

Policy Reminders

Family is always welcome to enjoy a traditional holiday meal served at noon. Our Thanksgiving meals will cost \$10.00 per person. We would like family to sign up by November 17th if they would like to attend. They can call 507-593-8500 and speak to Chrissy or Lauren.

It is imperative that Oak Terrace has the most current family contact information including: home phone number, cell number, email address, etc. Please contact us for verification. 507-593-8500.



**BE SURE TO READ
THE BACK PAGE FOR
SOME IMPORTANT
FAMILY
INFORMATION**



Independence When You Want It, Assistance When You Need It

Oak Terrace Senior Living of Le Sueur November Newsletter

Community Highlights

Thanksgiving Word Search

R	W	M	N	O	V	E	M	B	E	R	F	T	U	R	K	E	Y
R	V	T	T	J	D	F	B	K	B	X	F	A	G	V	A	L	R
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X	E	K	T	L	Y	A	P	T	O	P	I	N	P	I	W	C	P
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L	R	L	Y	V	A	R	G	T	C	G	Z	C	Y	H	E	M	F

Find these words:

Solution on Next page

celebrate
cornucopia
cranberries
family
feast
football
gravy

harvest
maize
mayflower
November
pilgrim
platter
Plymouth

potatoes
pumpkin pie
squash
stuffing
turkey
vegetable
voyage

November Birthdays



No November Birthdays



The month of November provides us the opportunity to reflect on the things in life to be thankful for.

It may be the little bird that arrives at your bird feeder every morning, your children and extended family, or the care manager that arrives at your apartment offering a smile and assistance.

Take a moment to reflect and enjoy the people, places, and things that have given you peace and happiness.

Oak Terrace staff is so thankful to know each and every one of you.

Thank You for being a part of our community.

11/1- Allen & Matt Carlson
Preformance

11/4- Pie Tasting Party

11/10- November Birthday
Party

11/11- Veterans Memorial
Party

11/14- Bill Mann Performance

11/15- Dollar Store Outing

11/18- Beer and Bingo

11/21- Pizza Ranch Lunch
Outing

11/22- Turkey Bingo

11/25- Fancy Nails

11/28- Cranberry Social

11/30- Memorabilia Show & Share
Social

Dining Room Reminder

The kitchen has set hours for each meal during the day. We would like to post a reminder of those times.

Breakfast: 7:30 a.m- 9:00 a.m

Lunch: 12:00 p.m

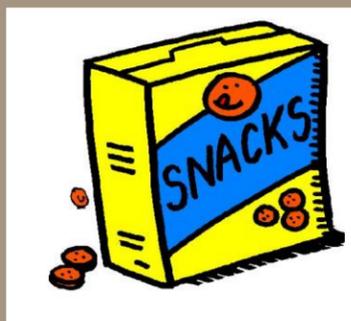
Dinner: 5:00 p.m



We also have some snack food available for the residents at Oak Terrace.

Some of our snack options include Trail Mix, Pretzels, Animal Crackers, and Lorna Doone cookies.

Please let the staff know and we would be happy to provide one of our snack options to you at any time.



Thanksgiving Myth Busted: Eating Turkey Won't Make You Sleepy

Contrary to popular belief, eating turkey isn't the main reason you feel sleepy after a Thanksgiving feast.

The oft-repeated turkey myth stems from the fact that turkey contains the amino acid tryptophan, which forms the basis of brain chemicals that make people tired. But turkey isn't any more sleep-inducing than other foods. In fact, consuming large amounts of carbohydrates and alcohol may be the real cause of a post-Thanksgiving meal snooze, experts say.

Tryptophan is a component of the brain chemical serotonin, which gets converted into the well-known sleep-inducing hormone melatonin. Poultry and many other foods also contain tryptophan, in similar amounts to that found in turkey. Gram for gram, cheese actually contains more tryptophan than turkey does.

Source: Livescience

It's Not Too Late To Strengthen Your Body

For every adult who heard the childhood warning Drink your milk or you won't have strong bones, Jeri Nieves has another message. "It's never too late to take care of your skeleton," says Nieves, director of bone density testing for the Clinical Research Center at New York's Helen Hayes Hospital.

"Think of it as a bank account," Nieves says. "You were putting calcium into the account when you were younger to accumulate, and now that you're older, you're mostly looking to maintain what you have." To do that, she says, people age 50 and over may need to increase their consumption of some foods and beverages, and cut back on others.

"We want people to get the amount of calcium recommended for them but not necessarily to exceed it," says Nieves. Too much calcium, she says, may contribute to ailments such as kidney stones, prostate cancer and heart disease. For women over age 50, that's about 1,200 milligrams a day. Men need 1,000 milligrams a day up to age 70, and 1,200 milligrams a day from age 71 on. Good sources include: low-fat dairy foods * Leafy green vegetables such as kale * Collard greens and broccoli * Calcium-fortified products, including soy milk and juices * The calcium content of many dishes, from puddings and baked goods to stews and soups, can be increased by about 50 milligrams for every tablespoon of nonfat dried milk added to a recipe.

Nieves counsels consumers to estimate their daily calcium intake from foods generally, and then take only enough calcium supplements to hit their recommended dietary allowance (RDA).

Vitamin D

This vitamin helps the body absorb calcium, so getting enough of it every day is vital, Nieves says. While it is found in fatty fish such as salmon, tuna, and halibut, most people will need to supplement their diet to get their RDA-600 international units (IU) a day up to age 70, 800 IU a day for those 71 and older. By reading food labels, consumers can choose foods that have been fortified with Vitamin D, and then can take supplement to round out their RDA. Going a little over the requirement isn't a problem, she says, as a person would have to consume about four times the RDA of Vitamin D to do yourself any harm.

Source: AARP