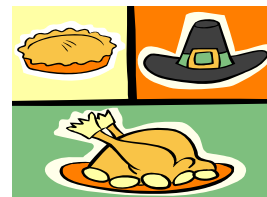




# Happy Thanksgiving!!



Thursday, November 25th is Thanksgiving Day in the United States. It is a day for expressing thanks for the good things in life, especially family and friends. The writer O. Henry called it the one day that is purely American.

Thanksgiving is celebrated every year on the 4th Thursday of November, during autumn in the US, after crops are gathered. Tradition says that the first Thanksgiving was celebrated in 1621 by Pilgrim settlers from England. There is evidence that settlers in other parts of America held earlier Thanksgiving celebrations but the Pilgrims' Thanksgiving story is the most popular. The Pilgrims were religious dissidents who

fled oppression in England to establish a colony in North America. The Pilgrims landed in 1620 in Plymouth, Mass. Their voyage across the Atlantic was difficult and their first months in America extremely difficult. During the cold winter months, about half of them died. When spring came, the Pilgrims began planting crops. A Native American Indian named Squanto helped them. When summer ended, there was enough food to last through the coming winter. The Pilgrims decided to hold a celebration to give thanks for their harvest. They invited members of a nearby Indian tribe to take part in the celebration that lasted 3 days.

For many Americans, Thanksgiving is the only time of year when all members of a family gather together. On Thanksgiving, family and friends enjoy a long day of cooking, eating and talking. The Thanksgiving meal almost always includes turkey meat with a bread mixture cooked inside. Other traditional foods are sweet potatoes, cranberries, and pumpkin pie. Stores sell more food at Thanksgiving than at any other time of the year and many people eat more food on Thanksgiving day than at any other time of the year!

On this day, we gather with our family, we share what we have and we give thanks for the good things of the past year.

## A Message from the Administrator • Sara Thurmer

I am always happy when the Thanksgiving holiday is approaching because this wonderful holiday affords me the opportunity to thank all of our residents, employees, families and friends of Crestmont North for their support and friendship.

This past year has seen many positive changes occur here at Crestmont North ... a freshly painted dining room, a flat-screen television, soon to be installed in the dining area for all to enjoy and several new clinical staff that have joined our ranks.

I am so grateful to have such a talented and dedicated staff as we work together to deliver the highest quality of care to all of our wonderful residents.

Happy, Happy Thanksgiving to all!

Sara Thurmer

Inside this issue:	
Employee of the Month	Pg. 3
Resident of the Month	Pg. 3
Birthdays	Pg. 5
Games/Horoscope	Pg. 6/7

*“We often take for granted the very things that most deserve our gratitude”*

*Cynthia Ozick*

# Gobble, Gobble . . .

95% of Americans surveyed by the National Turkey Federation eat turkey at Thanksgiving. The average weight of turkeys purchased for Thanksgiving is 15 pounds.

## Love those Leftovers

The top 5 most popular ways to serve leftover Thanksgiving turkey are:

- Sandwich
- Soup or Stew
- Casserole
- Stir-fry
- Salad

In fact, turkey is most often prepared in a sandwich year-round.

## Nap Time

Many people report drowsiness after eating Thanksgiving dinner. While turkey often receives the blame, re-



cent studies suggest that carbohydrate-rich meals that most people eat on Thanksgiving is more likely the cause.

## White or Dark?

The white meat is generally preferred in the U.S. while other countries choose dark meat.

\*A 15-pound turkey typically has about 70 % white meat and 30% dark meat.

\*the 2 types of meat differ nutrition-

ally. White meat has fewer calories and less fat than dark meat.

\*the rich flavor of dark meat is valued in soup & stew recipes. Dark meat holds up well in rich marinades and is a perfect choice for grilling and barbecuing.

## Did you know? ...

*The Puritans brought beer with them on the **Mayflower** for their first Thanksgiving. Maybe that's why the Native Americans were so happy to see them :)*



## 5 Easy Steps to Healthy Eating

**During the Holidays, it is easy to overindulge and before you know it, you are heading into the new year with an additional unwanted 10 pounds. Good eating is a habit. Here's how to get it going and make a change for the better this year:**

**Go public.** Tell family & friends that you are committing to a change in the way you eat. You will get positive reinforcement for sticking to your plan, and may even get them to join you!

