

A Note From Our Administrator

In November, we celebrate autumn's colors, appreciate the cooler air and our favorite sweaters. We celebrate – not only Thanksgiving – but also World Communication Week and Veterans Day.

This autumn we welcome a new Director of Nursing, Ratana Whitfield, and a new Director of Rehabilitation Services, Megan Ryan. Welcome to the Sterling family! We look forward to getting to know you!

"When asked if my cup is half-full or half-empty, my only response is that I am thankful I have a cup." Sam Lefkowitz

Communication is part of every human activity. There aren't many things one can do without communication of any sort. Good communication helps people better understand each other's feelings and emotions. Conflicts can be easily resolved or even avoided altogether when we keep the other person's perspective in mind.

Happy Veterans Day to our soldiers, both past and present. We owe you our thanks, but more than that, we owe you our freedom. We honor the sacrifices many have made for our country in the name of freedom and democracy. Thank you for your service to this country.

This November, we are grateful for our employees, new and long-standing, our residents and their representatives, our advocates and our friends. We are grateful for our veterans. We celebrate our ability to communicate and resolve our differences and find meaning in our daily actions.

Thank you for being part of our Sterling family!

Brenda Decker, NHA

Administrator, Sterling Healthcare & Rehabilitation Center

Our Department Leaders

- **Brenda Decker**
Administrator
- **Ratana Whitfield**
Director of Nursing
- **Laura Beswick**
Assistant Director of Nursing
- **Rhonda Nobles**
Admissions Director
- **Jada McKenzie**
Human Resources
- **Schrette Freeman**
Business Office Manager
- **Dr. Kathryn Beldowski**
Medical Director
- **Ann Marie Cottman**
Activity Director
- **Megan Ryan**
Director of Rehabilitation
- **Lynn Collins**
Dietitian
- **Michael Schmidt**
Director of Food Services
- **Dionne Ayers**
Central Supply
- **James Alexander**
Director of Maintenance
- **Terrance Cowans**
Director of Housekeeping
- **David Keenan**
Social Services
- **Jeannie Shanahan / Annette Poole**
RNAC



Harry C., Barbara C. and Jean P.
playing Resident Rights Bingo



Mary with entertainer,
Marvin Diamond



Deborah J., Kathleen F., and Mary R.
playing Resident Rights Bingo

November 2022 Activity Calendar













Resident Birthdays

John Carr · 11/07
Debra Hoopes · 11/07
Opal Muffley · 11/14
Mary Robinson · 11/15
Stephen Klosinski · 11/17
Lucian Junto · 11/18

Staff Birthdays

Lileith Brown · 11/13
Joyce Williams · 11/15
Shanice Broxton · 11/18
Nicole Harrison · 11/21
Brenda Decker · 11/22
Rhonda Nobles · 11/24
Nancy Uwah · 11/24
Amy Carachilo · 11/25
Dara Thomas · 11/30



