

THE Lake Wylie Lifestyle



LAKE WYLIE
SENIOR LIVING AT EASE

Like Us!  

ASSISTED LIVING COMMUNITY
4877 Charlotte Highway · Lake Wylie, SC 29710 · (803) 831-9900

Department Heads

Kayla Cline - Executive Director
Nicci Melton - Business Office Manager
Sandy Brown - Resident Program Director
Roger Dishman - Director of Plant Operations
Shawn Latta - Dining Services Director
Cedric Bowler - Sale Marketing Director

Support Team

Tamicka Sanders-RCC
Sherlie Paul- Charge Nurse
Cinquetta McKoy-Yong- Sale Counselor



FROM THE DESK OF Kayla Cline

Greetings families!!

Hope this change in weather has everyone embracing FALL!! The holidays are just around the corner and we know what that means – lots of family time and lots of yummy food!!

Keep November 14th at 5:00 PM and December 14th at 6:30 PM booked in your calendars to be at LWAL for our Thanksgiving Meal and Christmas Celebration. We look forward to seeing and spending time with you and your loved ones.

I just want to thank each of you for entrusting us with the care of your loved ones. I know there have been a lot of changes recently and appreciate your support of the team here!! If you need anything, please do not hesitate to reach out: (713) 788 – 4209.

NOVEMBER 2023

An Attitude of Gratitude

A thankful heart is a happy heart—it may sound cliché, but science says it's true. Making gratitude a regular habit boosts positive emotions and helps you be more resilient when dealing with life's challenges. These exercises in gratitude can lead to a happier you.

Keep a journal. A dedicated journal, in which you write down a few things you are thankful for each day, is a simple and effective tool for cultivating gratitude. Rereading past entries can offer a healthy perspective when you need an emotional boost.

Create a collage. Put together a collage of photos of friends and family members, as well as other items that bring you joy, such as a meaningful postcard or a wise saying from a fortune cookie. Place it where you'll see it every day as a visual reminder of the good things in your life.

Say "thank you." Express your thanks when interacting with food servers, store clerks, medical staff and customer service employees. Send personal thank-you notes to people who've left lasting impressions.

Give back. Donating your time, skills or money to those in need gives you the chance to reflect on things you may take for granted. Helping others also increases your sense of purpose and overall well-being.

Meditate. You can stop a sour mood in its tracks with mindful meditation. Sit in a quiet place, breathe deeply and slowly, and focus on your senses. Notice the little things that make you happy. A bird singing? The sound of laughter in the background? Add these to your daily gratitude list—nothing is too small or insignificant!

**NOVEMBER
2023**

**Heartwarming
Hymns for
Thanksgiving**

These traditional hymns are often heard at Thanksgiving time, reflecting the gratitude and joy of the season. "We Gather Together." The title of this song, set to a Dutch folk tune, emphasizes the fellowship of friends and family.

"Bringing in the Sheaves." Reminding us of the importance of "sowing seeds of kindness," this hymn uses harvest time as a reason to rejoice.

"Come, Ye Thankful People, Come." This English hymn was originally titled "After Harvest," and is a celebration of the Earth's bounty.

"For the Beauty of the Earth." Familiar and comforting to many, this "hymn of grateful praise" recognizes the blessings of everyday life.

**'Tackle' Is
One**

How many words can you come up with using the letters in "cozy blanket"?

"Savor the day and be good to yourself, love yourself, and then you can be good to others and be of service to others."
—Charlotte Rae

