

In Touch



MorningStar Senior Living of Sparks

NOVEMBER 2017

AT YOUR SERVICE

Department Heads

Assaad Zeid

Executive Director

Inga Smith

Business Office Manager

Shelley Minedew

HR & Resident Relations

Lori Waldorf

Director of Community Relations

Vanessa Dixon

Resident Care Coordinator

Lisa Erck

A.L. Coordinator

Kelly Goss

Reflections Coordinator

Jacques Cornelis

Executive Chef

Jorge Ramos

Dining Room Supervisor

Rod Thomas

Maintenance Coordinator

Lesly Laguna

Housekeeping Supervisor

Suzanne Cornelis

Life Enrichment Coordinator

From the Executive Director

Happy Thanksgiving!

*"Absence sharpens love,
presence strengthens it."*

- Thomas Fuller

Today I will give thanks for all my loved ones and send warm vibes toward all those who feel alone on this celebratory day!

It is that time again, as the holidays approach; I sent you a letter regarding the holiday appreciation fund for our line staff. As you know, this is a non-tipping industry, however, we ask you to show your appreciation to our team members. Every team member in each department has committed to serve you and your needs. We ask you to contribute \$0.65 per day, however, any contribution is appreciated by the staff. Funds will be distributed in December before the Holidays.

We will be having a brunch on Thanksgiving Day on November 23, 2017. We will have two settings: 11:30 am & 1:00 pm. Please make reservation no later than November 20, 2017. We are expecting a large number of guests so I urge you to make reservation at the concierge desk; seating may be delayed for non-reserved parties. The price for adults is \$16.95 and \$9.95 for children age 5 -11; children under 5 free.

In October, I distributed our annual satisfaction survey. I hope you have had the chance to fill it out and turn it in to the Front Desk. Your opinion counts!

Yours,
Assaad



The Sparks team in their Halloween finery!

Our Mission

- Honor God in our business practices and relationships
- Value all seniors as gifted, contributing individuals
- Invest generously in our team members' ability to serve well

— Happy Halloween! —



Shannon stole the show at our Halloween costume in her fallen angel ensemble.

Pictured right: Ted M. as Emma Louise Dion; Lori the Crazy Cat Lady and her litter.



Doris G. will be celebrating a November birthday!

Brides of Frankenstein, vampires, bees, chefs, masked desperados, and a ton of cats roamed our hallowed halls this Halloween!

Shannon walked (or flew) away with the grand prize in our Team Member Costume Contest!

When it came time for our residents to show off their Halloween spirit, the race was on!

Our scheduled entertainment for the night was unable to make it, but lucky for us, Emma Louise Dion, grandmother of Celine, flew down all the way from Quebec to perform a stunning rendition of *All by Myself*. She also walked away with Best Costume!



Welcome Home

What a month for new faces! Reflections' has an abundance of new move-in with Martha H, Robert R and Byron W in our Independent Living neighborhood we've been joined by Frank M and Marilyn M. Denise M has joined us in Assisted Living as well!



Celebrating Life

Residents:

Marie B. Wednesday the 1st
Gladys T. Saturday the 4th
Carol B. Tuesday the 7th
Doris G. Tuesday the 7th
Mary G. Friday the 17th
Don O. Tuesday the 21st
Marcy W. Tuesday the 21st
Suzanne J. Wednesday the 22nd

Thelma V. Wednesday the 22nd
John G. Thursday the 23rd
Sonja P. Wednesday the 29th

Team Members:

Sebastian G. – Sunday the 5th
Debra E. – Tuesday the 7th
Vanessa D. – Wednesday the 8th
Cierra S. – Friday the 17th

Hear ye! Hear ye!

There's been a change to Tuesday morning shopping! Instead of bundling together shoppers from both Raley's & Walmart, we will be having two separate outings. Raley's will depart at 9:00AM followed by the Walmart trip at 9:30AM. This will go into effect on Tuesday, November 7th.

Beanbag Baseball Schedule:

Friday the 2nd - vs 5-Star

Thursday the 16th - vs Carson Plaza (Away)

Tuesday the 28th - vs MorningStar Staff

Pictured right: Zombo visited our community on Hallow's Eve Eve where he managed to spook Laura T, Irene D as well as our entire culinary department!



Health & Wellness at MorningStar

Starting this November you'll have the opportunity to join us for QiGong! On the 1st & 3rd Mondays at 10:00AM in the Fitness Room. On these days, Qigong will take the place of our normally scheduled Sit & Be Fit.

As an adaptable class, absolutely anyone and everyone is able to participate! The exercises done are tailored to each individual's ability. This is a great way to get into the habit of exercise, for instance, did you know that in China close to 50 percent of qigong and tai chi practitioners begin after 60 years of age?

Dragon & Tiger Qigong is said to be exceptionally helpful with:

- Releasing stress and improving relaxation
- Unwinding tension especially in the back, neck and shoulders
- Increasing blood circulation
- Raising energy levels and improving immune function
- Better balance and physical coordination.

Life Around Our House



Our residents were treated to a visit to Andelin Family Farms. We enjoyed a scenic hayride through the farm, followed by a meet and greet with some of its furrier denizens: everything from kunekune pigs from New Zealand to alpacas from the Andes. Before turning for home, everyone received the ideal sugar pie pumpkin for roasting, decorating or carving!

Bottom photo: all the participants of our Halloween Costume Contest!