

A Note From Our Administrator



Lessons from Autumn

Let go of what's weighing you down
Appreciate what's fleeting
You'll only reap what you plant
Change is hard, but it can be beautiful
No rainy day lasts forever
Not everyone will like what you like
Make time to slow down and rest
Stock up on hope for dark days

Karen Hurst

Administrator, Polaris Healthcare & Rehabilitation Center

Our Department Leaders

- | | |
|--|---|
| ■ Karen Hurst
Administrator | ■ Carrie Geyer
Activities Director |
| ■ Ila Klingler
Director of Nursing | ■ Sabrina Farren
Director of Rehabilitation |
| ■ Becky McClure
Assistant Director of Nursing | ■ Holly Hansen
Dietitian |
| ■ Shawn Hamilton
Admissions & Community Relations Director | ■ Joan Page
Director of Food Services |
| ■ Jennifer Jarvis
Human Resources | ■ Shannon Savage
Central Supply |
| ■ Elizabeth Bostic
Business Office Manager | ■ Walt Muzyk
Director of Maintenance |
| ■ Susan Kirchdoerffer, DO
Medical Director | ■ Latarsha Wilson
Environmental Services |
| ■ Theresa Patten
Staff Development/
Infection Control | ■ Lisa Pillman
Social Services |
| | ■ Lori Stafford-Dulin
RNAC |



Thank you for the Teacher's Community Project...mints turned into pencils



Wednesday Church Service with Pastor Dan from Avenue Church in Milford



Brightening up our dining rooms for Fall



Activity Assistant, Holly, playing her guitar for a Resident sing-a-long

Resident Birthdays

Thomas Macogay · 11/5
Carol Ilich · 11/17
Helen Stombaugh · 11/17
Betty Romano · 11/28
Ross Young · 11/29

Staff Birthdays






Sabrina Farren · 11/1
Karen Hurst · 11/10
Nayana Jacob · 11/11
Brie Wyatt · 11/17
Terry Lee Farina · 11/24



November 2022 Activity Calendar

November 2022

Activities subject to change, check daily chronicles for updates

	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Hey Guys!</i> <i>It's No Shave</i> <i>November—Grow a Mustache in Movember</i></p>	<p>10:30 Plant Care Every Monday</p>	<p>1 <i>What Can I Do To Go That Extra Mile For Someone?</i> 2:00 B I N G O</p>	<p>2 Outside Patio Groups - weather permitting 2:00 Church Service with Pastor Dan</p>	<p>3 10:30 Room Visit Craft - Thankful Tree 2:00 Silver Sneakers Exercise Group</p>	<p>4 National Candy Day - Guess the amount in the Jar. 2:00 Social Hour What's a Charcuterie</p>	<p>5 11:00 Elvis Music sing a long 2:00 B I N G O</p>
<p>6 Daylight Saving Turn clocks back 1hr 11:00 Church Service Online in Riverwalk DR 1:00 Activity Room</p>	<p>7 10:30 Sensory Room Visits 2:00 Times We Treasure Craft</p>	<p>8 Election Day 10:30 Nail Care Room Visits 2:00 Resident Council</p>	<p>9 Outside Patio Groups - weather permitting 2:00 Church Service with Pastor Dan</p>	<p>10 11:00 Trivia Challenge 2:00 Silver Sneakers Exercise Group</p>	<p>11 11:00 Wii Bowling 2:00 Veterans Day Social to honor our Veterans</p>	<p>12 10:30 Activity Cart 2:00 B I N G O</p>
<p>13 World Kindness Day 11:00 Church Service in Riverwalk DR 1:00 Activity Room</p>	<p>14 10:30 Sensory Room Visits 2:00 Wii Bowling</p>	<p>15 10:30 Nail Care Room Visits 2:00 B I N G O</p>	<p>16 *Outside Patio Groups - weather permitting 2:00 Church Service with Pastor Dan</p>	<p>17  2:00 Ben Rosa Entertainer</p>	<p>18 11:00 Wii Bowling Mickey Mouse Day Wear your Ears 2:00 Disney Social</p>	<p>19 10:30 Activity Cart 2:00 B I N G O</p>
<p>20 11:00 Church Service Online in Riverwalk DR 1:00 Activity Room</p>	<p>21  2:00 Sky Brady</p>	<p>22 10:30 Nail Care Room Visits 2:00 B I N G O</p>	<p>23 *Outside Patio Groups - weather permitting 2:00 Church Service with Pastor Dan</p>	<p>24  2:00 Silver Sneakers Exercise Group</p>	<p>25 11:00 Wii Bowling 2:00 Social Hour Talent Show</p>	<p>26 10:30 Activity Cart 2:00 B I N G O</p>
<p>27 11:00 Church Service Online in Riverwalk DR 1:00 Christmas Craft</p>	<p>28  Deck the Halls for Christmas Week</p>	<p>29 10:30 Nail Care Room Visits 2:00 B I N G O</p>	<p>30 10:30 Decorating Trees 2:00 Church Service with Pastor Dan</p>		<p>*Outside Patio Groups - weather permitting</p>	