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	Employee Birthday Melanie Gora 11/14 Autumn Thompson 11/19 Yohannah JeanPaul 11/23	Resident Birthday Barbara Wouters 11/02 Doris Smith 11/04 Florene Ferrell 11/07 Bill Myer 11/10 Ted Tilgihman 11/16 Catherine Gleaves 11/17 Margaret Gertis 11/21 James Brown 11/28	1 9:30 Daily Devotion-PL 10:00 Exercise Class-PL 10:30 Snack And Hydration-PL 10:45 Pet Therapy With Jack And Dianne-PL 1:00 Bingo-PL 2:30 Snack And Hydration-PL 3:30 Nine Letter word Word Game-PL 6:00 Bible Study Time-PL	2 9:30 Daily Devotion-PL 10:00 Exercise With Therapy-PL 10:15 Bookmobile-AR 10:30 Snack And Hydration-PL 11:00 Catholic Mass-PL 1:00 Manicures Spa Day-Beauty Shop-BS 2:30 Snack And Hydration-PL 3:00 Wine And Cheese-PL 6:00 Game Night-Resident Choice-RL-PL	3 9:30 Daily Devotion-PL 10:00 Exercise Class-PL 10:00 Hamrick's-OOC 1:00 Bingo-PL 2:30 Snack And Hydration-PL 3:00 Music With Cedric 6:00 Friday Night Movie Time-PL	4 9:30 Morning News-PL 10:00 Exercise Class-PL 10:30 Snack And Hydration-FD 1:00 Bingo with Darlene-AR 2:30 Snack And Hydration-FD 4:00 Movie Of Choice-FD 6:00 Game Night-RL	
	5 10:00 Church With Steve-PL 10:30 Snack And Hydration-FD 11:00 Catholic Communion-PL 2:30 Snack And Hydration-FD 6:15 Bible Study with David-PL	6 9:30 Daily Devotion-PL 10:00 Exercise With Therapy-PL 10:00 Walmart OOC 10:30 Snack And Hydration-PL 1:00 Bingo-PL 2:30 Snack And Hydration-PL 3:00 Words Within Words-PL 6:00 Card Night -PL	7 BEAUTY SALON DAY 9:30 Daily Devotion-PL 10:00 Exercise Class-PL 10:30 Snack And Hydration-PL 11:00 November EZ Does It Trivia-PL 1:00 Pokeno!-PL 2:30 Snack And Hydration-PL 6:00 Table Tic Tac Toe-RL	8 9:30 Daily Devotion-PL 10:00 Exercise Class-PL 10:30 Snack And Hydration-PL 10:45 Pet Therapy With Jack And Dianne-PL 1:00 Bingo-PL 2:00 Door Crafts PL 2:30 Snack And Hydration-PL 3:30 Nine Letter word Word Game-PL 6:00 Bible Study Time-PL	9 9:30 Daily Devotion-PL 10:00 Exercise With Therapy-PL 10:30 Snack And Hydration-PL 1:00 Catholic Rosary-PL 1:00 Manicures Spa Day-Beauty Shop-BS 2:30 Snack And Hydration-PL 3:00 Wine And Cheese-PL 6:00 Game Night-Resident Choice-RL-PL	10 Veterans Day (Observed) 9:30 Daily Devotion-PL 10:00 Dollar Tree -OOT 10:00 Exercise Class-PL 1:00 Bingo-PL 2:00 Veterans Day Celebration -PI 2:30 Snack And Hydration-PL 6:00 Friday Night Movie Time-PL	11 Veterans Day 9:30 Morning News-PL 10:00 Exercise Class-PL 10:30 Snack And Hydration-FD 1:00 Jenga at the table -RL 2:30 Snack And Hydration-FD 4:00 Movie Of Choice-FD 6:00 Game Night-RL
	12 10:00 Church With Steve-PL 10:30 Snack And Hydration-FD 11:00 Catholic Communion-PL 2:30 Snack And Hydration-FD 6:15 Bible Study with David-PL	13 9:30 Daily Devotion-PL 10:00 Exercise With Therapy-PL 10:00 Walmart OOC 10:30 Snack And Hydration-PL 1:00 Bingo-PL 2:30 Snack And Hydration-PL 3:00 Words Within Words-PL 6:00 Card Night -PL	14 BEAUTY SALON DAY 9:30 Daily Devotion-PL 10:00 Exercise Class-PL 10:30 Snack And Hydration-PL 11:00 Yes, I Have-PL 1:00 Pokeno!-PL 2:30 Snack And Hydration-PL 6:00 Table Tic Tac Toe-RL	15 9:30 Daily Devotion-PL 10:00 Exercise Class-PL 10:30 Snack And Hydration-PL 10:45 Pet Therapy With Jack And Dianne-PL 1:00 Bingo-PL 2:30 Snack And Hydration-PL 3:30 Nine Letter word Word Game-PL 6:00 Bible Study Time-PL	16 9:30 Daily Devotion-PL 10:00 Exercise With Therapy-PL 10:15 Bookmobile-AR 10:30 Snack And Hydration-PL 1:00 Catholic Rosary-PL 1:00 Manicures Spa Day-Beauty Shop-BS 2:30 Snack And Hydration-PL 3:00 Wine And Cheese-PL 5:00 Family Night	17 9:30 Daily Devotion-PL 10:00 Exercise Class-PL 10:00 Hobby Lobby-OOC 1:00 Bingo-PL 2:30 Snack And Hydration-PL 3:00 Music With David 6:00 Friday Night Movie Time-PL	18 9:30 Morning News-PL 10:00 Exercise Class-PL 10:30 Snack And Hydration-FD 1:00 Bingo With Darlene-AR 2:30 Snack And Hydration-FD 4:00 Movie Of Choice-FD 6:00 Game Night-RL
	19 10:00 Church With Steve-PL 10:30 Snack And Hydration-FD 11:00 Catholic Communion-PL 2:30 Snack And Hydration-FD 6:15 Bible Study with David-PL	20 9:30 Daily Devotion-PL 10:00 Exercise With Therapy-PL 10:00 Walmart OOC 10:30 Snack And Hydration-PL 1:00 Bingo-PL 3:00 November Birthday Celebration-PL 3:30 New Residents Welcome-PL 6:00 Card Night -PL	21 BEAUTY SALON DAY 9:30 Daily Devotion-PL 10:00 Exercise Class-PL 10:30 Snack And Hydration-PL 11:00 Turkey Day Trivia-PL 1:00 Pokeno!-PL 2:30 Snack And Hydration-PL 6:00 Table Tic Tac Toe-RL	22 9:30 Daily Devotion-PL 10:00 Exercise Class-PL 10:30 Snack And Hydration-PL 10:45 Pet Therapy With Jack And Dianne-PL 1:00 Bingo-PL 2:30 Snack And Hydration-PL 3:30 Nine Letter word Word Game-PL 6:00 Bible Study Time-PL	23 Thanksgiving 9:30 Daily Devotion-PL 10:00 Exercise With Therapy-PL 10:30 Snack And Hydration-PL 1:00 Catholic Rosary-PL 1:00 Manicures Spa Day-Beauty Shop-BS 2:30 Snack And Hydration-PL 3:00 Wine And Cheese-PL 6:00 Game Night-Resident Choice-RL-PL	24 9:30 Daily Devotion-PL 10:00 Exercise Class-PL 10:30 Spa Day Outing-OOC 1:00 Bingo-PL 2:30 Snack And Hydration-PL 3:00 Music With Patrick-PL 6:00 Friday Night Movie Time-PL	25 9:30 Morning News-PL 10:00 Exercise Class-PL 10:30 Snack And Hydration-FD 1:00 Jenga at the table -RL 2:30 Snack And Hydration-FD 4:00 Movie Of Choice-FD 6:00 Game Night-RL
	26 10:00 Church With Steve-PL 10:30 Snack And Hydration-FD 11:00 Catholic Communion-PL 2:30 Snack And Hydration-FD 6:15 Bible Study with David-PL	27 GentleCare Services Podiatrist 9:30 Daily Devotion-PL 10:00 Exercise With Therapy-PL 10:00 Walmart OOC 10:30 Snack And Hydration-PL 1:00 Bingo-PL 2:30 Snack And Hydration-PL 3:00 Resident Council-PL 6:00 Card Night -PL	28 BEAUTY SALON DAY 9:30 Daily Devotion-PL 10:00 Exercise Class-PL 10:30 Snack And Hydration-PL 11:00 Who Am I?-PL 1:00 Pokeno!-PL 2:30 Snack And Hydration-PL 6:00 Table Tic Tac Toe-RL	29 National Lemon Cream Pie Day 9:30 Daily Devotion-PL 10:00 Exercise Class-PL 10:30 Snack And Hydration-PL 10:45 Pet Therapy With Jack And Dianne-PL 1:00 Bingo-PL 2:30 Snack And Hydration-PL 3:30 Nine Letter word Word Game-PL 6:00 Bible Study Time-PL	30 9:30 Daily Devotion-PL 10:00 Exercise With Therapy-PL 10:15 Bookmobile-AR 10:30 Music with Gloria and Jean 10:30 Snack And Hydration-PL 1:00 Catholic Rosary-PL 1:00 Manicures Spa Day-Beauty Shop-BS 2:30 Snack And Hydration-PL 3:00 Wine And Cheese-PL 6:00 Game Night-Resident Choice-RL-PL		

