

THE Lake Wylie Lifestyle



LAKE WYLIE
SENIOR LIVING AT EASE

Like Us!  

MEMORY CARE COMMUNITY
4878 Charlotte Highway · Lake Wylie, SC 29710 · (803) 831-9900

NOVEMBER 2023

Department Heads

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

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

An American Anthem

One of the country's most popular patriotic songs, "God Bless America" debuted 85 years ago this month when Kate Smith sang it on her radio show in recognition of Veterans Day. Did you know these facts about the stirring tune?

- Irving Berlin wrote the first draft while he was serving in the Army near the end of World War I.
- The song is so beloved that many citizens have lobbied for it to replace "The Star-Spangled Banner" as our national anthem.
- Since 1940, the song's royalties have been donated to Boy Scout and Girl Scout programs of America.
- On the evening of the Sept. 11 attacks, members of Congress broke into an impromptu rendition of the song on the steps of the U.S. Capitol.

Brainteaser

Question: Where is the only place today comes before yesterday?

Answer: The dictionary.

"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 |
|---|--|--|---|---|---|--|
|  | Resident Birthdays Ted Tilghman 11/16 | Employee Birthdays Melanie Gora 11/24 Autumn Thompson 11/19 Yohannah JeanPaul 11/23 | 1 8:00 Warm-Ups 8:30 Pamper Me-000 9:30 Morning Prayer And Devotion-DR 10:30 Snack And Hydration AR1 12:00 Pet Therapy With Matt And Mary Jane -AR 1:00 Quiet Time-R 3:00 Arts And Crafts -AR 6:00 TV-Time | 2 8:00 Warm-Ups 8:30 Pamper Me-000 9:30 Morning Prayer And Devotion-DR 10:30 Snack And Hydration AR1 10:30 Time with Terry the Chaplain 11:00 Pet Therapy With Jack And Dianne 1:00 Quiet Time-R 3:00 Sparkling Wine And Cheese-DR 6:00 Wind down with Classic Music | 3 8:00 Warm-Ups 8:30 Pamper Me-000 9:30 Morning Prayer And Devotion-DR 10:30 Snack And Hydration AR1 12:00 Manicure Spa Day-CK 1:00 Quiet Time-R 3:00 Bingo 6:00 Friday Night Movie-AR | 4 8:00 Warm-Ups 8:30 Pamper Me-000 9:30 Morning Prayer And Devotion-DR 10:30 Snack And Hydration AR1 1:00 Quiet Time-R 3:00 Walking Club-AR 6:00 Wind Down With Classical Music |
| 5 8:00 Warm-Ups 8:30 Pamper Me-000 9:30 Morning Prayer And Devotion-DR 10:30 Snack And Hydration AR1 1:00 Quiet Time-R 2:30 Snack And Hydration AR1 3:00 Porch Chat-OB 6:00 Arts -AR | 6 8:00 Warm-Ups 8:30 Pamper Me-000 9:30 Morning Prayer And Devotion-DR 10:30 Exercise With Therapy-AR2 10:30 Snack And Hydration AR1 1:00 Quiet Time-R 3:00 Ball Toss-AR 6:00 Magazine Scavenger Hunt-AR | 7 BEAUTY SALON DAY 8:00 Warm-Ups 8:30 Pamper Me-000 9:30 Morning Prayer And Devotion-DR 10:30 Snack And Hydration AR1 1:00 Quiet Time-R 3:00 Story Time With Don -AR 6:00 Game Night -AR | 8 8:00 Warm-Ups 8:30 Pamper Me-000 9:30 Morning Prayer And Devotion-DR 10:30 Snack And Hydration AR1 1:00 Quiet Time-R 3:00 Arts And Crafts -AR 3:00 Crafts and Art with Agape -AR 6:00 TV-Time | 9 8:00 Warm-Ups 8:30 Pamper Me-000 9:30 Morning Prayer And Devotion-DR 10:30 Snack And Hydration AR1 10:30 Time with Terry the Chaplain 11:00 Pet Therapy With Jack And Dianne 1:00 Quiet Time-R 3:00 Sparkling Wine And Cheese-DR 6:00 Wind down with Classic Music | 10 Veterans Day (Observed) 8:00 Warm-Ups 8:30 Pamper Me-000 9:30 Morning Prayer And Devotion-DR 10:30 Snack And Hydration AR1 12:00 Manicure Spa Day-CK 1:00 Quiet Time-R 3:00 Bingo 6:00 Friday Night Movie-AR | 11 Veterans Day 8:00 Warm-Ups 8:30 Pamper Me-000 9:30 Morning Prayer And Devotion-DR 10:30 Snack And Hydration AR1 1:00 Quiet Time-R 3:00 Walking Club-AR 6:00 Wind Down With Classical Music |
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Annette Philpott has worked with us for a few months. She is a joy to work with. In her free time she enjoys spending time with her family. She has 3 kids, one girl, two boys, and a wonderful husband, with one grandbaby boy. She said her work life is amazing. She said 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 and taking care of them, and loves coming to work to put a smile on their faces. She said some people say she spoils them but Annette just loves each and every one of our residents. She loves on them and shows them she cares and wants the residents to feel safe and loved just like they are home most of all.



Family Games for After the Feast

The dishes are done, the leftovers are put away, and now is the time for a slice of pie and some good old-fashioned fun. These party games are sure to score big points at holiday gatherings.

Charades. This classic activity requires players to silently act out a word or phrase for their teammates to guess before the timer runs out. Add a seasonal spin by suggesting festive phrases to guess, such as "turkey" or "parade."

Who am I? Write down the names of famous people, real or fictional, on sticky notes. On each player's turn, they blindly choose a sticky note to place on their forehead. The other players must give clues to help the person guess the mystery identity. Simple, but silly!

Blindfolded sketch. Giggle till you gobble by blindfolding players and instructing them to draw a turkey on a piece of paper. Give step-by-step directions, and award points for every body part that's in the right spot!

Board and card games. The classics rarely disappoint. Pull out board games you have on hand and vote on which one to play. A deck of cards provides endless opportunities for group fun, from crazy eights to rummy to spoons.

A to Z gratitude. Go around the table and have each person share something they're thankful for, but it has to start with the next letter of the alphabet. Continue until all letters have been used.

