

The Bluffs Senior Community

1000 Bluff View Drive, Houghton, MI, 49931

906-483-4400

www.thebluffs.org

November 2022 NEWSLETTER

Resident Birthdays

2nd- Trudi H.
2nd- Charlotte C.
6th- Martha J.
8th- Nancy D.
10th- Evelyn T.
13th- Marie B.
18th- Bob H.
23rd- Jorma K.
29th- Bettye Z.

Employee Birthdays

6th- Teresa V.
16th- Jodi B.
21st- Aaren H.

Letter from our Executive Director

Hello and Happy November!

The leaves were ever so beautiful in October and have now fallen. Our bushes are tied up and our rebar markers are set out for snow removal guides, yup it's that time of year! We all know what's around the corner but we won't say the "s" word quite yet!

On October 22nd, Make a Difference Day, we had a wonderful group of Husky Helpers from Michigan Tech come over and help us wrap up our grounds for Winter. This group has been helping us for several years now and we really appreciate all they do for our property...as you can imagine, it's a lot of work taking care of 20 acres of manicured grounds!

I'd like to thank everyone for their feedback in our recent survey, I am carefully divulging through the results and working on an action plan on areas where we need improvement.

As we go into the holiday season, I wanted to take a moment to thank you all for choosing The Bluffs as your home, I am so grateful for that. It has been a pleasure meeting each of you and getting to spend time with you on a daily basis.

I am looking forward to the holiday season, one that will hopefully be a little more normal than the past few years. Wishing you all a healthy and blessed Thanksgiving.

~Jessica



Activity Highlights

Happy November!

The past few months have been nothing but exciting and it's not even the busiest time of year. Halloween has come and gone and now we're anxiously awaiting the holidays, but before you pull out the Christmas decorations remember we have Veterans Day, Opening Day and Thanksgiving Day left to celebrate.

We have a lot of fun things planned this month, from a few guest speakers, crafts, our veterans day program, and more. Bobbi from Protea is coming back to make some wreaths with us. Check out this month's activities calendar for more information and don't forget to read the activity posters in the elevator!

I hope you all have a great month and holiday season! If you ever have any suggestions or concerns regarding the activity program please let me know. All the best,

~Katelyn



Activity Spotlight

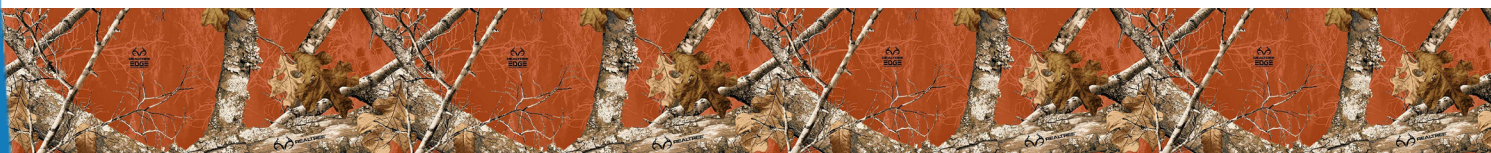


Deer Hunting Extravaganza



A Yooper's favorite holiday is almost here and we're going to celebrate opening day with some fun!

Join us on Monday, November 14th in the Ballroom to try out some hunting of your own!



Staying Active for Mind & Body

Did you know that daily exercise could help reduce your risk for falls and fight against the winter blues? In fact, being inactive is one of the major risk factors of falls in older adults, according to the CDC. Don't let fear of injury keep you from engaging in a daily exercise routine. With your physician's approval, consider trying these activities:

- Flowing and stretching exercises, such as T'ai Chi and yoga, are known to help restore balance, reduce stress and improve joint flexibility. Katelyn would be happy to set you up with Youtube videos, or DVD programming to follow along with!
- Mild strength-training—with and without weights—can help strengthen your muscles, joints and bones, making it less likely that you will fall or become injured from a fall.
- Walking is one of the easiest exercises you can do and it comes with many benefits, including improved balance, strength, endurance and boosted mood. Try pairing up with a friend and walk the halls together!

Check Out Our Exercise Classes

- Monday and Friday @ 10:30 am - Sittercise w/ Katelyn
- Monday and Friday @ 11:00 am - 15 mins. of Balance Exercise
- Tuesday and Thursday @ 4:00 pm - Strength Training w/ Ann
- Wednesday @ 10:30 am - Cardio Drumming



Kitchen Korner

Greetings from The Bluffs Kitchen,

Our kitchen has undergone many changes and improvements over the last few months. We have debuted our new Fall/Winter menus and I hope you are all enjoying the new cozy home cooked meals that we added as well as your favorites that you requested to keep!

If you have any feedback regarding the new menus, the kitchen or your overall dining experience, please don't hesitate to reach out! We are always in the process of trying to make your experience better here at The Bluffs!

All the best,

-Shelly



Activity Calendar

Community Captures



grateful
thankful
blessed



Employee Birthdays



Teresa Verran

November 6th
Cook

What is your favorite color?

Purple

When you're not at work, where can we find you?

My Camp in Paulding



Jodi Bussiere

November 16th
Cook

What have you gained working at The Bluffs?

So much!! Friends, knowledge, confidence...I'm learning everyday!

When are you the happiest?

When I'm with my kids



Aaren Hillenbrand

November 21st
Dining Attendant

What is your favorite part of your job?

All The wonderful people that live here and that I get to work with

What are three words to describe yourself?

Happy, Laughing, Smiling

December Save The Dates

7th- Pearl Harbor Remembrance Day

11th- Tuba Christmas Concert

25th- Christmas Day

31st- New Years Eve



Our Amazing Team



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