



OAK LEAF

November 2022



NOVEMBER BIRTHDAYS

November 10th: Mary Ann Kasofsky

November 12th: Norma Puckey

November 14th: Helena Hughes

November 14th: Mary Johnson

November 14th: Theresa Komondor

November 21st: Martha Esper

ADMINISTRATOR..... JAY WHARTON
DIRECTOR OF OPERATIONS..... SEAN GRESS
DIRECTOR OF RESIDENT CARE.....JACKIE DELLEDONNE
DIETARY DIRECTOR..... ZACH KONOPKA
ACTIVITIES DIRECTOR.....LIZ MAGNELLI
MARKETING DIRECTOR..... CHRIS KUNST
SECURITY MANAGER..... TROY TAYLOR
CHAPLAIN..... INGRID KALCHTHALER

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Event Promo

November Events

Music and Motion: Every Monday, Wednesday, and Friday at 10:00

Bingo: Every Monday, Wednesday, and Friday at 2:00

Resident Round Table: Tuesday November 1st at 11:00

Happy Hour: Every Tuesday at 3:30

Bells with Bev: Thursday November 3rd and 17th at 2:00

Monthly TV Series: Every Friday at 3:30

Morning News: Every Thursday at 10:00

Bible Study: Every Wednesday at 3:30



VETERANS DAY CELEBRATION

FRIENDS & FAMILY CEREMONY DINNER



NOVEMBER 11, 2022



4-6PM



FAIR OAKS DINING ROOM

RSVP TO LIZ@FAIR-OAKS.COM WITH HOW MANY FAMILY & FRIENDS WILL BE ATTENDING AS WELL AS WITH THE NAMES AND BRANCH OF SERVICE OF ANY VETERANS THAT WILL BE ATTENDING TO INCLUDE IN THE CEREMONY!



Thanksgiving Tea Party
Tuesday November 22nd @2:00PM
Join us in the Activity Room for a fun Thanksgiving Tea Party!

creationsbykara.com

RESIDENT MEMORIALS



Mary Bradley



Frank Mingrone

NEW RESIDENTS



Barbara Ehland



Charles Rowe



William Samuels



Mary Romah



Lois Nastase



Elizabeth Husa

Phipps Conservatory Trip
Tuesday November 29th @10:30
Sign up with Liz to go Phipps
Conservatory and see the Winter Flower
Show

Olive Garden Lunch Outing
Tuesday November 8th @11:30
Sign up with Liz to go out on a nice
lunch to Olive Garden

Jay's Journal

Hi everyone,

I wanted to take a moment to introduce our new Health Services Director to everyone, Jackie Delledonne. She has now been with us for about a month and is settling in to her position! If you haven't already welcomed Jackie, feel free to stop by and say hello to her in the nurses station!

Additionally, Flu shots are coming! Flu shots will be done on November 10th and residents will be called down to the Lazy Lemon Lounge to get their shots. Flu shot forms are available at the front desk, or you can email me.



Rev. Ing's Things

Dear Ones,

As we enter into November, many of us are thinking about Thanksgiving, the delicious miracles that Zach and his crew will be serving up in the dining hall, and the time, perhaps, to gather with loved ones we haven't seen in a while. We also take time to GIVE thanks. Hopefully, we do that more than just once a year! But this time of year lends itself to taking stock of our blessings.

Writer Anne Lamott has published a wonderful book, *Help, Thanks, Wow: three essential prayers*. (Let me know if you want to borrow a copy, and I can hook you up!)

She has this to say about giving thanks: Gratitude begins in our hearts and then dovetails into behavior. It almost always makes you willing to be of service, which is where the joy resides.

As we give thanks for the blessing in our lives, it is not uncommon to feel a sense of loss or sadness, however. When we look back, we often remember our loved ones who have died, and how our lives have changed, which can be quite painful. I recall with gratitude the beautiful words that Joel shared when we celebrated the earthly life of our dear friend Anna Demianczyk, in July, "If you are hurting right now, that is good. Because that means you loved." This has helped me greatly when tending to my own grief-wounds.

Whatever you are feeling this Thanksgiving, it is my prayer that you will know that our Loving God welcomes all of your feelings; God knows what it is like to grieve. Know, too, that others are here for you, walking with you, being willing to sit with you in your grief, and lend you strength as you move through it and toward healing. Reach out, share stories, share beloved memories, and give great thanks for the love, the holy moments you have experienced. In doing this, you may just be more attune to seeing the love and holiness in this present moment, and give thanks.

I give thanks for each and everyone one of you, my beloved siblings in the Spirit, not just at Thanksgiving, but all year long.

