

# ShorePointe Village News

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## Family Halloween Night



Thursday, October 26th  
6:30-7:30pm

Bring the kids and grand-kids in dressed in their Halloween Costumes for some goodies, crafts, and fun!



## Resident Halloween Party

Tuesday, October 31st



2:00pm

Costumes, contests, food, and more!

## Apple Orchard Outing

Thursday, October 12th

10:00am



We will drive through Blake's Apple Orchard, watch the Cider being made, shop the store, and have lunch!

Seating is limited! Sign up with any Activities Staff member today!



## From the Director's Chair

Greetings Residents and Family Members,

If it is October, then it must be time for our Fall Anniversary celebration! We are currently in our 18th year of providing quality assisted living services to residents who have lived in Macomb, Wayne and Oakland counties. Frequently we welcome residents who move to us from out of state, and this month is no exception. We hope to welcome this month two residents from opposite coasts—specifically, Massachusetts and California!

Our Anniversary celebration is Thursday, October 19th from 6:00pm to 7:30pm. Once again our event will be an open-house venue which allows us to accommodate the many guests we routinely welcome to this fall event. Invitations went out late last month. If you were overlooked, plan on stopping by any time between 6:00pm and 7:30pm for light appetizers, autumn-inspired desserts to enjoy with a choice of warm fall beverages. Top this off with the enchanting sounds from harpist, Sheryl Suenic and we will certainly have the makings of a great start to the holiday season!

Sadly, this year we have to forgo our annual great pumpkin—a landmark photo opportunity that many of you as well as our local neighbors have come to anticipate and enjoy for the last several years. We were recently notified by the city that the extensive sewer work along Jefferson is expected to continue through October and similar work on Harper to Little Mack through December. Which in turn, has caused a number of four-legged sewer inhabitants to seek temporary lodging. Hence, we have been advised that an over-sized pumpkin—ripe enough to begin fading fast, might invite visitors of the less-than-desired variety.

October is also the beginning of the influenza season and with the support of the Visiting Nurses Association, we are ready to arm (pun intended) our entire Village with the immunizations needed to ward off this potentially life-threatening virus. If you have not yet received the authorization documents we recently mailed, please request one from our front reception staff. We need all authorizations returned to us—in the self-addressed-stamped-envelope we included (or proof of receiving the 2017/2018 immunization from your private physician) before the date of our scheduled flu clinic which scheduled for October 18th. See our Wellness Coordinator's message in this newsletter for more details.

We recently welcomed Dr. Annette Carron, D.O. to our Village. Dr. Carron is a Wayne State University graduate and completed her medical training at Kirksville College of Osteopathic Medicine in Kirksville, MO. She also attended George Washington University in Washington, D.C. completing her Master's in Public Health and Administration. Her post-graduate training included an Internship and Residency at Botsford General Hospital in Farmington Hills, a Geriatric Fellowship at both George Washington University and William Beaumont Hospital in Royal Oak, Michigan. Dr. Carron is Board Certified in Internal Medicine, Geriatric Medicine, Hospice and Palliative Medicine as well as being a Certified Medical Director. Dr. Carron is an attending physician at Henry Ford Macomb Hospital and recently made herself available to provide physician services to residents of ShorePointe Village.

Dr. Carron has an extensive CV (Curriculum Vitae) which illustrates her passion for education. Residents and family members will have an opportunity to meet Dr. Carron next month at an upcoming lecture series we plan to kick off. Watch for details in our next month's newsletter.

I am both sad and relieved to see our baseball season come to an end and the "Pollyanna" in me eagerly awaits the new life our team desperately needs and deserves. So my attention shifts to our Red Wings and the excitement of our new arena that I am still stymied as to how hockey, basketball and a fairly aggressive concert series can possibly coexist! It certainly will be an interesting season! I will say that I am rooting for this year's World Series to be played by the Nationals and the Astros...Verlander VS Scherzer will be a sight to see!

Warm Regards,

## Health and Wellness

Dear Resident and/or Resident Family,

This is the start of flu season and it is important that all people get the flu vaccine and especially people 65 years and older as they are at greater risk of serious complications from the flu compared with young, healthy adults. You should get vaccinated every year as the immunity weakens over the year. The influenza vaccine begins to protect after 1 to 2 weeks; however maximal benefits are seen 60 days post vaccination.