**Avoid temptation.** Clear out the items that tempt you. Keep the kitchen and fridge stocked with fresh fruit, cut vegetables and water for ready snacking.

**One Step at a time.** Aim for progress, not perfection. Keep your goals in mind and make positive choices to

keep going.

**Redesign your plate.** Follow the 2/3—1/3 rule: Serve 2/3 of your plate with fruits, vegetables and whole-grain foods. Fill the rest w/ lean meat, poultry, fish or low-fat dairy foods.

## Reward Yourself.

If your healthy new habits have led to looser clothing, treat yourself to a top or pants in your new smaller size.

*“Aim for progress, not perfection. Keep your goals in mind and make positive choices to keep going.”*

**TV take-five.** Jog, march or walk in place during commercials. You can burn about 45 calories for every 5 minutes.

## Hydration Equation.

Drink at least one glass of water 15 to 30 minutes before you start walking. Carry a water bottle with you and drink a cup or more every 15 to 20 minutes. After you walk, drink again to replace lost fluids.

## It All Adds up—Calorie Burn Chart

Calories burned in 30 mins.	
Aerobics	92
Dancing	197
Housework	92
Walking (fast)	139

## Healthy Steps

**It's as simple as putting one foot in front of the other. Walking helps you pick up the pace on weight loss and gain a new overall sense of well-being. Work a walk into your day with these simple strategies ...**

**Baby steps.** Ease into walking by first taking short, regular walks, then gradually increasing distance and speed.

## Employee of the Month - Holly O'Donnell

**Holly was born in Cleveland, Ohio and grew up with 6 siblings. As a child, she enjoyed ice-skating. It became a passion of hers, so much so, that her team went on to win regional's in Reno, Nevada. The girls were nick-named "The Rockettes on Ice."**

**After college, Holly married and now has 4 daughters, ages 2 through 15 years old. Her daughters also enjoy ice-skating with their Mom when she has the time.**



**Holly was inspired to attend Nursing School after becoming a caregiver for her mother-in-law for 5 years. This is when she discovered that nursing was her true calling.**

**We are so very proud to have Holly as part of our Crestmont North team. Her energy, kindness and caring attitude go along way to make each day a bit brighter!**

## A Thanksgiving Favorite: Sweet Potato Pie

*This pie has a crunchy pecan topping & a smooth spicy middle—good hot or cold, try it for Thanksgiving.*

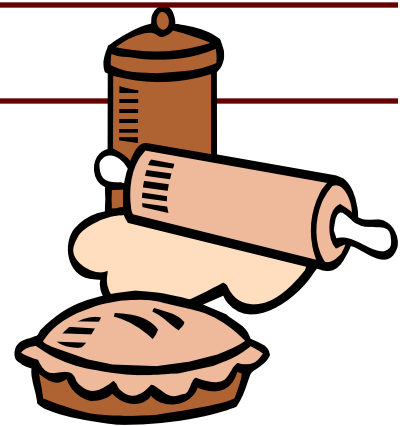
475° Serves 8

9 in. pie shell	3 beaten eggs
1/2 cup chopped pecans	1 tsp. vanilla
1/2 cup sweet potatoes	1/3 c. sugar
6 tsp. softened butter	1 tsp. cinnamon
1/4 cup heavy cream	1/2 tsp. nutmeg

*Preheat oven to 475°. Make your favorite pie shell or use frozen. Prick all over with fork & spread pecans in bottom. Bake 5 min. Cool. Mash together potatoes & butter till smooth. Add all other ingredients & blend well. Pout into pie shell. Make the Topping.*

*Topping: 3 tbsp. Melted butter, 2/3 c/. Pecans, finely chopped, 1/2 c. brown sugar, 1/3 c. flour*

*Combine all ingredients till crumbly. Sprinkle over top of pie. Put the pie on a cookie sheet & bake @ 400° for 25-30 min. till golden brown. Delicious served with whipped cream or ice cream.*



## Resident of the Month - John Babiak

John was born January 26, 1917 in Pittsburg, PA. His family moved to Lakewood, OH when he was 4 years old.

