



A Monthly Newsletter for the Families and Friends of The Cottages



A Message from Executive Director Alex Valle, November 2021

Training

Dear families,

Thanksgiving Day is here, this annual national holiday where we celebrate the harvest and other blessings of the past year!

Cottage staff and I thank you for the support you have given us in taking care of your love ones, we are so grateful!

Residents will celebrate Thanksgiving with a delicious Thanksgiving meal with their housemates in the home.

Resident and staff safety is a priority at The Cottages, below are some recommendations for best practices to safely celebrate the fall and winter holidays this year:

- Avoid large events and gatherings, when possible.
- Stay home when appropriate. Advise others to stay home if they have tested positive for COVID-19, are waiting for COVID-19 test results, have COVID-19 symptoms, or if they have had close contact with a person who has tested positive for or who has symptoms of COVID-19.
- Adjust the size of an event based on the ability of attendees from different households to stay 6 feet apart.
- Avoid crowded, poorly ventilated spaces.
- Wear face coverings consistently and correctly.
- Consider dropping off prepared meals to those who cannot go out or are at higher risk for contract COVID-19.
- Provide hand washing soap and disinfectant/hand sanitizer.
- Consider outdoor activities.
- Consider virtual events, parties, concerts, or religious ceremonies to avoid packed, indoor spaces.

We are continuing our infection control precautions in all of the homes which includes such things as a sanitizer station at the front door of each cottage, increased frequency of handwashing, disinfecting of surfaces and door handles, hand sanitizer and wearing of masks at all times.

Happy Thanksgiving to you and your loved ones!

Alex

Please bring in all needed incontinency and personal hygiene supplies for your loved ones. Please label.

Please remember to bring in some warmer clothing for your loved ones, sweaters, pants, socks etc.

Please label all items.

Cottage Reminders

During the month of November, all staff will continue to receive training on Safe Transfers and also Understanding the person with Dementia

We will also be training on Infection Control and Infection Protocols.



Some of our residents got into the Halloween spirit and enjoyed a fun "Pop Up" Photo Booth!



It was a BOOtiful time
in our Photo Booth!



BOOtiful photo booth fun!



DON'T LET COVID-19 GOBBLE UP YOUR FAMILY TIME

Celebrate Thanksgiving with Lower Risk Activities



**Have a small dinner with people
who live in your household or
host a virtual gathering**

**Do a contactless drop off of
traditional family recipes to
family and neighbors**

**Watch sports, parades,
and movies from home**

**Order products online to
avoid crowded stores**



Happy Thanksgiving
To all our
Residents and their Families!

On Thanksgiving Day At 12:00 noon
We will be serving all homes
A Scrumptious Thanksgiving
Turkey Dinner

Happy Thanksgiving

Holiday's Bountiful Offerings:



Whole Turkey
Traditional Home style stuffing
Turkey gravy
Mashed Potatoes
Green Bean Casserole
Dinner Rolls
Cranberry Sauce
and pie for dessert

Celebrating Thanksgiving

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/thanksgiving.html>



Consider Other Thanksgiving Activities



Host a virtual Thanksgiving meal with friends and family who don't live with you

- Schedule a time to share a meal together virtually.
- Have people share recipes and show their turkey, dressing, or other dishes they prepared.

Watch television and play games with people in your household

- Watch Thanksgiving Day parades, sports, and movies at home.
- Find a fun game to play.



Shopping

- Shop online sales the day after Thanksgiving and days leading up to the winter holidays.
- Use contactless services for purchased items, like curbside pick-up.
- Shop in open air markets staying 6 feet away from others.

Other Activities

- Safely prepare traditional dishes and deliver them to family and neighbors in a way that does not involve contact with others (for example, leave them on the porch).
- Participate in a gratitude activity, like writing down things you are grateful for and sharing with your friends and family.



11/26/2019

cdc.gov/coronavirus

October Birthday's

Happy Birthday to all of our residents who will celebrate birthdays in the month of November. All residents receive a card, a gift and a cake on their birthday. Please call Activity Coordinator Dairwil at (714) 618-0523 for details about birthday parties at the cottages or if you want to plan something for your loved one on their special day.



November Birthdays

November 4th ~ Jessie Lee

November 9th ~ Mike Jones

November 14th ~ Delvia Logan

November 17th ~ Wiltrud Luderer

November 28 ~ Adele "Bibi" Traverse



Folding laundry and household chores in the cottage

Cottage 7 residents enjoy helping caregivers with some easy household chores especially folding clothes. Completing these tasks can give our residents a sense of purpose and accomplishment, thus contributing to both physical and mental health.

Laundry is a great popular task for seniors, and those who have difficulty standing for long periods or problems with balance can sit at a table and fold clothes and towels.

In addition to the physical exercise attained through common household tasks, completing these tasks can give our residents a sense of purpose and accomplishment, thus contributing to both physical and mental health.



Management Team

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Word search puzzles are not only fun, but they can help keep memory sharp, reduce stress and improve concentration. Residents enjoy this great activity.

FOLLOW THE COTTAGES ON SOCIAL MEDIA:

FACEBOOK:

@ TheCottagesmemorycare

INSTAGRAM

@ Thecottagesmemorycare

www.the-cottages.org



Welcome to The Cottages family Dorothy and Gilda who have recently moved into The Cottages. We are very happy to meet you both.

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Newsletter by Michelle Nesbitt

The Cottages
Memory Care Community