

The Bluffs Senior Community

1000 Bluff View Drive, Houghton, MI, 49931



NOVEMBER 2020

NEWSLETTER

Resident Birthdays

- 2nd- Trudi H.
- 2nd- Charlotte C. QC
- 4th- Jan M.
- 18th- Bob H.
- 22nd- Gert L.
- 23rd- Joe K.
- 23rd- Betty S.
- 29th- Bettye Z.
- 30th- Sandra M.

Employee Birthdays

- 2nd- Laura H.
- 13th- Gretchen R.
- 16th- Jodi B.
- 21st- Aaren H.

Letter from our Executive Director

Harvest greetings,

I don't know how it's possible that we've so quickly fallen into November! As I write this, we have had multiple snow falls and snow even remains on the ground, the question now is, "will it stay?" Some are very hopeful for an Indian Summer, wouldn't that be nice?

As I think about November and whats to come this month, I immediately think of Thanksgiving. Sure, this year has been a crazy one, aside from covid19 and the presidential debate we have so much to be thankful for. One thing that I'm very thankful for is my family, friends and co-workers that helped get me through these past few months. They have been full of ups and downs and they helped keep a smile on my face.

Although things are different this year, I am thankful we will still be able to continue with our annual Thanksgiving dinner. It's the start of the holiday season and a wonderful time for us to reflect on all of the blessings in our lives and all that we are grateful for.

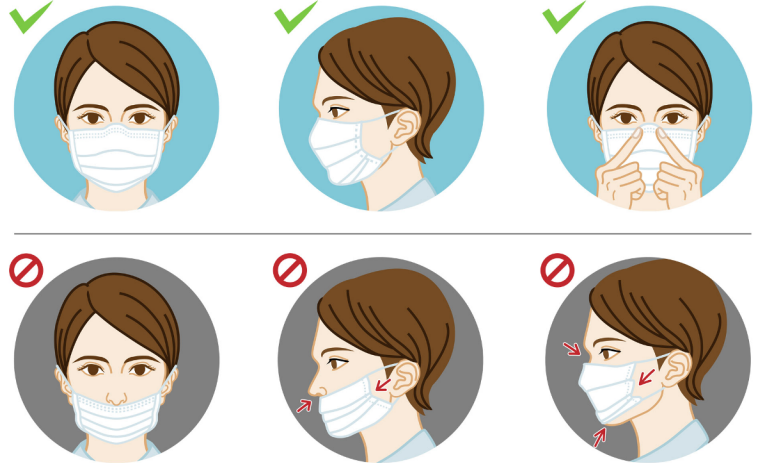
Take some time these next few weeks and reach out to those that have blessed your life.

Thanksgiving Blessings~ Jessica

Wearing is Caring

Wearing a mask is required at ALL TIMES, this includes:

- EXERCISE CLASS
- BINGO
- CRAFTS
- WALKING THE HALLS
- RIDING THE ELEVATOR
- ENTERING THE DINING ROOM
- GETTING YOUR MAIL
- ANYTIME YOU ARE OUTSIDE OF YOUR APARTMENT



Masks must be worn properly.

Your mask should fit snug around your nose, chin and cheeks. Your mask must be covering your nose and mouth at all times. It is important that you follow the proper way to wear your mask. Thank you for your cooperation!

Culinary Corner

Greetings from The Kitchen~

Thank you all for your great feedback at our last Culinary Meeting. It is so beneficial for us in the kitchen to know about your experiences with the food and dining room. Please never hesitate to let us know if there was an issue with your meal or suggestions for changes. Save the date for our next Culinary Meeting, tentatively set for December 8th.

This month will be another exciting one. Our big celebration of course is Thanksgiving. We typically stick to a traditional Turkey dinner with a few extra treats and sides. We love being able to cook a delicious meal for the Holiday. Aside from

Thanksgiving, we will be doing some yummy appetizers for the Deer Hunters Ball and some good treats for Veterans Day. We are going to start preparing for the Christmas season as well. It certainly is a busy time of year but it is one of my favorites in the kitchen!

~Jodi
Kitchen Manager

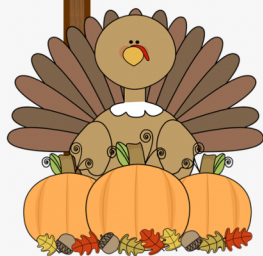


Activity Happenings

November, November, is finally here. Hopefully the hunters will get some deer. Put smiles on your faces and be full of cheer. November, November is finally here.