As a teenager, John enjoyed playing baseball for the church team. He also played trumpet (E-flat alto), similar to the French Horn for Lakewood High School. His favorite food

growing up was his mom's meat-loaf.

John graduated from Lakewood High & was married at 22, having 4 children—3 girls & 1 boy. He worked @ Cleveland Welding Co. for 20 years making Road Master bicycles and from there worked @ Glidden Paint Co., retiring at the age of 62.

John enjoys games, music of all kinds and the entertainment that Crestmont North provides. He enjoys helping the other residents when they play poker and Uno.

We are so very happy and blessed to have John a part of our Crestmont North family!

# Home-Made Crochets By Margaret



**Contact Crestmont North for more information: 216-228-9550**

**13330 Detroit Avenue**

**Lakewood, OH**

**\*\*Corner of Nicholson and Detroit Avenues\*\***

Please stop in **Crestmont North Nursing Facility** **anytime** to view and purchase these wonderful textile creations designed by Margaret.

Future dates will be given for upcoming exhibits of these crafts and more.

- Butterfly Magnets
- Pen and Paper Holders
- Candle Holders
- Pillow Cases and Pillow Covers
- Blankets
- Baking Mitts
- Wreath Magnets

# NOVEMBER 2010 CRESTMONT NORTH EVENT CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>HAPPY BIRTHDAY!!!!</b> LINDA RHODES 11-1 BERNICE BROWN 11-3 LUCILLE MOSER 11-4 SANFORD PIERCE 11-6 GEORGE FRANCISKOVIC 11-12 MAUREEN LIPKE 11-23 MARGARET SICKONI 11-24	<b>1</b> 9:30 COFFEE KLATCH 10:30 CHAIR EXERCISE WITH LIZ 2:15 BINGO 4:00 ROOM VISITS	<b>2</b> 9:30 COFFEE KLATCH 10:30 THANKSGIVING WORD FIND 2:30 RESIDENT COUNCIL MEETING	<b>3</b> 9:30 COFFEE KLATCH 10:30 ROSARY AND COMMUNION 2:30 BOWLING 4:00 FAVORITE OLDIES	<b>4</b> 9:30 COFFEE KLATCH 10:30 UNO CARD GAME 2:30 HAPPY HOUR WITH SHANE PHILLIPS 3:40 MAGNIFICAT VISIT	<b>5</b> 9:30 COFFEE KLATCH 10:30 FREE SHOP 11:00 DEVOTIONS 2:30 FRIDAY MATINEE	<b>6</b> 10:30 BINGO WITH FAYE 2:30 BINGO WITH FAYE 3:30 ORTHODOX CHRISTIAN SERVICE 7:00 LAWRENCE WELK ON BIG SCREEN TV
<b>7</b> 12:00 MASS CHANNEL 44 2:30 BINGO WITH FAYE 7:30 WATCH FUNNIEST VIDEOS CHANNEL 5	<b>8</b> 9:30 COFFEE KLATCH 10:30 CHAIR EXERCISE WITH LIZ 2:15 BINGO 6:30 LOVING PAWS	<b>9</b> 9:30 COFFEE KLATCH 10:30 LCR DICE GAME 2:30 FOOD PREP DEVILED EGGS	<b>10</b> 9:30 COFFEE KLATCH 10:30 MASS WITH FATHER BILL 2:30 NICKEL JACKPOT CARD GAME 4:00 ROOM VISITS	<b>11</b> 9:30 COFFEE KLATCH 2:00 VETERANS DAY PROGRAM WITH VFW 2:30 NOVEMBER BIRTHDAYS WITH JOEL 3:40 MAGNIFICAT VISIT	<b>12</b> 9:30 COFFEE KLATCH 11:00 DEVOTIONS 2:30 FRIDAY MATINEE	<b>13</b> 10:30 MARLYNDA, STROLLS THE HALLS 2:30 BINGO WITH FAYE 7:00 LAWRENCE WELK ON BIG SCREEN TV
<b>14</b> 12:00 MASS CHANNEL 44 2:30 BINGO WITH FAYE 7:30 WATCH FUNNIEST VIDEOS CHANNEL 5	<b>15</b> 9:30 COFFEE KLATCH 10:30 CHAIR EXERCISE WITH LIZ 2:15 BINGO	<b>16</b> 9:30 COFFEE KLATCH 10:45 CHURCH SERVICE WITH PASTOR HAYAS 2:30 BOB & TONI, DANCERS	<b>17</b> 9:30 COFFEE KLATCH 10:30 ROSARY AND COMMUNION 2:30 BOWLING	<b>18</b> 9:30 COFFEE KLATCH 10:30 CRAZY 8'S CARD GAME 2:30 GARY PILDNER	<b>19</b> 9:30 COFFEE KLATCH 10:30 FREE SHOP 11:00 DEVOTIONS 2:30 FRIDAY MATINEE	<b>20</b> 10:30 BINGO WITH FAYE 2:30 BINGO WITH FAYE 7:00 LAWRENCE WELK ON BIG SCREEN TV
<b>21</b> 12:00 MASS CHANNEL 44 2:30 BINGO WITH FAYE 7:30 WATCH FUNNIEST VIDEOS CHANNEL 5	<b>22</b> 9:30 COFFEE KLATCH 10:30 CHAIR EXERCISE WITH LIZ 2:15 BINGO 4:00 EASY LISTENING	<b>23</b> 9:30 COFFEE KLATCH 10:30 BALLOON TOSS 2:30 THANKSGIVING JINGO	<b>24</b> 9:30 COFFEE KLATCH 10:30 ROSARY AND COMMUNION 2:30 HOMEMADE BREAD & BUTTER	<b>25</b> <b>HAPPY</b> THANKSGIVING! 2:30 HARMONICA HOTSHOTS	<b>26</b> 9:30 COFFEE KLATCH 11:00 DAILY REFLECTIONS 2:30 FRIDAY MATINEE	<b>27</b> 10:30 BINGO WITH FAYE 2:30 BINGO WITH FAYE 7:00 LAWRENCE WELK ON BIG SCREEN TV
<b>28</b> 12:00 MASS CHANNEL 44 2:30 BINGO WITH FAYE 7:30 WATCH FUNNIEST VIDEOS CHANNEL 5	<b>29</b> 9:30 COFFEE KLATCH 10:30 CHAIR EXERCISE WITH LIZ 2:15 PRIZE BINGO 4:00 ROOM VISITS	<b>30</b> 9:30 COFFEE KLATCH 10:30 SPELLING BEE 2:30 COOKING DEMO MINI MUFFIN PIZZA	LIBRARY BOOKS CAN BE CHECKED FROM THE ACTIVITY DEPARTMENT EMAIL SERVICE IS AVAILABLE FOR ALL RESIDENTS CRESTMONT NORTH HEALTHCARE 1330 DETROIT AVENUE LAKEWOOD, OHIO 44107 216-228-9550 / 216-521-2121 (FAX)			

