo Wii Bowling (B)  
6:30- Resident Run Cards- Pinochle (LIB)

12  
10:30 - Sittercise (ER)  
11:45- Lunch Outing to The Library (LD)  
2:00 - Catholic Outreach with Sister Marcelyn (LIB)  
2:30- Yesteryear Sing Along  
3:30 - Reading w/ Joe Kirkish (CA)

13  
10:30 - Wellness Wednesday with Laura (ER)  
10:30 - Walmart Shopping Trip (LD)  
1:00 - Bible Discussion with Tim & Diane (PDR)  
2:00- Senior Health Topic w/ Nick Rilei  
3:30 - Nintendo Wii Bowling (B)  
6:30- Senior Sippers Cocktail Social (CC)

14  
10:30 - Sittercise (ER)  
1:30 - Bingo (LIB)  
2:30 - Coffee Chat (CC)  
3:30 - Reading w/ Joe Kirkish (CA)

**Opening Day of Deer Season** 15  
10:30- Exercise with Laura (ER)  
1:30- Happy Hands (LIB)  
4:30 - Deer Hunters Ball Happy Hour (B)  
  
*Good Luck Hunters!*

16  
10:30- Crafty Ladies (GR)  
1:15 - Pinochle (LIB)  
2:30- Afternoon Movie  
6:30 - Scrabble (LIB)

17  
11:00 - Catholic Communion (GR)  
2:30- Coffee Chat (CC)  
6:30 - Movie Night (GR)

18  
10:30-Exercise with Laura (ER)  
2:00-Cookies and Cream Cake Social (B)  
3:30 - Nintendo Wii Bowling (B)  
6:30- Resident Run Cards- King in the Corner (LIB)

19  
10:30- Sittercise (ER)  
11:45- Lunch Outing to Ginos (LD)  
2:00- Lutheran Prayer Service w/ Pr. Gehrke (CA)  
3:30 - Reading w/ Joe Kirkish (CA)

20  
10:30 - Exercise with Laura (ER)  
10:30- Econo Shopping Outing (LD)  
1:00 - Bible Discussion with Tim & Diane (PDR)  
2:00- Dial Help Presentation "Meet The Victim Services Team" (B)  
3:30 - Nintendo Wii Bowling (B)

21  
10:00- Blood Pressure Checks (PDR)  
10:30 - Sittercise (ER)  
1:30 - Bingo (LIB)  
3:30 - Reading w/ Joe Kirkish (CA)  
6:30 - BBBS Holiday Craft Night (B)

22  
10:30 - Exercise with Laura (ER)  
2:00- Thanksgiving Craft (LIB)  
4:30 - Happy Hour (B)

23  
1:15 - Pinochle (LIB)  
2:30 - Afternoon Movie (GR)  
6:30 - Scrabble (LIB)

24  
11:00 - Catholic Communion (GR)  
2:30- Coffee Chat (CC)  
6:30 - Movie Night (GR)

25  
10:30 - Exercise with Laura (ER)  
2:00- Making Pumpkin Cheesecake Truffles (B)  
3:30 - Nintendo Wii Bowling (B)  
6:30- Resident Run Games- UNO (LIB)

26  
10:30- Sittercise (ER)  
11:45- Lunch Outing to La Cantina (LD)  
2:00- Lutheran Prayer Service (CA)  
3:30 - Reading w/ Joe Kirkish (CA)

27  
10:30 - Wellness Wednesday with Laura (ER)  
10:30 - Walmart Shopping Trip (LD)  
1:00-Bible Discussion with Tim & Diane (PDR)  
3:30- Wii Bowling (B)

28  
9:00- Macy's Thanksgiving Day Parade (GR)  
11:30-1- Thanksgiving Buffet (DR)  
6:30- Movie Night (GR)  
"Happy Thanksgiving Charlie Brown"  
  
**THANKSGIVING DAY!**

30  
10:30 - Exercise with Laura (ER)  
2:00- Movie & Snacks (GR)  
  
*No Happy Hour tonight!*  
*Wear black today!*

30  
1:15 - Pinochle (LIB)  
2:30 - Afternoon Movie (GR)  
6:30 - Scrabble (LIB)

**LOCATION KEY**

ER - Exercise Room  
GR - Gathering Room  
P- Patio

B- Ballroom  
DR- Dining Room  
LIB - 2nd Floor Library

LA - Lobby Area  
CA- Couch Area  
BL- Back Lawn

LD - Lobby Departure  
PDR - Private Dining Room  
CC- Coffee Corner

**\*Activities are subject to change**