In Memorial for our Resident of the Month: Helen Stombaugh

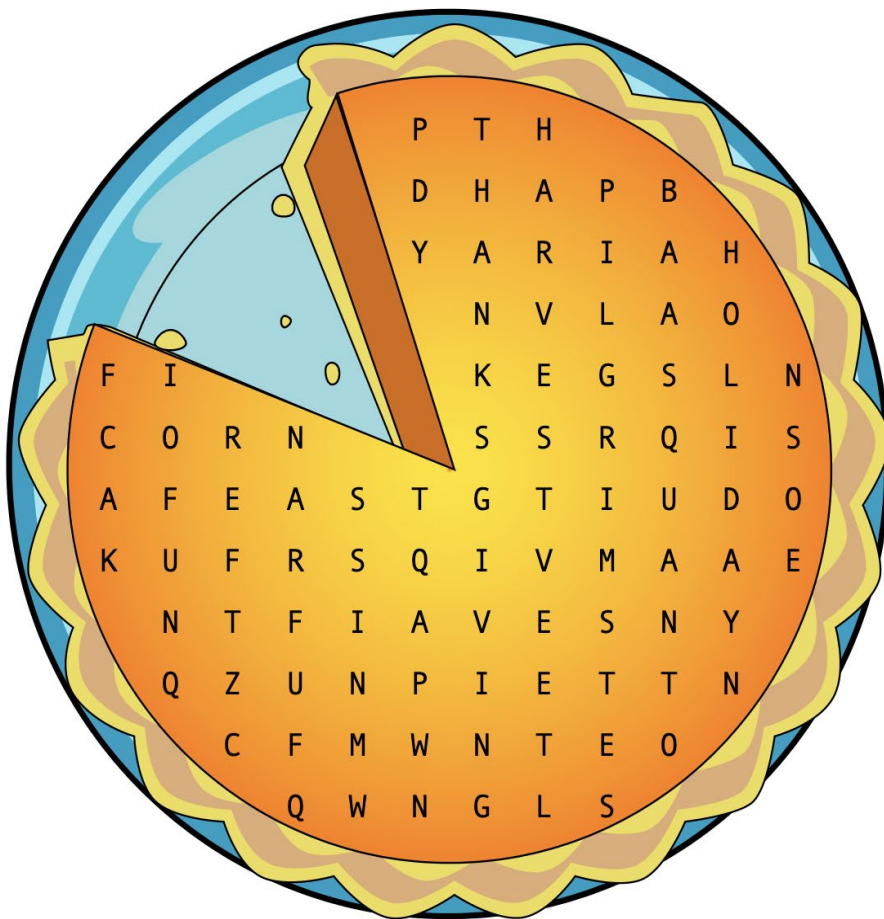
Helen Stombaugh would have celebrated her 100th birthday on November 17. She was very much a part of the social group here at Polaris and will be greatly missed by many. We will all work very hard to keep her garden flourishing in the activity room.

Helen had 3 children. She had been blessed with 10 Grandchildren, 21 Great-Grandchildren and 9 Great-Great-Grandchildren. When I talked to her about her life, she stated that all she wanted in life was to have a house big enough to take care of kids and older adults. She said that she felt that she was God's helper all these years.

"Don't put yourself first. Take one day at a time. Everyday I say my Rosary. That's what I live by."

Thanksgiving Word Search

Circle each word from the list in the puzzle. The words can go in any direction.



AUTUMN
CORN
FEAST

HARVEST
HOLIDAY
PIE

PILGRIMS
SQUANTO
THANKSGIVING

**November is the time
to be thankful, a time
to remember and to
embrace those who
enrich our lives. I'm
thankful for a lot of
things, but I'm most
thankful for you.**

**Happy
Thanksgiving**