### ACTIONS TO TAKE THIS FLU SEASON:

1. Get a Flu Vaccine.

**ShorePointe Village Resident Flu Shot Clinic will be on Wednesday, October the 18th between the hours of 9:30am and 2:30pm.**

2. Practice good health habits including covering coughs, washing hands often, and avoiding people who are sick.
3. Seek medical advice quickly if you develop flu symptoms to see whether you might need medical evaluation or treatment with antiviral drugs. Flu symptoms include: fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also have vomiting and diarrhea. People may be infected with the flu and have respiratory symptoms without a fever.
4. Educate yourself on this year's vaccine by reading a copy of the "What you need to know" fact sheet provided by VNA at the front desk.
5. Turn in a signed copy of the Flu Consent form from VNA. VNA or Visiting Nurses Association will again be partnering with ShorePointe Village to provide this year's flu clinic. Rosemary Russell RN will be coming from neighborhood to neighborhood to deliver the flu injections with a ShorePointe Village staff member.

### And for our staff...

ShorePointe Village is also providing flu shots free of charge to any employee to that would like to receive the vaccine. Employees that are interested can sign up in the Wellness Center any time during the month of October.

If the community reaches 75% of its overall employees receiving the flu shot each of those employees will be receive a \$10 gas card and be entered into a raffle for a \$50 and \$100 gas card.

An employee does not have to receive the flu shot here to be counted in for the raffles. Just bring is proof of your 2017/2018 vaccination.

Debbie Hampton, RN  
Wellness Coordinator

## From the Desk of Kavin Yaden

Fall is officially here and although the weather has been warm, colder temperatures are just ahead. This time of the year, residents often ask when we will be turning on the lobby fireplace. We are unable to put the fireplace into service, until we have consistent daily high temperature of 40° F and below. This oftentimes does not occur until November. My staff and I work hard to keep up with the fluctuating temperatures, to ensure every resident is comfortable.

As soon as freezing temperatures hit our forecast, we will be placing buckets of salt out, and checking outdoor pathways throughout the day, every day for any ice/slippery patches. If you notice slippery patches, or any other hazard, please let a maintenance staff member or receptionist know so that it can be addressed immediately.

Until next time, I'll see you around the Village!

Kavin



## Employee of the Month



The October Employee of the Month is Afternoon Med-Tech and Care-giver, Javed Hussain. Javed has been working at ShorePointe Village for almost one year, and was nominated by another employee for his dedication and willingness to help his team members. Javed was born in Bangladesh and moved to the United States with his parents and siblings in 2012. Javed is getting married on October 22nd, to his girlfriend/fiancé of 3 years, in a traditional, lavish Bengali wedding in New York City, where his fiancé currently lives. The two will return to Michigan (Detroit area) after they are married, and will live in the home Javed recently purchased for the two of them. He hopes to travel with his new wife, and eventually start a family. Javed, who is currently a Medical Assistant, has hopes to become a Registered Nurse. Javed loves to play badminton in his spare time, and plays almost every weekend. Congratulations Javed and best wishes on your marriage!

## Morrison Senior Living

Fall Greetings!

It is officially fall, and we are ready! This is my favorite time of the year. I can't wait to have the extra time to go to the cider mill. They have the best donuts! But most importantly, we have a special fall anniversary party planned for you and your loved ones! We will be having fall inspired desserts, savory, light appetizers, music, and fun for all! October 19<sup>th</sup>, save the date!

Unfortunately, this is the beginning of the flu and cold season. The number one way to help defend yourself and others, is by washing your hands. I can't stress this enough! Hand sanitizers are ok, but nothing beats good old soap and water! Germs are everywhere. Everything we touch, that has been touched by someone else, is harboring millions of germs! Wheelchairs, doorknobs, handrails....oh my!

In the kitchen, we take handwashing very serious. We know that by keeping our hands clean, we are protecting you while we prepare your food. So let's all look out for each other, and keep those hands clean!

Our recipe for this month is fall inspired, and super easy. Gluten free, low in sugar, and almost healthy!

### PUMPKIN COOKIES

#### INGREDIENTS-

2 CUPS GLUTEN FREE QUICK OATS

1 CUP PUMPKIN (NOT PIE FILLING)

¼ CUP GRANULATED SWEETENER

¼ CUP NUT BUTTER OF YOUR CHOICE

CHOCOLATE CHIPS (BECAUSE PUMPKIN AND CHOCOLATE GO TOGETHERJ)

#### METHOD-

Preheat oven to 350, and grease your baking sheet. In a large mixing bowl, combine all of your ingredients and mix well. Form into small balls and place on baking sheet. Press each into a cookie shape. Press your chocolate chips into the top of the cookies. Bake for 12 to 15 minutes. Allow to cool completely. They will keep well in an airtight container for about a week.

