Summer turned into fall, and we have been enjoying memories of autumn pastimes such as apple picking, harvest time, colorful trees, and pumpkin patches, as our residents celebrated with us in our Western Harvest Week. We had an apple tasting event that not only included tasting several different types of apples, but also apple cider and cider donuts. Talking about food, our dining staff took advantage of the beautiful weather we’ve been having this fall, and residents had the option of outside dining for our delicious western BBQ. In staying with the harvest theme, we enjoyed an old-time banjo band that was “knee slapping” fun. The residents made homemade cornbread and created their own western style bracelets. We played harvest games such as corn hole, ring toss, and horseshoes, and had a lot of fun making life size scarecrows that reminded us of years gone by.

This month we had our first volleyball tournament. The residents had a lot of fun playing and spending time with each other. With all these wonderful events, the residents and staff have truly enjoyed themselves and, like the winning tournament players, we all feel like winners!

Sincerely,
Your Gurwin Friends

MONTHLY HAPPENINGS ...

HAPPY NOVEMBER BIRTHDAYS!
11/4 Helen S.
11/6 Elaine S.
11/7 Miriam H.
11/7 Douglas D.
11/11 Sylvia S.
11/11 Herb B.
11/12 David G.
11/13 Lucille L.
11/20 Frances R.
11/21 Elaine Z.
11/21 Beverly S.
11/23 Florence S.
11/29 Sherna O.
11/30 Susan B.
WE HEARD YOU!

Many thanks to our Resident Council and all of the residents who have come directly to staff to communicate issues or concerns and share suggestions. As we slowly transition from the severe pandemic restrictions, this communication is always helpful to understand our resident’s current needs and ways to make community life better for all. These are some of the changes we have made in the last few months as a result of everyone’s efforts:

**DINING**
- Added slides to dining room chairs
- Removed furniture in Dining entrance to reduce congestion
- Re-trained wait staff regarding better infection control
- Changed to lower sodium soups
- Changed to lower sodium marinade for grilled chicken
- Condiments (butter, jelly, salt, pepper) added to table
- Multiple private meetings with dietician addressed

**RECREATION**
- Added more activities on the weekend
- Implemented an audio program guide by calling x2868 for visually impaired residents
- Additional signage near lobby for daily activities
- Added more information to the newsletters
- Added “You Choose” clubs for movies and trips
- Reestablished the Culinary Committee
- Added more “active type” programs such as Walking Club and volleyball
- Increased the number of trips during the month
- Broadening our options of entertainers
- Reestablished the Chorus
- More guest speakers
- Daily movies

**HOUSEKEEPING**
- Laundry service providing new larger more secure laundry bags for better service

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Rose S. celebrated her 100th Birthday!
We wish her good health and happiness! Mazel Tov!

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Our VOLLEYBALL games are a ton of fun for players and spectators alike!