

**Friday  
Night  
Movie**

**6:15 p.m. in TV Lounge**  
Gather with your neighbors and watch on  
our large screen TV with snacks!

*\*\* You also have the option to view the  
Friday night movie in your own room ~  
just tune your TV to channel 1971 at 6:15!*


**Forrest Gump** – November 5 – [Drama/Romance] The presidencies of Kennedy and Johnson, the Vietnam War, the Watergate scandal and other historical events unfold from the perspective of an Alabama man with an IQ of 75, whose only desire is to be reunited with his childhood sweetheart. Starring Tom Hanks and Sally Field.


**I Am Not Ashamed** – November 12 – [Drama] Columbine High School student Rachel Joy Scott grew up knowing the love of God, but wasn't always ready to receive it. At times her faith is strong, but at other times she finds that it's at odds with her daily life. After a difficult break-up with her non-believing boyfriend, Rachel finds inspiration from a formerly homeless teen, and her renewed commitment to Christ plays out powerfully at her high school and around the world. Based on a true story.


**Mrs. Doubtfire** – November 19 – [Family/Comedy] Troubled that he has little access to his children, divorced Daniel Hillard (Robin Williams) hatches an elaborate plan. With help from his creative brother, he dresses as an older British woman and convinces his ex-wife, Miranda (Sally Field), to hire him as a nanny. "Mrs. Doubtfire" wins over the children and helps Daniel become a better parent – but when both Daniel and his nanny persona must meet different parties at the same restaurant, his secrets may be exposed.

**Up** – November 26 – [Adventure/Family] Carl Fredricksen, a 78-year-old balloon salesman, is about to fulfill a lifelong dream. Tying thousands of balloons to his house, he flies away to the South American wilderness. But curmudgeonly Carl's worst nightmare comes true when he discovers a little boy named Russell is a stowaway aboard the balloon-powered house.

#### Reminders from the Nursing Department - Sue Boyer, Care Coordinator

 The Covid-19 booster shots will be administered on Wednesday, November 17, between 3:00-4:00 p.m. Our nursing department will come to your room to administer the booster. A consent form has been emailed to your family or Power-of-Attorney.

 With the holidays approaching, please keep your mask on when you are not eating, and enjoy time with family and friends. Let the nursing staff know ahead of time if you will be leaving the campus to enjoy Thanksgiving elsewhere with your family; we will prepare your medications for your outing.

 If you self-administer any medications, including creams, eyedrops, etc., please remember to keep your door locked when you leave your apartment.

#### Are you interested in exercise or swimming?

The pool and fitness center at Dock Woods are once again accessible for your enjoyment! The Fitness Center is open 6:00 a.m. - 8:00 p.m. for approved residents, 365 days a year. The Aquatics Center is open Monday through Friday from 9:00 a.m. - 4:00 p.m. Transportation to and from these services can also be coordinated. Please reach out to Becca for more information about this program.

A Living Branches Community Newsletter

# MEADOWLARK

THE WILLOWS

#### LEADERSHIP CORNER – Jen Derstine, Director

Happy Fall, everyone! While it was difficult to let go of summer, our autumn weather has been mostly delightful, and the changing leaves are putting on a beautiful show. It is hard to believe that we are already approaching Thanksgiving 2021! We have all endured some trying times and have so many things to be thankful for.



We want to extend a special welcome to our newer residents and their families. We look forward to making new friends and wonderful memories together. I also want to welcome new staff members, including Cathy Nanovic and Amanda Ferrer in our Nursing department, and Sara Hawthorne in Life Enrichment. We will also be welcoming back Aubrey and Annabelle, while they are home from school on their winter break.

May your Thanksgiving be full of peace, love and joy!

“Showing gratitude is one of the simplest yet most powerful things humans can do for each other.”  
- Randy Pausch



#### Willows Annual Thanksgiving Project

Each year, our Willows Resident Council chooses a charity to give to during the month of November. Our 2021 Thanksgiving Project will benefit Mennonite Disaster Service. Collection jars will be located in each dining room through November 27. We will dedicate the donations during the November 28 worship service. Everyone is welcome to participate in this community-wide giving opportunity.

“Mennonite Disaster Service is a volunteer network of Anabaptist churches dedicated to responding to natural and man-made disasters in Canada and the United States. Our aim is to assist the most vulnerable community members, individuals, and families who would not otherwise have the means to recover. MDS volunteers – men and women, youth and adults – provide the skills and labor needed to respond, rebuild and restore in the wake of a disaster. MDS is known for having a collaborative spirit and we work with other groups including faith-based organizations, local recovery committees, and both governmental and non-governmental agencies.”



**Mennonite  
Disaster  
Service**

## NOVEMBER CALENDAR HIGHLIGHTS



### CRAFTING – FALL MURAL Monday, November 1 2:00 p.m. (Activity Room)

Do you enjoy creative coloring? Join us in creating a fall-themed mural to decorate the Activity Room!

