



# November 2011

## November Events At a Glance

### Let's Give Thanks

Thanksgiving is just around the corner and it is a wonderful opening to the holiday season! We all are lucky to have so many things to be thankful for and the blessing of loved ones around to spend time with. One small thing we all have to look forward to and be thankful for is the extra hour of sleep we can all get on November 6<sup>th</sup> when we "Fall Back" for Daylight Savings Time. Make sure you set your clocks back an hour before you go to bed on Saturday, November 5<sup>th</sup>! Now that most of the leaves have fallen and the weather is turning cooler and there may be some bad weather in the forecast, it is time to settle in for the winter. The warmth of the holiday season makes up for the cold outside. On the day before Thanksgiving Park Terrace will host a fun and festive Traditional Thanksgiving Feast. This is a wonderful day of Family and Fellowship that we look forward to every year. In addition to that, there are a couple of lunches out this month, a music show performed by the daughter of one of our residents and a ceremony on Veteran's Day to honor all of our Park Terrace Veteran's. There are also lots of regular daily activities planned and "the more, the merrier" so please join us!

Sunday 11/06/11  
Daylight Savings

Friday 11/11/11  
11:00 – Veteran's Day Ceremony

Saturday 11/12/11  
2:30 – Folk Music Show

Monday 11/14/11 ☆  
11:15 – Lunch Out @ Limp Lizard

Wednesday 11/23/11 ☆  
12:00 – THANKSGIVING FEAST

Thursday 11/24/11  
HAPPY THANKSGIVING

Monday 11/28/11 ☆  
11:15 – Lunch Out @ Village Burger

☆ **Attention Residents:** Please sign up for these events in advance so we can be prepared to accommodate everyone who would like to be involved. On the outings, there is limited space, so it will be first come, first served. Residents are responsible for paying for themselves if there is a cost involved.

## To all Families and Guest, Monthly Reminder

As a courtesy to our staff, we need everyone entering and leaving the building to use the front entrance and to sign in and out at the front desk. Also, if you are taking a resident out of the building please sign them out at the front desk as well. You will find two books: one is for residents and one is for visitors. Please understand that our staff refers to these books frequently for meals, medicine, safety, and security concerns. Also, please make sure that a member of the staff knows you are taking a resident out and let them know when you return. Thank you in advance for our cooperation.

### *Thank You*

*In the spirit of Thanksgiving, Park Terrace would like to offer thanks to all of the people who keep us in their hearts all year around! Thank you to our wonderful staff, volunteers, residents, and family members...without all of you Park Terrace would not be the wonderful place that it is! We would also like to send out a special thank you to those that gave donations this month: Rosalie O'Leary, Georgette Oliver, Jennie Bielski, Sue and John Benedict, Marie McGrath, and everyone else who gave donations. A sincere thank you goes out to the Youth Group at St. Elizabeth Ann Seton Church who came and hosted a Halloween Party for our residents. We would like to say thank you to Cindy Collar for the wonderful entertainment and cookies at our Halloween Party and to Dick Christopher for the Halloween snacks at the party. We would also like to thank Dee Iozza and her sister Coleen for welcoming us to her home in Skaneateles to see her AMAZING Halloween decorations. Thank you to everyone who helps contribute to making Park Terrace so great!*

## MEMORY CARE NEWS

Our Memory Care Neighborhood has been a hub of activity this past month. The residents have been making a beautiful collage that highlights all the aspects of fall...from Halloween to falling leaves! We have also kept busy baking...the residents baked cookies and decorated them, twice this month, and maybe ate some too! Many of our residents have gone on the weekly scenic rides and some went to our lunches out. The most exciting event was the Halloween Party and one of our residents even dressed up in a great clown costume! In addition to all the special activities, our residents have been busy trying out all the activities on the new calendar. They have really enjoyed their walks throughout the building, ball toss, bean bag toss, playing cards, and arranging flowers...but everyone's favorite activity seems to be the manicures and the hand massages. Our residents are really enjoying the treat of the hand massages and the one on one time with staff members. Our Memory Care Neighborhood is a wonderful and fun place to be and we are now all looking forward to preparing for and celebrating the upcoming holiday season!

### Attention Friends and

#### Family

We would like to ask any friends and family members to please not visit if you are experiencing any cold or flu like symptoms. Please help us prevent the spread of any cold, illness, or flu this year. Thanks and always remember that the best way to prevent the spread of infection is hand washing.

