

## Independent Living

Make sure to put Thursday, November 16 from 2:00 to 4:00 in your calendars so you don't miss out on the opportunity to participate in an event that will improve your life: our Annual Resident Art Gala. This event, which will be held on Main Street, which is in the center of our village, is going to be a beautiful presentation of the artistic skills that are found within our community. Come and take in the many wonderful works of art, ranging from paintings to sculptures, that have been created by our very own community members. It is not merely an art exhibition; rather, it is a celebration of creation as well as a monument to the unbounded imagination that thrives here at Legacy Reserve Fritz Farm. We hope to see you there and it will be great to catch up!



## Memory Support Neighborhood



November is shaping up to be an exhilarating month full of educational and musical enrichment for our Memory Support Neighborhood. We kick off with a special treat on Friday, November 3rd at 3:00 pm: a Piano Performance by Yukiko Fujimura, an exceptionally talented pianist whose melodies promise to lift spirits and enrich souls. Additionally, residents can look forward to a myriad of genres performed by skilled musicians throughout the month, contributing to our holistic approach to wellness.

It's going to be a month full of engagement, creativity, and enrichment, and we can't wait for you to be part of it!

## Personal Care

November is a special month at Legacy Reserve Fritz Farm, especially in our Personal Care community, because we honor our veterans' bravery. We're arranging fun activities and events throughout the month to thank you for your hard work. A highlight is volunteering to make Military Missions care packages. A worthwhile activity in the second week of November enables us deliver home comforts to our warriors abroad. These care packages will be carefully chosen and sent abroad to provide holiday cheer. More than a box of goodies, it shows love, respect, and appreciation.



We also have an interesting military history and actions presentation. A veteran will discuss U.S. submarines, shedding light on a vital yet undervalued component of our military.

A local artist will help us construct beautiful handmade care package cards, which we are pleased about. Personalized cards make courageous and dedicated warriors happy. We believe art and words can transform lives, so what better way to express our gratitude than with these kind comments?

### Employee of the Month:

Michelle Michaelis is November's Employee of the Month. Michelle is vibrant and active, and she goes above and beyond her job description to bring joy and convenience to our residents and staff.

Michelle makes our community happier and more connected by delivering specialized services, prompt communication, and greeting everyone with her contagious smile.

Thank you for always sharing your 5-star service with the residents and staff at Legacy Reserve Fritz Farm.

## November Message from Mallory

Greetings!

I hope this newsletter finds you well. As the holiday season approaches, we are excited to bring you so many fun and exciting events to help us get in the holiday spirit. The Art Gallery Hop will be on November 16<sup>th</sup> from 2 p.m. – 4 p.m. Please bring your friends and family to join us in admiring our resident's creations. We will have live music, small bites, and drinks to enjoy. We will also have our annual Main Street Market on December 9<sup>th</sup> from 11 a.m. – 2 p.m. During this event, we bring in local vendors for our residents to shop from. Vendors range from Holiday decorations to home goods to sweet treats and more!

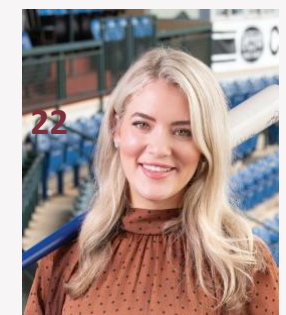
As a reminder, we host monthly dining meetings, as well as academy reviews to help acquire our resident's requests and suggestions for menu options and involved programming. We strongly encourage residents to attend these meetings to share their opinions, for us to better serve our community.

We will likely start decorating for the Holidays the week before Thanksgiving. I understand early decorating can be unsettling to some, but many enjoy the extra sparkle the decorations provide. Please always feel free to visit me or contact me through my email listed below for any comments or concerns.

### BIRTHDAYS

Vivian Lafferty 11/4  
Betty Schade 11/6  
Ted Bergstrom 11/7  
Nancy Sturgill 11/7  
Roy Griggs 11/9  
Elizabeth Noyes 11/13  
Keviin Shoemaker 11/19  
Mary Ann O'Brien 11/20  
Glen Runis 11/20  
Carol Combs 11/22  
Richard Myers 11/22  
Helen Wallace 11/22  
Katie Sullivan 11/27

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### Monthly Quote

"November marks the transition from colorful autumn to tranquil winter, reminding us to appreciate life's constant change. It's a time to reflect on the year's accomplishments and the triumphs we've experienced as a community. Let's make this month a celebration of our collective journey—embracing each moment, cherishing our relationships, and enriching our lives through the power of recreational therapy and mutual support. You are always welcome to participate in all our community activities!" - Madison Price, CTRS