This month we will be busy preparing for the Holiday season. We will have some fun activities and crafts for Thanksgiving. We will celebrate deer season with our annual Deer Hunters Ball, this year it will be a dinner! We will also have a Veterans Day Ceremony. Stay tuned for details on those for the future. Planning activities around COVID has been a lot more challenging than anticipated. The usual things that we do for the holiday season are sadly not possible this year. I can assure you that I am working as hard as I can to give you the same excitement and activities as previous years but of course it will be a bit different. Having attendance limits, making sure we're social distancing and complying with regulations is difficult and I ask for your cooperation and understanding during activities. We are going to have another great month! Please sign up for activities, try something new, attend exercise class, join a craft and get some time outside of your room! We love seeing new people participating! If there is anything that you need from me, don't hesitate to reach out!

We are
Thankful for
YOU!



Did You Snow?

Calumet, MI is the snowiest town in all of Michigan! It has an average snowfall of 187.4 inches but that is no where near the record snowfall. In the winter of 1978-79, Calumet saw a record breaking 390.4 inches of snow. Residents of Calumet and the Copper Country show their true Yooper spirit and embrace the cold winters that they face each and every year. Winter can strike at any moment in the Upper Peninsula. While there is no actual "earliest date" recorded for snowfall, many residents say they have seen snow in June, July and August. Now that we are into November, we can expect Winter to stick around!



Health & Wellness

Mental & Emotional Health in Senior Citizens



As we age, our bodies, minds and spirits change. It is important to pay attention to your mind and bodies changing through life but even more so in our older years. Mental health concerns for seniors include, forgetfulness, dementia, depression and Alzheimer's. There are warning signs that you can look for in yourself or a loved one for changing mental health:

1. Changes in appearance or dress, or problems maintaining the home or yard.
2. Confusion, disorientation, problems with concentration or decision-making.
3. Decrease or increase in appetite; changes in weight.
4. Depressed mood lasting longer than two weeks.
5. Feelings of worthlessness, inappropriate guilt, helplessness; thoughts of suicide.
6. Memory loss, especially recent or short-term memory problems.
7. Physical problems that can't otherwise be explained: aches, constipation, etc.
8. Social withdrawal; loss of interest in things that used to be enjoyable.
9. Trouble handling finances or working with numbers.
10. Unexplained fatigue, energy loss or sleep changes.

These signs are always important to watch for but they can be more apparent in times of social distancing and isolation. It is crucial during these times to give your brain and body the exercise that it needs to stay healthy. Play mind games, give your brain "exercise" by doing puzzles, crosswords, Sudoku puzzles and reading. Stay exercising and moving, attend exercise classes, use the exercise room or just go walking down your hallway. Keep in contact and stay connected with friends, give a phone call, write a letter or video chat to stay connected. Try a new hobby. Trying something new will not only work your brain but it will work your body too. Please make sure that if you have any questions about mental or emotional health or see any of these symptoms in yourself or others, to reach out to someone.

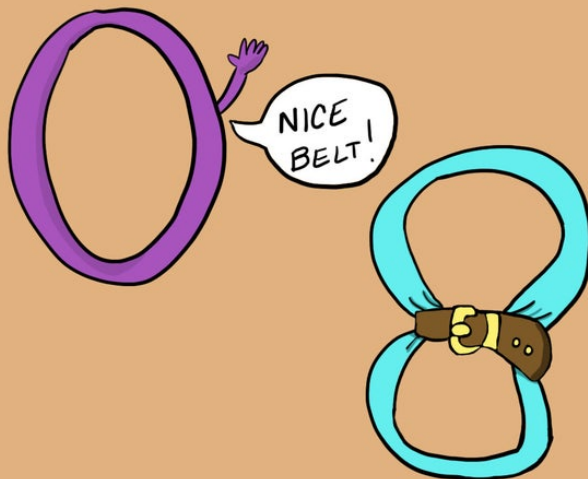
Funny Bone

Yesterday I saw a guy spill all his Scrabble letters on the road.

I asked him, "What's the word on the street?"



WHAT DID THE ZERO SAY TO THE EIGHT?



what do you call a fake noodle?



an impasta



Community Captures



Employee Birthdays



Laura Hamlett
Nov 2nd
Exercise Instructor

What do you enjoy outside of work?

Teaching stained glass classes



Gretchen Redinger
Nov 13th
Dining Attendant

People would be surprised if they knew...

I have 12 siblings!



Jodi Bussiere
Nov 16th
Kitchen Manager

If you are not at work, where can we find you?

Hanging out with my kids or at their sporting events!



Aaren Hillenbrand
Nov 21st
Dining Attendant

Where is your favorite travel spot?

Visiting Family in California!

Additional Reminders

- The weather is constantly changing in the UP, please remember to be cautious when going outside for ice and snow.
- Please make sure that you read all memos and handouts, we only pass out information that you must know!
- Make sure that your mask is being worn properly at all times when outside of your apartment.

December Save The Dates



- 4th- Birthday Lunch
- 24th- Christmas Eve
- 25th- Christmas Day
- 31st- New Years Eve





Our Team

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