## LOOKING BACK...

### ...AT OCTOBER

October was a very enjoyable month here at Park Terrace. Our residents enjoyed some beautiful scenic rides with colorful fall foliage all around. On one of our scenic rides ten residents filled three cars and ventured to Skaneateles to look at the home of Dee's (our food service director) sister. The home was decorated for Halloween with lots of really spooky things and it was a great treat for our residents to see it! A special thanks goes out to Dee and her sister for providing us with that spooky experience! Inside, Park Terrace has been filled with activity as well. Our book club has started a new book, The Forgotten Garden, by Kate Morton. We have just begun so if anyone would like to come every Tuesday afternoon to hear the story...we would love to have you there. Our residents were lucky to have two Halloween parties this year. The first one was given by the youth group at St. Elizabeth Ann Seton Church and all of our residents had a wonderful time. The Park Terrace Halloween Party was held on Halloween Day and it was great to see our residents dressing up and having a fun and festive time! We can't wait to see what the next month has in store for us!

### **Park Terrace Memory Book**

A Park Terrace resident, Sue Williamson, came up with the great idea to have a memory book for the Park Terrace residents to write down memories in to share with other residents. Sue wrote her memory in this book and it is available for other residents to write in. This might be a fun thing for families to help their family member pick a happy memory or story to share. The book can be found (when not in use) behind the reception desk. Please feel free to share a story. What a wonderful collection we will have once this is filled up!

## *From the Desk of...*

**Jennifer Zacharek, Administrator**

The Alzheimer's Association Walk to End Alzheimer's was a huge success again this year! Thank you especially to Erin Donohue who together with the efforts of Amanda Bates our team raised over \$2400 and despite the rainy/cold weather this year, we had 20 people walk for the Park Terrace / Camillus Ridge Team! THANK YOU to the Vitale's for the great shirts and support of our team! Also a special thank you goes out to our entire staff who work 24/7 to maintain a calm, comfortable and enjoyable living environment on our beautiful Memory Care Neighborhood! Without the efforts of our tireless staff, we would not be such a great place to live!

On another note, the holidays are upon us...a great time to remember that as for all of us, the holidays are not only a busy time of year, but they are also a time of year that bring back memories of the past – some happy, some sad (especially for those who have lost loved ones through the years)! Please keep in mind that as stressful as the season may become, it's a great time of year to reminisce with our residents. Perhaps spending quality time visiting in one of our many living or sunroom areas, and just enjoy being together. This helps ease the pain of loss!

We also encourage family members to join us for our special holiday meal events: Wednesday, November 23 at Noon – Traditional Thanksgiving Dinner and/or Friday, December 23 at Noon – Prime Rib Dinner. Reservations for both of the above events are due by the Friday before the event. Lastly, another reminder to family members and guests: we are often asked for gift ideas for our residents...suggestions of items that are not provided by Park Terrace: tissues, hand soap, body wash, other personal toiletries.

Thank you and Happy Holidays to all our residents, family members, and staff!

**Thank You,  
Jennifer**

## November Birthdays

HAPPY BIRTHDAY TO YOU!

11/05 Nunzio Caruso

11/10 Marie McGrath

11/14 Grace Bloom

11/14 Eleanor Hoyt

11/18 Anne Karapin

11/20 Doris Frankis

11/25 Alma Altieri



On Thursday, November 17<sup>th</sup>, at 3:30 we will be celebrating all of the November Birthdays with a birthday snack.

ALL ARE WELCOME!

PLEASE JOIN US!

## Canned Food Drive

For the Thanksgiving Holiday Park Terrace is sponsoring a Food Drive to Benefit the Food Bank of Central New York. During a time when we are able to focus on all the blessings in our own lives, it is a wonderful time to give to those who are not so fortunate.

We will have a box in the Activity Kitchen beginning on November 2<sup>nd</sup>. We would like to have all donations in by November 21<sup>st</sup> so they can be brought to the Food Bank.

Here is a list of preferred donations:

**Canned Tuna**

**Canned/dried beans**

**Dinner mixes**

**Cereals**

**Soups & Stews**

**Canned Vegetables**

**Peanut Butter**

**Pasta / Rice / Grains**

**Oatmeal**

**Canned /Dried Fruits**

THANK YOU IN ADVANCE FOR  
YOUR SUPPORT!

## Please Join Us... ...for Thanksgiving Dinner

On Wednesday, November 23<sup>rd</sup>, 2011, Park Terrace will be hosting a Thanksgiving Feast with all of the trimmings. We invite all of our family members to join our residents in the meal of thanks. The cost is \$7.00 per person and we will have our Private Dining Room, Serendipity, and the Activities Kitchen available for large families that would like to join us. Please contact Cindy by Wednesday, November 16th so that we can be prepared for all of our guests. Also, we would like to give a reminder to let us know if you are taking a resident out for Thanksgiving Day. We would like to be prepared for both meals and medication. Thank you very much in advance!

## Our Newsletter is Online!

Please visit our website.

[www.parkterraceatradisson.com](http://www.parkterraceatradisson.com) to read the current and future newsletters and see the activities calendar!

If you do not have internet access, please contact Erin at 638-9207 to arrange to have a copy mailed to you each month!