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Special Events: Food Committee 11/01 at 2pm Jackie Gibson 11/04 at 2 pm Resident Council 11/08 at 2 pm Let's Play Poker 11/10 at 2 pm Veterans Day Program 11/11 at 2pm Special Guest 11/18 at 2 pm</p>  <p>All Special Events Take Place in the 2nd Floor Dining Area</p>	<p>9:15 am – 11:50 am Daily Gratitude / Daily Chronicle / Music Exercise / Brain Fitness (G,1,2,3) 1:00 am – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Timeless Trivia / Music (G,3) Residents' Choice Movie (1) Food Committee (2)</p>	<p>9:15 am – 11:50 am Daily Gratitude / Daily Chronicle / Music Exercise / Brain Fitness (G,1,2,3) 1:00 am – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Picture View / Parrots Head Day (G) November IQ (1,2) Memory Lane (3)</p>	<p>9:15 am – 11:50 am Daily Gratitude / Daily Chronicle / Music Exercise / Brain Fitness (G,1,2,3) 1:00 am – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Story Time / Art / Music (G,3) Pole Dancing / Anagram (1,2)</p>	<p>9:15 am – 11:50 am Daily Gratitude / Daily Chronicle / Music Exercise / Brain Fitness (G,1,2,3) 1:00 am – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Cinema Time (G,1,3) Jackie Gibson Entertains (2)</p> 	<p>9:15 am – 11:50 am Exercise / Brain Fitness (G,3) Daily Bread / Daily Chronicle (1,2) 2:00 pm – 4:00 pm Nat King Cole / Discussion (G,3) Residents' Choice (1,2)</p>	
<p>9:15 am – 10:15 am Daily Chronicle / Music (G,1,2,3) 10:30 – 11:30 am Morning Worship (2) 2:00 – 4:00 pm Timeless Trivia (G,3) Resident Run Bingo (1) Movie Matinee (2)</p>  <p>Daylight Saving Time Ends</p>	<p>9:15 am – 11:50 am Daily Gratitude / Daily Chronicle / Music Exercise / Brain Fitness (G,1,2,3) 1:00 am – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Creative Corner / Music (G) Who am I? / Discussion (1,2) Roy Rogers Songs (3)</p>	<p>9:15 am – 11:50 am Daily Gratitude / Daily Chronicle / Music Exercise / Brain Fitness (G,1,2,3) 1:00 am – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Remembering Roy Rogers (G,3) Game Show Trivia (1) Resident Council (2)</p>	<p>9:15 am – 11:50 am Daily Gratitude / Daily Chronicle / Music Exercise / Brain Fitness (G,1,2,3) 1:00 am – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Wildlife Symphony (G) Name That Decade / Discussion (1,2) The Brady Bunch (3)</p>	<p>9:15 am – 11:50 am Daily Gratitude / Daily Chronicle / Music Exercise / Brain Fitness (G,1,2,3) 1:00 am – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Manicures and a Movie (G) Anagram (1) Lets' Play Poker (2) I Love Lucy (3)</p> 	<p>9:15 am – 11:50 am Daily Gratitude / Daily Chronicle / Music Exercise / Brain Fitness (G,1,2,3) 1:00 am – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Movie Matinee (G,1,3) Veterans Day Program w / Kevin Galm (2)</p>  <p>Veterans Day Remembrance Day (Canada)</p>	<p>9:15 am – 11:50 am Exercise / Brain Fitness (G,3) Daily Bread / Daily Chronicle (1,2) 2:00 pm – 4:00 pm Mr. Popper's Penguins (G) Residents' Choice (1,2) Gooby The Movie (3)</p>
<p>9:15 am – 10:15 am Daily Chronicle / Music (G,1,2,3) 10:30 am – 11:30 am Morning Worship (2) 2:00 pm – 4:00 pm Musical Escapes (G) Resident Run Bingo (1) Blue Church (2) Cinema Time (3)</p> 	<p>9:15 am – 11:50 am Daily Gratitude / Daily Chronicle / Music Exercise / Brain Fitness (G,1,2,3) 1:00 am – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Creative Corner (G,3) What am I? / Discussion (1,2)</p>	<p>9:15 am – 11:50 am Daily Gratitude / Daily Chronicle / Music Exercise / Brain Fitness (G,1,2,3) 1:00 am – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Game Show Trivia (G,3) Attic Treasures / Anagram (1,2)</p>	<p>9:15 am – 11:50 am Daily Gratitude / Daily Chronicle / Music Exercise / Brain Fitness (G,1,2,3) 1:00 am – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Manicures and Music (G,3) Which is the Correct Spelling? (1,2)</p>	<p>9:15 am – 11:50 am Daily Gratitude / Daily Chronicle / Music Exercise / Brain Fitness (G,1,2,3) 1:00 am – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm History of Canning (G) Visiting Tortuga, Haiti (1,2) Happy Feet (3)</p> 	<p>9:15 am – 11:50 am Daily Gratitude / Daily Chronicle / Music Exercise / Brain Fitness (G,1,2,3) 1:00 am – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Baby Love (G) Movie Matinee (1,3) Special Guest Entertains (2)</p> 	<p>9:15 am – 11:50 am Exercise / Brain Fitness (G,3) Daily Bread / Daily Chronicle (1,2) 2:00 pm – 4:00 pm Little Ones (G) Residents' Choice (1,2) March of the Penguins (3)</p>
<p>9:15 am – 10:15 am Daily Chronicle / Music (G,1,2,3) 10:30 am – 11:30 am Morning Worship (2) 2:00 pm – 4:00 pm Movie Matinee (G,3) Resident Run Bingo (1) Christ Christian Community Church (2)</p> 	<p>9:15 am – 11:50 am Daily Gratitude / Daily Chronicle / Music Exercise / Brain Fitness (G,1,2,3) 1:00 am – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Creative Corner / Story time (G,3) Who am I? / Discussion (1,2)</p>	<p>9:15 am – 11:50 am Daily Gratitude / Daily Chronicle / Music Exercise / Brain Fitness (G,1,2,3) 1:00 am – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Puppy Party (G) The Pace to B / Word Game (1,2) Kids Say the Darndest Things (3)</p>	<p>9:15 am – 11:50 am Daily Gratitude / Daily Chronicle / Music Exercise / Brain Fitness (G,1,2,3) 1:00 am – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Baby Love (G) EZ Does It Trivia (1,2) When We Were Kids (3)</p>	<p>9:15 am – 11:50 am Daily Gratitude / Daily Chronicle / Music Exercise / Brain Fitness (G,1,2,3) 1:00 am – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm A Wild Turkey Tale (G,3) Thankful For Thanksgiving Humor (1,2)</p>  <p>Thanksgiving Day (US)</p>	<p>9:15 am – 11:50 am Daily Gratitude / Daily Chronicle / Music Exercise / Brain Fitness (G,1,2,3) 1:00 am – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Songs About Gratitude (G,1,2,3)</p>	<p>9:15 am – 11:50 am Exercise / Brain Fitness (G,3) Daily Bread / Daily Chronicle (1,2) 2:00 pm – 4:00 pm Rainforest Impressions (G) Residents' Choice (1,2) Things That Aren't Anymore (3)</p>
<p>9:15 am – 10:15 am Daily Chronicle / Music (G,1,2,3) 10:30 am – 11:30 am Morning Worship (2) 2:00 pm – 4:00 pm Teddy Bear Picnic / Art / Music (G) Resident Run Bingo (1,2) Movie Matinee (3)</p> 	<p>9:15 am – 11:50 am Daily Gratitude / Daily Chronicle / Music Exercise / Brain Fitness (G,1,2,3) 1:00 am – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Creative Corner / Story (G,3) What am I? / Discussion (1,2)</p>	<p>9:15 am – 11:50 am Daily Bread / Daily Chronicle / Music Exercise / Brain Fitness (G,1,2,3) 1:00 am – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Manicures and Movie (G,3) Pass the Ham / Anagram (1,2)</p>	<p>9:15 am – 11:50 am Daily Bread / Daily Chronicle / Music Exercise / Brain Fitness (G,1,2,3) 1:00 am – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Let's Reminisce (G,3) Puzzles & Pondering / Music (1,2)</p>	<p>November 2022 Sterling Healthcare & Rehabilitation Center</p> 		

