

The Care Center Courier

Normandy Care Center | 22709 Lake Rd. Rocky River, OH 44116 | (440) 333-5400 |



Celebrating November

**Native American Heritage
Month**

**Inspirational Role Models
Month**

Adopt a Turkey Month

Día de Los Muertos
November 1

Diwali
November 4

World Chili Day
November 6

Veterans Day
November 11

International Men's Day
November 19

Game & Puzzle Week
November 21–27

Thanksgiving Day
November 25

Hanukkah
November 28–December 6

Mason Jar Day
November 30

Deliberate Acts of Kindness

The phrase “survival of the fittest” is often used to describe the tough tactics people use to get ahead in modern society, but scientists have determined that a far more effective coping strategy might be “survival of the kindest.” The second week of November is World Kindness Week, a perfect opportunity to make kindness a part of our everyday routines.

Humans have evolved into one of Earth’s most social species. While many people tend to think of humans as inherently competitive with each other, fighting for resources, mates, or even promotions at work, scientist and psychologist Dacher Keltner takes another point of view. He believes that humans are built to be kind. Our generosity, self-sacrifice, play, modesty, compassion, awe, gratitude, and even embarrassment all present powerful evidence of our innate drives for kindness and caring. Research shows that when people act kindly toward others, they take more pleasure in society and are more likely to feel satisfied and happy. New research suggests that our vagus nerve in particular may have evolved to support and encourage altruistic behaviors. Perhaps stimulation of the vagus nerve is what prompted writer Anne Herbert to write, “Practice random kindness and senseless acts of beauty” on a placemat in a California restaurant in 1982.

Herbert’s notion that we should practice random acts of kindness is not new. Jews have practiced *mitzvahs*, or good deeds for others, for millennia. In the cafés of Naples, Italy, hardworking people who unexpectedly come into money pay for two coffees, a tradition called *caffè sospeso*, taking one for themselves and leaving the other for someone less fortunate. In 2006, the Free Hugs Campaign was launched on YouTube, encouraging people to share the simple act of a hug with others in need of comfort. For some, kindness is easy. For others, sharing public acts of kindness may take practice. Start by doing one small, kind thing for someone. As the Greek fabulist Aesop once said, “No act of kindness, no matter how small, is ever wasted.”

Let's Get Physical



We've added some new fitness opportunities. Check out what to expect in the descriptions below:

Sit And Be Fit exercises are designed to improve core strength, flexibility, balance, coordination, circulation and reaction time. A variety of light hearted music combined with fun rehabilitative movements make this a good middle-of-the-road full body workout for anyone. These programs are sure to lift your spirits and put a smile on your face.

Sit And Be Fit Arthritis Workout: a combination of medically sound exercises, creatively choreographed to music.

Sit and be Fit Stretch and Strengthen: Full body workouts designed to strengthen, stretch, and improve overall function of your body.

WHOGA is yoga designed for individuals in wheelchairs or individuals with physical limitations. WHOGA like yoga is about bringing balance and awareness to the physical, emotional, and mental body.

The BalloFlex exercise program is a seated chair fitness workout program that combines elements of core strength, stretching, dance movement, and body weight resistance. Best of all, just about anyone regardless of age or mobility issues will benefit from it.

The Stronger Seniors Workout Program is designed to help seniors develop strength and enhance the ability to function in daily life.

Stronger Seniors Stretch and Strength: These two fitness routines work together to improve your ability to be stable and balanced, to stay mobile, to go up and down stairs, to squat and pick something up, and to play with your grandchildren.

Stronger Seniors Yoga: This beginning yoga program improves respiration and circulation, and reduces tension. Stronger Seniors Yoga helps to increase balance, flexibility, and strength. Yoga incorporates mind/body exercises focusing on breath and relaxation, which helps reduce stress.

Chair Pilates: Broken down into four routines, these programs can be performed individually or added together for a fun all-over body conditioning. Chair Pilates exercises work all of the small, postural, stabilizing muscles, as well as the main muscles of the body for a comprehensive top to toe routine.

Chair Yoga is designed for anyone wanting to increase mobility and flexibility. The movements are based on the principals of yoga to increase health and wellbeing.

Chair Yoga- Stretch, Strengthen, & Align was designed for anyone wanting to increase flexibility, improve strength, and find inner alignment. Guided by the breath and using the chair for support, you will go through two different yoga practices that will increase muscle strength, enhance flexibility while allowing you space to focus internally so you may find a sense of calm and balance.