Enjoy!

Stacy Henderson

Director of Dining Services



## In Touch with your Spirituality by Tom McCarren

### That Is Not Fair

How many times have we said in our lives that something is not fair? Have you ever looked at a situation and asked how that was fair?

Fair, as defined by the Webster Dictionary, is: free from bias, dishonesty, or injustice. A fair decision; fair judge. Legitimately sought, pursued, done, given; proper under the rules: a fair fight. Moderately large; ample: a fair income. Neither excellent nor poor; moderately or tolerably good: fair health. Marked by favoring conditions; likely; promising.

Jesus offers us the following parable:

*The kingdom of heaven is like a landowner who went out at dawn to hire laborers for his vineyard. After agreeing with them for the usual daily wage, he sent them into his vineyard. Going out about nine o'clock, the landowner saw others standing idle in the marketplace, and he said to them, You too go into my vineyard. So they went off. And He went out again around noon, and around three o'clock and did likewise. Going out about five o'clock the landowner found others standing around, and said to them, why do you stand here idle all day? They answered, Because no one has hired us. He said to them, you too go into my vineyard. When it was evening the owner of the vineyard said to his foreman, Summon the laborers and give them their pay, beginning with the last and ending with the first. When it was evening the owner of the vineyard said to his foreman, Summon the laborers and give them their pay, beginning with the last and ending with the first. When those who had started about five o'clock came, each received the usual daily wage. So when the first came, they thought that they would receive more, but each of them also got the usual wage. And on receiving it they grumbled against the landowner, saying, These last ones worked only one hour, and they have made them equal to us, who bore the day's burden and heat. He said to them in reply, My friend, I am not cheating you. Did you not agree with me for the usual daily wage? Take what is yours and go. What if I wish to give this last one the same as you? Or am I not free to do as I wish with my own money? Are you envious because I am generous? Thus, the last will be first and the first shall be last. (Matthew 20:1-16)*

This certainly gives us much to ponder. What about the landowner paying all the workers the same wage? Is this fair? Let's look a bit deeper into the story. Remembering that Jesus told this parable describing the kingdom of heaven, the landowner is a representation of God. The laborers are a representation of us. The land owner treated each worker the same. Out of his generosity, he paid each of them the same wage, even those who only worked one hour. He likely knew that all of the workers needed the wage to support their families. Fairness never played a part of his decision.

So too is God's grace and mercy. He gives it to us even though we don't deserve it. He just gives it to us out of love. How thankful we are that our God is unfair, that He loves us so much that He gives it to us out of love, never considering what we deserve, unmerited grace and love. Oh, what a Savior we have!

### Sister Carolyn's Joke of the Month

As a student nurse, I had to give an injection to a 79 year old male patient. I asked which hip he preferred the shot in. He wanted to know if he really had a choice. I told him he did.

He looked me straight in the eye and said, "yours!"

## Chaplain ' s Corner

Autumn greetings to everyone! Fall is a time of surrender, letting go and simplifying so I offer this simple poem for your fall reflection...

### Falling Leaves by Sr. Joyce Rupp

*O falling leaves of autumn,  
what mysteries of death  
you proclaim to my unwilling self  
what eternal truths  
you disturb in the webbing  
of my protected heart  
what wildness  
you evoke in the gusty dance  
of emptying winds  
what mellow tenderness  
you bravely breathe in your required surrender  
what challenge you engender  
through your painful twists and turnings  
what howl of homelessness  
you shriek with your exile of departure  
what daring task  
you evoke as you feed the hungry soil.  
O falling leaves of autumn,  
with each stem that breaks,  
with each layer of perishing,  
you teach me what is required,  
if I am to grow before I die.*

May this new season bring you abundant grace and blessings.

Peace!

Chaplain Cathy



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## Village Players

Director: Anne Khoury

Wellness Coordinator: Debbie Hampton, R.N.

Controller: Denise O'Neil

Sales and Marketing Director: Heather Michael

Plant Manager: Kavin Yaden

Life Enrichment Coordinator: Celeste Lewis

Transportation: Gerry Weaver & Les Thomas

Morrison Food Service Chef Manager: Chef Stacy Henderson

Chaplain: Fr. Rich Bartoszek

