

Policy Reminders

Family is always welcome to enjoy a traditional holiday meal served at noon. Due to space please plan ahead. We have a full house so seating in the dining room is very limited. Our Thanksgiving and Christmas meals cost \$9.00 per person. If you would like to take advantage of this please provide a 24 hour notice with guest count.

952-492-5559. Due to space we may put you in one of our Community Rooms if available or you are welcome to eat in your apartments with your loved ones.



Independence When You Want It, Assistance When You Need It

Oak Terrace Senior Living of Jordan 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
G	G	P	E	L	G	E	Y	F	V	O	F	N	M	I	V	E	N
X	E	K	T	L	Y	A	P	T	O	P	I	N	P	I	W	C	P
D	Z	P	A	L	T	S	E	T	S	F	I	O	J	O	L	L	T
W	I	L	R	K	H	T	B	I	F	E	C	L	L	D	Y	Y	V
H	A	A	B	K	T	A	V	U	P	U	V	F	G	M	W	N	O
S	M	T	E	C	L	J	T	E	N	N	Y	R	O	R	N	P	Y
A	K	T	L	L	R	S	Y	R	G	A	I	U	A	K	I	X	A
U	T	E	E	G	C	Z	O	C	M	E	T	K	J	H	Z	M	G
Q	D	R	C	R	R	C	Q	L	Z	H	T	R	P	W	M	Z	E
S	C	R	A	N	B	E	R	R	I	E	S	A	K	M	B	M	M
D	J	C	K	L	B	G	C	P	T	T	W	H	B	V	U	X	C
J	R	N	H	P	S	E	O	T	A	T	O	P	D	L	R	P	Q
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



Bob D. – 11/3
Marlys B. – 11/5
Paul G. – 11/7
Pat G. – 11/13
Shirley J. – 11/17
Lyle I. - 11/18
Bill J. – 11/21
Paul L. – 11/22
Faith M – 11/25

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.

11/2-Memorial Service
11/2-Todd Anderson Performance
11/4-Daylight Savings End
11/5-Have you Heard of Coffee Hour

11/5-Resident Birthday Party
11/6-Perkins
11/7-Coborn's
11/7-Bailey's Buddy Social
11/7-Schwan's Front Lobby
11/8-Veteran's Program
11/8-Concertina Fun
11/11-Vetern's Day
11/13-Scott County Library
11/14-Target
11/15-Gesundheit Bingo
11/15-Robert Bozaich Performance
11/16-Bingo & Beer
11/19-Resident Council
11/19-Gobble Social
11/20-Dollar Tree Store
11/21-Radermacher's
11/21-Bailey's Buddy Social
11/21-Schwan's Front Lobby
11/22-Thanksgiving Day!
11/26-Have you Heard of Coffee Hour
11/26-Menu Review
11/27-Red Lobster
11/28-Walmart
11/29-Podiatry Clinic

Autumn Lane News



November is a month of being thankful. We will have discussion groups of what we are thankful for and we will reminisce about different Thanksgiving traditions.

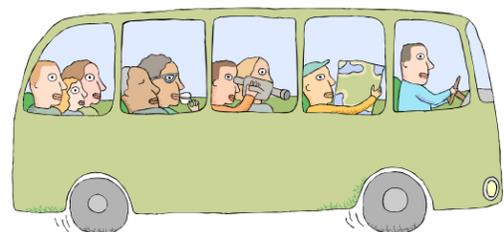
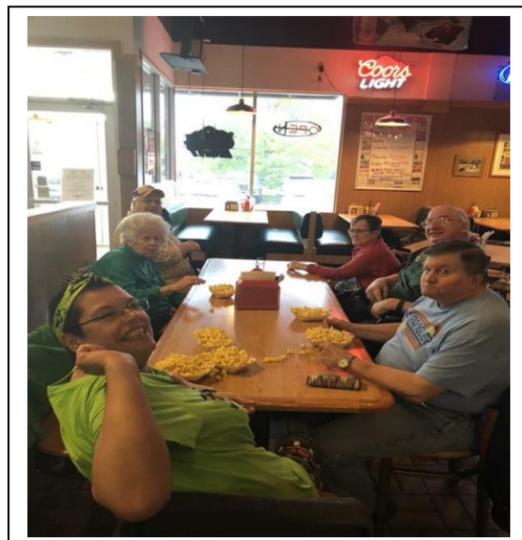
We had a blast going for fall drives in October. It's nice to be able to get out and enjoy all the beautiful colors on the trees.

The ice cream socials and Hot Chocolate socials are a few fun activities we have to look forward to this month. We will also be doing some kitchenless cooking, baking groups and so much more. We will celebrate Veteran's Day, have a memorial service to remember all of our friends who have passed away this last year and we will have a Thanksgiving social.

As more residents move in it has been endearing watching friendships develop. Oak Terrace is so thankful to have the opportunity to know our Autumn Lane residents and families.
HAPPY THANKSGIVING!!



Enjoying Fall Here at Oak Terrace



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, many 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

