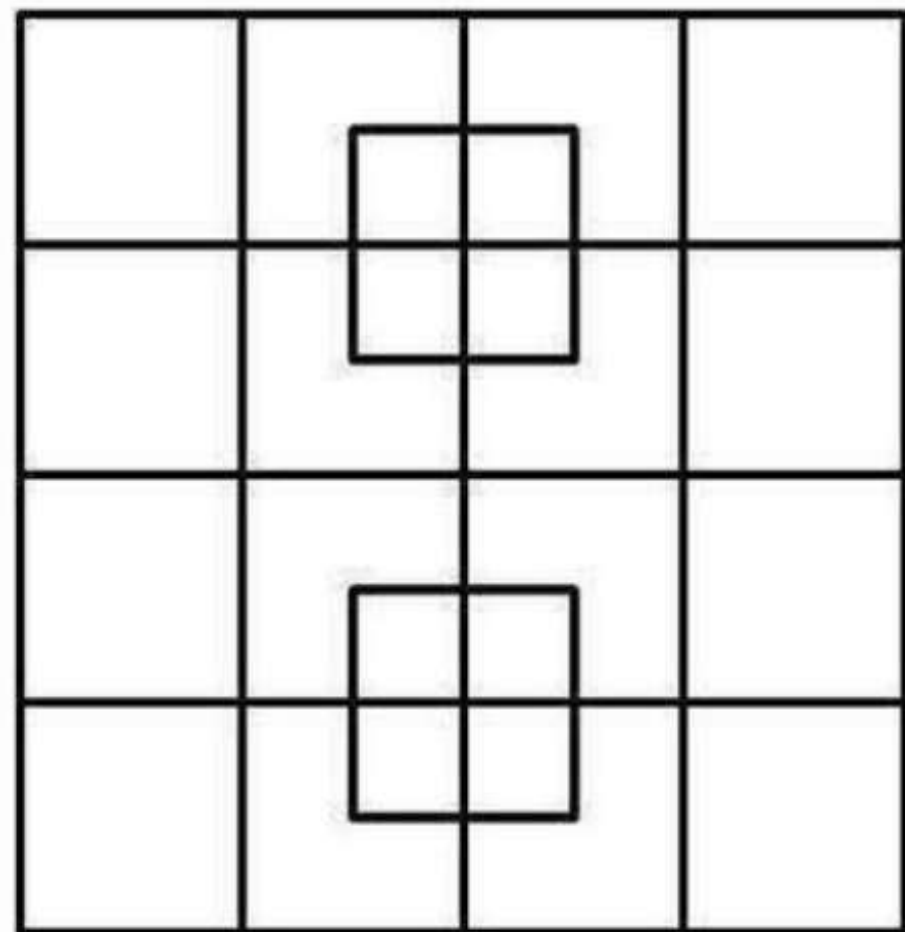


## How Many Squares Are There?



BrainFans.com

## Our Community Newsletter

*Discover what's going on in our community.*



"Change is hard at first, messy in the middle, and gorgeous in the end." - Robin Sharma

We are promised change in our lives. There is no way around this. Think about changes that you have had in your life. Did you make it through these changes? Was it frustrating at the time? Did you chat with others and have them help you?

Arbor Oaks has a few changes that are occurring within their leadership team but do not fear! We got this! We are strong and in good hands. The leadership team that is here are involved with the hiring of those filling the position. This team is also very willing to help with in all areas to make sure this are smooth changes.

Thanks for your patience and support!  
Kathy (Marketing)