Any calendar changes or additions will be posted.



Resident of the Month: Barbara Odowd

Barbara was born on May 23, 1953 to Marjorie and Joseph. Barbara is the youngest of three siblings. She has one sister and one brother.

Barbara graduated from Lawrence Massachusetts.

She is the proud mother of four daughters, Molly, Maggie, Emma and Sarah.

In 2015, she moved to Delaware county and became a first-time grandmother of two grandsons, ages 6 and 2.

Her daughters will reflect on how she was the Queen of Pinterest and their house was full of joy, as Barbara kept them giggling and laughing as she could always be found being a practical joker.

Barbara is a fancy dancer and on any given day you can find her dancing in the hallways to music, socializing with the ladies, and attending an activity.



Famous November Birthdays

The following people were born in November. Can you find their **last names**? Search horizontally, vertically, diagonally, forward, and backward.

- A. William **BONNEY**
- B. Petula **CLARK**
- C. Walter **CRONKITE**
- D. Tommy **DORSEY**
- E. Robert **FULTON**
- F. James A. **GARFIELD**
- G. Edmund **HALLEY**
- H. Burt **LANCASTER**
- I. Vivien **LEIGH**
- J. Mickey **MOUSE**
- K. George S. **PATTON**
- L. Fernando **VALENZUELA**



Bonus: Match the person to the correct clue.

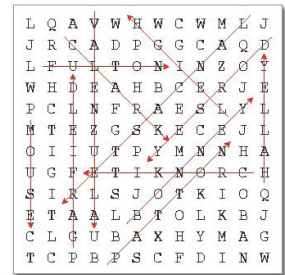
- | | |
|---|-----------------------------|
| 1. MLB baseball pitcher ____ | 7. WWII general ____ |
| 2. Beloved TV journalist ____ | 8. Singer ____ |
| 3. U.S. president ____ | 9. Cartoon character ____ |
| 4. Movie actor ____ | 10. Wild West outlaw ____ |
| 5. <i>Gone with the Wind</i> actress ____ | 11. Big band leader ____ |
| 6. Astronomer ____ | 12. Steamboat inventor ____ |

- | | |
|----------------------------|--|
| 12. Steamboat inventor - E | 6. Astronomer - G |
| 11. Big band leader - D | 5. <i>Gone with the Wind</i> actress - I |
| 10. Wild West outlaw - A | 4. Movie actor - H |
| 9. Cartoon character - J | 3. U.S. president - F |
| 8. Singer - B | 2. Beloved TV journalist - C |
| 7. WWII general - K | 1. MLB baseball pitcher - L |

Bonus: Match the person to the correct clue.

Searching for Pies

The words listed below can all be found horizontally in the puzzle.



- APPLE
- BLUEBERRY
- CHERRY
- CUSTARD
- KEY LIME
- LEMON CREAM
- MERINGUE
- PEACH
- PECAN
- PUMPKIN