Love,

Pastor Ingrid

A Time of Remembrance and Thanksgiving

FAIR OAKS MEMORIAL

Join us to celebrate the lives of
our Fair Oaks loved ones in a
special worship service

27

NOVEMBER,

2022

1:30PM

ACTIVITY ROOM

Please email liz@fair-oaks.com if you wish to
add another loved ones name to our service

FAIR OAKS SENIOR LIVING FAMILY & FRIENDS

Zach's Snacks

Since childhood we are all used to carving Jack-O-Lanterns for Halloween. Through the fall season and Thanksgiving these autumn beauties – from white ghosts to bright red turbans – greet us from a neighbor's front steps, from store display, or even scattered throughout our own homes. Here are some fun trivia and also nutritional information we should all know about pumpkins. With their bright orange and red skins and flesh so full of beta carotene, which converts to vitamin A, they are great for healthy desserts. Pumpkin nutritional facts: (one cup cooked, boiled, drained, without salt) calories 49, Protein 2 grams; Carbohydrate 12 grams; Dietary Fiber 3 grams; Calcium 37 mg; Iron 1.4mg; Magnesium 22 mg; Potassium 564 mg; Zinc 1mg; Vitamin C 12 mg; Niacin 1 mg; Folate 21 mcg; Vitamin A 5640 IU; Vitamin E 3 mg. The largest pumpkin pie ever made was more than five feet in diameter and weighed over 350 pounds. It used 80 pounds of cooked pumpkin, 36 pounds sugar, 12 dozen eggs and took six hours to bake. The top pumpkin production states are California, Illinois, Ohio and Pennsylvania, producing 1.1 billion pounds in 2008. Pumpkin seeds can be roasted as a snack high fiber. Pumpkins are fruits and members of the vine crops family called cucurbits. In early colonial times, pumpkins were used as an ingredient for the crust of pies not filling. Pumpkins range in size from less than a pound to over 1000 pounds. The name pumpkin originated from "pepon", the Greek word for "large melon". Colonists sliced off pumpkin tops; removed seeds and filled the insides with milk, spices and honey. This was baked in hot ashes and is the original of pumpkin pie. Pumpkins were once recommended for removing freckles and curing snake bites! Pumpkin flowers are edible pumpkins are used for feed for animals. Pumpkins are 90 percent water. Pumpkin seeds can be roasted as a snack.

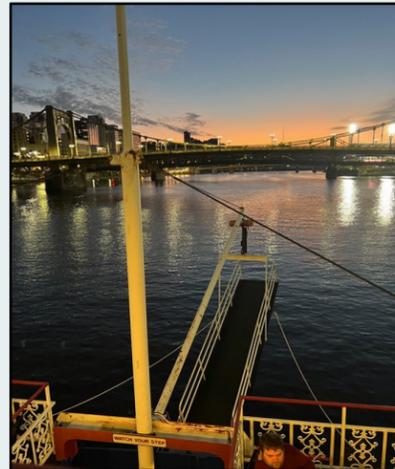
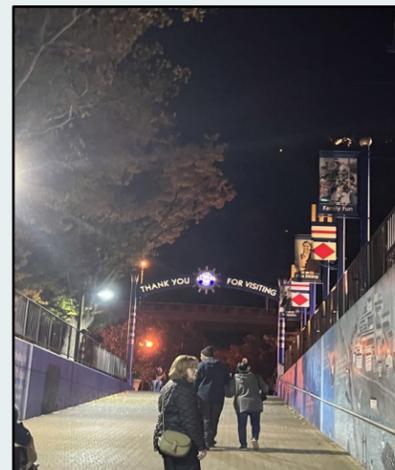
Liz's Leisure's

Hello Everyone,
I am excited to announce that the Beechview Carnegie Library of Pittsburgh has brought back their Book Drop program to Fair Oaks! This means that every month we will have new books dropped off to us from the Beechview library and they will be left in the bookcase that is just inside the Country Store on the Lower Level. Feel free to drop by any time and borrow a book from the shelf as long as you like! When you are done with your book you can return it back to the shelf at any point. If anyone has any specific book requests, author requests, or just requests for genres to be filled in the bookshelf please feel free to call, email, or otherwise get ahold of me so I can let the library know what everyone is looking for!