# Five Things YOU Can Do to Prevent Falls

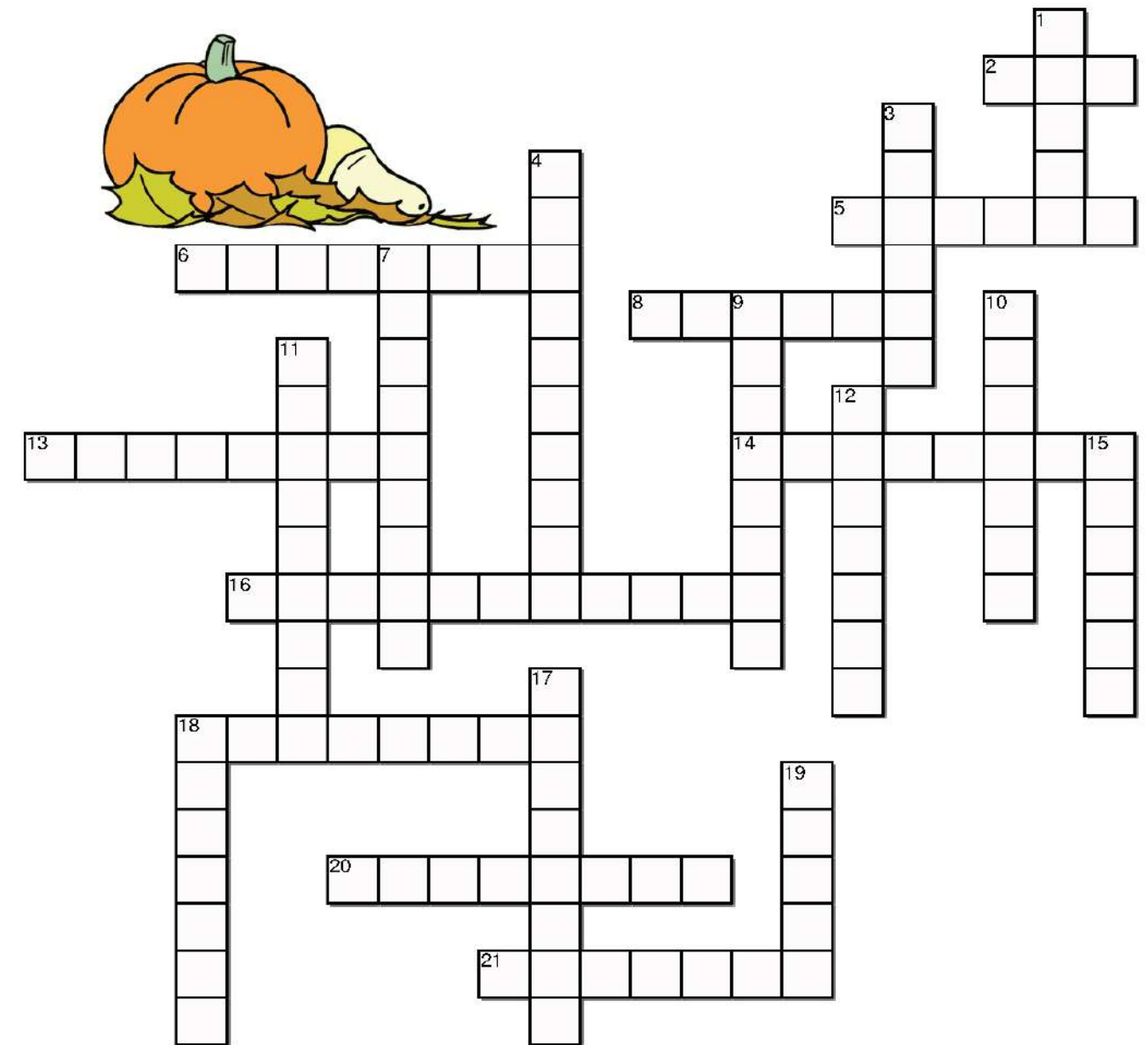
Aegis welcomes all persons in need of its services and does not discriminate on the basis of age, disability, race, color, national origin, ancestry, religion, gender identity, sexual orientation or source of payment. ATS-14299-16 A157  
[www.AegisTherapies.com](http://www.AegisTherapies.com)

1. Begin an exercise program to improve your leg strength and balance
2. Follow your prescribed rehabilitation and wellness plan
3. Ask your doctor or pharmacist to review your medicines with you
4. Get your annual eye exam and update your eyeglass prescription
5. Follow an Americans with Disabilities Act (ADA) home safety checklist

ADA Home Safety Checklist	
<input type="checkbox"/>	Remove clutter and tripping hazards
<input type="checkbox"/>	Provide railings on all stairs
<input type="checkbox"/>	Equip tubs and showers with strong hand rails
<input type="checkbox"/>	Provide non-slip surface to tub basin
<input type="checkbox"/>	Provide adequate lighting to all stairs and hallways
<input type="checkbox"/>	Furniture is placed to allow free passage
<input type="checkbox"/>	Rugs are fastened or laid on nonskid pads
<input type="checkbox"/>	Light switch or lamp is within reach from bed
<input type="checkbox"/>	Lights are turned before reading medication labels

## Thanksgiving

Complete the crossword below



**Across**

- 2. Turkey alternative
- 5. Thanksgiving bird
- 6. Month
- 8. Internal organs of a fowl
- 13. Sport commonly watched
- 14. Seasoned bread or fillings inside poultry
- 16. Special activities that commemorate something
- 18. one of the oldest towns in SE Massachusetts
- 20. Sauce for salads etc.
- 21. Season when crops are collected

**Down**

- 1. Synonym for corn; pale yellow
- 3. Plenty
- 4. Horn stuffed with foods, berries etc.
- 7. Name of ship that sailed to the New World (1620)
- 9. Valued praise, favor or benefit
- 10. Term also meaning Native American
- 11. Small, sour and dark red berry
- 12. Orange vegetable used in pie
- 15. Distinct cry of the male trukey
- 17. Day of the week
- 18. One of the band of Puritans who journeyed to America
- 19. Unusually abundant meal



Week	Deep Dive	Competition	RBS
Week 3	10/29	10/30 Grip Games	11/1
Week 4	11/5	11/6 Whizzer	11/8
Week 5	11/12	11/13 Arm Crank	11/15
Week 6	11/19	11/20 Leg Crank	11/22
Thanksgiving Week	No Deep Dive	No Competition	No RBS

### From Chaplain Carolyn Browender a Senior Living Chaplain

Traditionally family-centered holidays like Thanksgiving can be accompanied by feelings of joy and gratitude. But they can also be complicated, and even painful. We may be consumed by the “shoulds” – how should a celebration go, what should be on the table, who should be there.

It’s okay to feel all of these emotions. We can feel joy and frustration, excitement and anxiety, contentment and grief. Writer Cole Arthur Riley notes: “Thanksgiving reminds us we are so much more than our pain. We rest, we feast, we remember the sound of our laughter. Joy doesn’t mean everything is alright, it’s the reminder that there is a beauty that cannot be touched.”

This November, may you always be able to reconnect with the joy.

# Happy Birthday!

## Resident Birthdays

- Ted I. 11/1
- Drake H. 11/1
- Sandy M. 11/3
- Janice G. 11/7
- Shirley Z. 11/14

## Staff Birthdays

- Edith H. 11/10
- Maleika H. 11/13
- Sifon U. 11/16
- Lindsie N. 11/20