### LEARN MORE ABOUT MDS Thursday, November 4 2:00 p.m. (Activity Room)

Our 2021 Thanksgiving project will benefit Mennonite Disaster Service. Jerry Grosh, MDS Field Operations Manager will be here to tell us more about what MDS does to serve those in need. All are welcome to attend.

### ARMCHAIR TRAVELS: COSTA RICA Friday, November 5 10:00 a.m. (Activity Room)

Have you ever visited Costa Rica? Join us as we explore overseas from the comfort of our chairs! We will learn fun facts about the nation's dining, music, history, and so much more!

### MYSTERY GUEST Saturday, November 6 10:30 a.m. (Activity Room)

Come visit with our mystery guest this Saturday morning and find out what they've been up to recently. Don't worry, it's someone (most of) you all know and love 😊 You won't want to miss this event!

### DOMINOES: MEXICAN TRAIN Monday, November 8 and Tuesday, November 30 2:00 p.m. (Activity Room)

Join us as we learn a new dominoes game – Mexican Train. This game is not originally Mexican, and the "trains" are actually chains of dominos. If you've played before, come and show us how it's done... if you've not played before, come and learn with the rest of us!

### BIRTHDAY CELEBRATION WITH MIKE EVANS Monday, November 8 1:30 p.m. (Activity Room)

We will be celebrating our November birthdays with a special musical performance! Come celebrate and enjoy a sweet birthday treat!



### FLINT HILL EXPRESS Friday, November 12 2:00 p.m. (Activity Room)

This fun bluegrass band is a Willows' favorite, and will be returning for an afternoon performance you won't want to miss!

### I HAVE NEVER... Saturday, November 13 10:30 a.m. (Activity Room)

Have you ever eaten dessert before dinner? How about learned a second language? Join us for a morning of discussion and laughter as we discover what we have, or have not, done!

### Wii BOWLING Wednesday, November 17 2:00 p.m. (TV Lounge)

Have some 'spare' time? This just might be 'right up your alley'! Come show off your skills as we enjoy an afternoon of fun and friendly virtual competition – no balls nor experience needed!



### HOT AIR BALLOON "LAUNCH" Monday, November 22 11:00 a.m. (Patio)

Weather permitting, we will be sending up well-wishes with our hot air balloons prior to the noon meal. If you did not create a balloon last month, please join us anyway! We will tether the balloons so that everyone can enjoy their 'flights'.

### HISTORY OF THE MACY'S THANKSGIVING DAY PARADE Wednesday, November 24 10:00 a.m. (Activity Room)

This parade will celebrate its 95<sup>th</sup> anniversary this year! Come and learn about its origin and all that goes into making this parade possible.

### FINISH THE FEATHER Wednesday, November 24 2:00 p.m. (Activity Room)

Join us for a fun afternoon as we play a game of chance and win some M&Ms in the process.



### MACY'S THANKSGIVING DAY PARADE SCAVENGER HUNT Thursday, November 25 9:00 a.m. (TV Channel 10 NBC)

Grab your checklist and tune in to NBC – Channel 10. If you can find at least 20 items on your checklist, you can return it to Becca for a prize!



### THANKSGIVING DAY MOVIE MATINEE DOUBLE FEATURE Thursday, November 25 1:30 p.m. TV Lounge only

Come to the TV Lounge and enjoy the classic Peanuts gang in two separate shorts. *A Charlie Brown Thanksgiving* sees Peppermint Patty invite herself and her friends to Charlie Brown's house for Thanksgiving – what could go wrong? *It's the Great Pumpkin, Charlie Brown* sees the Peanuts gang celebrate Halloween while Linus waits for the elusive Great Pumpkin.

### CRAFTING: CHRISTMAS CARDS AND WALKER TAGS Monday, November 29 2:00 p.m. (Activity Room)



It's never too early to start decorating Christmas cards, and you can create your own personalized tag for your walker. Be creative, and enjoy a relaxing time of coloring.

### CHRISMON TREE DECORATING Tuesday, November 30 2:00 p.m. (Activity Room)

Join us as we continue the annual tradition of decorating our Chrismon Tree. We will be reminded of the meaning of the decorations as we place them on the tree and start the Christmas holiday season.

## Annual Disclosure Statement

Each year we prepare a disclosure statement for the Department of Insurance, which regulates life plan communities. This year's disclosure statement will be available at the end of October. If you are interested in having a copy, please call the administrative office receptionist. Give your name and phone number, and a copy of the disclosure statement will be delivered to you.

## Social Worker Spotlight

The annual open enrollment period to make changes in your Medicare Part D prescription drug insurance is now through December 7. Leslie Novak is happy to perform a comparison of the 2022 drug plans, and can assist you in enrolling in a new plan if you wish to make a change.

## TouchTown = Willows' TV Channel

Have you tuned into our in-house TV channel? Channel 1971 is your one-stop location for daily activities and announcements, daily and theme meal menus, calendar updates, movie trailers, contests, special programming and more. Check it out today!



## EMPLOYEE HOLIDAY GIFT GIVING

As the holidays approach, please remember that employees are not permitted to accept tips, gratuities or gifts from residents or residents' family members.