**All Events
Are Subject
to Change**

EMPLOYEE OF THE MONTH



Annette Philpott has worked with us for a few months. She is a joy to work with. On her free time she enjoys spending time with her family. She has 3 kids, one girl, two boys, a wonderful husband and one grandbaby boy. She said her work life is amazing. Lake Wylie is the best facility she has worked at and enjoys working with everyone. The management is always there when needed. Annette loves the residents, taking care of them, loves coming to work and putting a smile on their faces. She said people say she spoils them, but Annette said, "I just love each and every one of our residents." Annette loves on them, shows them she cares and wants the residents to feel safe and loved just like they are home most of all.



Gobbling Up Turkey for Thanksgiving

Chances are, on Thanksgiving Day, turkey will be on the menu for the holiday meal. How did this bird become the symbol for the day?

The Pilgrims of the Plymouth colony and local Wampanoag Indians marked the first Thanksgiving in 1621. Although written accounts of the food offered mention wild fowl, and turkeys were plentiful in the area, they likely weren't the focus of the spread then. However, the Pilgrims' tradition of giving thanks for harvests became common, and in 1863, President Abraham Lincoln made Thanksgiving a national holiday. Magazine editor Sarah Josepha Hale had lobbied for such a day, and she wrote about New Englanders serving roast turkey for the festivities. Others then adopted the menu.

Historians point to the fact that turkey is native to North America and widely available across the U.S. The pick is also practical because a turkey can feed a large gathering of people. At the same time, turkey as a main dish on holidays and special occasions was reflected in popular books throughout the 19th century.

All this helped reinforce the turkey's image as a symbol of Thanksgiving, a celebration now nicknamed Turkey Day.