Six Healing Sounds is an ancient qigong method that uses sound vibration to transform negative emotions into positive virtues.

Yoga Vitality is a program designed for healthy aging. It's for those who are interested in gently and safely strengthening their body to prevent injury, improve functional fitness, and move through day-to-day tasks with more comfort and ease. Suitable for folks of any fitness level and age. No flexibility required!

Qi Gong: The Seated Workout activates your body's natural healing abilities; clears stress and tension; strengthens the lower legs; and uses slow, graceful flows to create deep relaxation – all from a seated position.



Baking Club



Tuesday November 2nd
Raspberry Tarts



Tuesday November 9th
Perfect Pumpkin Latte



Tuesday November 16th
Savory Stuffing Balls

Jewelry Crafts



Wednesday November 3rd
Resin Leaf Pendant

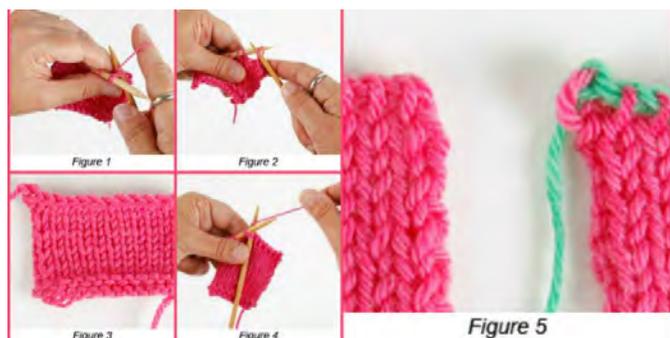


Wednesday November 10th
Felt Fall Leaf Brooch



Wednesday November 17th
Acrylic Paint Pour Earrings

Knitter's Nook



Thursday November 4th

**Lesson: Binding Off and
Basics Review**



Thursday November 11th

**Project: Chunky Knit
Boot Cuffs**



Thursday November 18th

**Project: Easy Checkered
Washcloth**

Arts & Crafts



**Friday
November 5th**

Give Thanks Luminary

**Friday
November
12th**

**Acrylic Pour
Canvas**



**Friday
November
16th**

**Give Thanks Mason
Lid Garland**

**Friday
November
26th**

**Thankful Wreath
Canvas Painting**



Friday Happy Hour



Every Friday in November the Life Enrichment Department will be offering Happy Hour cocktails and Mocktails. Come and try something delicious drinks and snacks, and enjoy a soothing social hour!

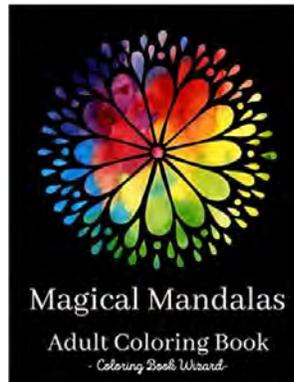
Each month, we will debut a signature cocktail, and one lucky resident will be chosen to name the delicious drink!



November's Signature Cocktail

Self Care Saturday

We want to make sure that you take care of your mental health in addition to your physical health. Self-Care Saturdays will provide opportunities to do just that!



**Saturday
November 6th**

Mandala Coloring and
Meditation Music

**Saturday
November 13th**

Gratitude Journaling



**Saturday
November
20th**

Herbal Tea Tasting



**Saturday
November
27th**

Face Masks and Skin
Care



GO TEAM

Turkey Tailgate Party

Date: Thursday November 25, 2021

Time: 2:00 PM

Location: Main Dining Room

Gather up all your friends!
With feathers, food, and football,
The party never ends!



NEW ACTIVITY ALERT!

Helping Hands & Hearts

November starts the season of giving! On Sunday afternoons the Life Enrichment Team will need volunteers. We will be putting together packages, and creating items to donate to various charities this month. Please join us and help us make a difference.



Sunday November 7, 2021

Create kits containing essential baby items for the organization *Helping Mamas*.

Sunday November 14, 2021

Write or design greeting cards for lonely residents in Texas for the organization *Flowers for Ann*.

Sunday November 21, 2021

Make fleece tie blankets for children in under-resourced schools, grades K-12 for the organization *Kids In Need Foundation*.

Sunday November 28, 2021

Create creative holiday cards to bring joy and good cheer to children, for the organization *Children's Home Society*.