AROUND FAIR OAKS



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SUN	MON	TUE	WED	THUR	FRI	SAT
		9:00 The Country Store 11:00 Resident Round Table (AR) 2:00 Dominoes (AR) 3:30 Happy Hour (LLL)	9:00 The Country Store 10:00 Music and Motion (AR) 11:00 Poker Game (LLL) 2:00 BINGO (AR) 3:30 Bible Study (AR)	9:00 The Country Store 10:00 Thursday Morning News (AR) 11:00 Board Games (AR) 2:00 Bells with Bev (AR) 6:00 Thursday Night Live with Music: Tracy Lee (AR)	9:00 The Country Store 10:00 Music and Motion (AR) 11:00 Manicures (AR) 2:00 BINGO (AR) 3:30 Land Girls: TV Series (AR)	11:00 Creative Crafts (LLL) 2:00 UNO (LLL) 3:00 Matinee (AR)
Daylight Savings Time Ends 11:30 Catholic Communion (CH) 1:30 Chapel Service (CH) 2:00 Crazy Bingo (AR)	9:00 The Country Store 10:00 Music and Motion (AR) 11:00 Painting (LLL) 12:00 Lunchtime Show with John Sarkis (DR) 1:30 Rosary (CH) 2:00 BINGO (AR)	9:00 The Country Store 11:00 Lunch Outing: Olive Garden 2:00 Pet Therapy (AR) 3:30 Happy Hour (LLL)	9:00 The Country Store 10:00 Music and Motion (AR) 11:00 Cornhole (AR) 2:00 BINGO (AR) 3:30 Bible Study (AR)	9:00 The Country Store 10:00 Thursday Morning News (AR) 11:00 PJ's and Pancakes (AR) 2:00 Sing a Long (AR) 6:00 Thursday Night Live with Music: Jerry Coyne (AR)	Veterans Day 9:00 The Country Store 10:00 Music and Motion (AR) 11:00 Day at the Races (AR) 1:30 Mass with Father Bachner (CH) 2:00 BINGO (AR) 5:00 Veterans Day Celebration (AR)	11:00 Dominoes (AR) 2:00 Dementia Friends Presentation (AR)
11:30 Catholic Communion (CH) 1:30 Chapel Service (CH) 2:00 Trivia (AR)	9:00 The Country Store 10:00 Music and Motion (AR) 11:00 Thanksgiving Craft (LLL) 1:30 Rosary (CH) 2:00 BINGO (AR) 6:00 Thursday Night Live with Music: Ron Bickel (AR)	9:00 The Country Store	9:00 The Country Store 10:00 Music and Motion (AR) 11:00 Card Games: Spoons (LLL) 3:30 Bible Study (AR)	9:00 The Country Store 10:00 Thursday Morning News (AR) 11:00 Jewelry (AR) 2:00 Bells with Bev (AR)	9:00 The Country Store 10:00 Music and Motion (AR) 11:00 Scrabble (AR) 1:30 Monthly Food Meeting (LLL) 2:00 BINGO (AR) 3:30 Land Girls: TV Series (AR)	11:00 Manicures (AR) 2:00 Chinese Checkers (AR) 3:00 Matinee (AR)
11:30 Catholic Communion (CH) 1:30 Chapel Service (CH) 2:00 Crazy Bingo (AR)	9:00 The Country Store 10:00 Music and Motion (AR) 11:00 UNO (LLL) 12:00 Lunchtime show with Tracy Lee (DR) 1:30 Rosary (CH) 2:00 BINGO (AR)	9:00 The Country Store 11:00 Duolingo (AR) 2:00 Thanksgiving Tea Party (AR) 6:00 Thursday Night Live with Music: Betsy & Benny Myers (AR)	9:00 The Country Store 10:00 Music and Motion (AR) 11:00 Scrapbooking (LLL) 2:00 BINGO (AR) 3:30 Bible Study (AR)	Thanksgiving 9:00 The Country Store	9:00 The Country Store 10:00 Music and Motion (AR) 11:00 Tie Dying (AR) 1:30 Mass with Father Bachner (CH) 2:00 BINGO (AR) 3:30 Land Girls: TV Series (AR)	11:00 Painting (LLL) 2:00 Volleyball (AR) 3:00 Matinee (AR)
11:30 Catholic Communion (CH) 1:30 Chapel Service (CH) 1:30 Memorial Services (AR)	9:00 The Country Store 10:00 Music and Motion (AR) 11:00 Creative Crafts (LLL) 1:30 Rosary (CH) 2:00 BINGO (AR)	9:00 The Country Store 11:00 Phipps Conservatory Trip (Phipps Conservatory) 2:30 Monthly Birthday Party (AR) 3:30 Happy Hour (LLL)	9:00 The Country Store 10:00 Music and Motion (AR) 11:00 Cooking Class (AR) 2:00 BINGO (AR) 3:30 Bible Study (AR)	LOCATION KEY AR - Activity Room CH - Chapel DR - Dining Room LLL - Lazy Lemon Lounge		

November 2022

Fair Oaks