Take A Bow!

Has someone done a great job lately?

Do you think a good deed deserves a shout out?

Would you just like to say something nice?

Fill out a "Take A Bow!" form to recognize people who go above and beyond.

Available at any nurse's station, and on the bulletin board in the West Wing

Let Your Voice Be Heard!

Is there something you've been wanting to say? Maybe a compliment about a staff member, or a suggestion for the chef?

Resident Council – A place to discuss your care here at the Normandy. Nursing, Caregivers, Maintenance, Housekeeping, Laundry, Activities.

Food Committee – Something specifically food related? Our very own Director of Food Services will be there to take your questions, comments, and concerns

**Thursday November 18, 2021
2:00 PM – Main Dining Room**

This is a closed event, for residents only, if a staff member would like to be present, they must be unanimously voted in by the resident council.

Celebrating Native American Heritage in Ohio

Did you know the name “Ohio” is an Iroquoian word? It came from the Seneca name for the Ohio River, *Ohio*, which means “it is beautiful”. The Senecas were not the original inhabitant of Ohio, however. The native tribes of the Ohio valley were decimated by smallpox and other European disease before the Europeans had even met them, and Algonquian and Iroquoian tribes from neighboring regions moved into Ohio as European colonization forced them from their original homes. Only a few tribes who were living in Ohio before 1492 still survive today.

The original inhabitants of the area that is now Ohio included:

The Erie Tribe

The Erie were an Iroquoian tribe of the northeastern woodlands, particularly Ohio, Pennsylvania, and New York state. They were relatives and allies of the Huron tribe. The Erie language was never well recorded, but was clearly an Iroquoian language similar to Huron and Seneca. The Eries no longer exist as a distinct tribe. After being defeated in a war with the Iroquois Confederacy, the surviving Eries merged into the Huron-Wyandot tribe, where most Erie descendants live today. Other Erie people were absorbed into the Seneca or other Iroquois tribes.

The Kickapoo Tribe

The Kickapoo tribe was originally an offshoot of the Shawnee tribe but their language and customs had more in common with the neighboring Fox and Sauk. Fiercely resistant to European culture, the Kickapoo never assimilated, preferring to continue relocating further south from their original Michigan-Wisconsin-Illinois homeland. Today, 3,000 Kickapoo people live in three groups in the US – the Kickapoo tribes of Oklahoma, Kansas, and Texas – and one community in Coahuila, Mexico.

The Shawnee Tribe

Originally from the Ohio-Pennsylvania area, the Shawnee tribe was migratory, with villages scattered from Illinois to New York state and as far south as Georgia. They were rounded up and sent to Oklahoma by the US government in the nineteenth century, where 14,000 Shawnee Indians still live today.

Other native nations who migrated into Ohio after Europeans arrived included:

The Delaware Nation/Tribe

The Miami Tribe

The Odawa Tribe

The Ohio Seneca Tribe (Mingo Confederacy)

The Wyandotte Nation

November Birthdays

Reggie Wilson – 11/4

Jean Long – 11/6

Lourdes Fuster-Rios – 11/7

Bob Daugherty – 11/8

Linda Mitchell – 11/8

Anna Jent – 11/15

Gayle Olbrysh – 11/20

Sor Rios Pacheco – 11/23

Sara Kay – 11/24

JJ Sykes – 11/30

Yellow Topaz Birthstone Meaning



Topaz, the birthstone for November, likely gets its name from the Red Sea’s Island of Topazio (now called Zabargad). Pure topaz is a colorless or “white” stone. However, it’s often tinged with other minerals to create shades of yellow, pink, orange, and blue. It’s most commonly found in shades of yellow—a shade Cleopatra was said to be especially fond of, since it reminded her of honey. The ancient Greeks associated topaz with strength. During the Renaissance, Europeans believed this was the stone to use to break a magic spell.



Chrysanthemum Flower

Chrysanthemums—also called “tansies,” “mums,” or “chrysanths”—bloom in the fall, bringing extra cheer to colder climates when most flowers take a break. This hugely popular tropical flower, which comes in a range of sizes, gets its name from the Greek words *chrysos* (gold) and *anthemon* (flower). Its membership in the *compositae* or *Asteraceae* family puts it in the edible flower category along with daisies and sunflowers. They range in flavor from “peppery” to “cauliflower.”