## NOVEMBER



# Happy Birthday to you!! ...

*George Franciskovic - November 12*

*Bernice Brown - November 3*

*Lucille Moser - November 4*

*Maureen Lipke - November 23*

*Margaret Sickon - November 24*

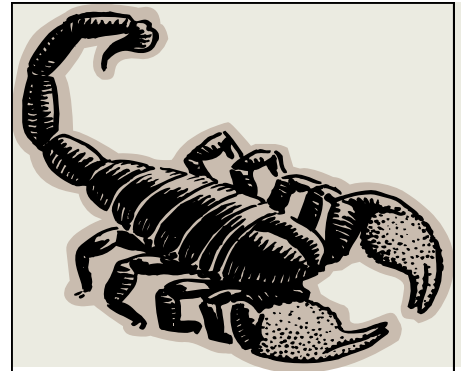
*Sanford Pierce - November 6*

*and some other famous folks ... Joe Dimaggio, Marie Antoinette, Will Rogers, Sean "Diddy" Combs, Maria Shriver, Margaret Mitchell, Spiro Agnew, Richard Burton, Tonya Harding, Grace Kelly, Veronica Lake, Danny DeVito, Robert F. Kennedy, Billie Jean King.*

## Scorpio

October 23—November 21

Scorpio is the eighth sign of the zodiac. Those born under this sign are dead serious in their mission to learn about others. Scorpios love competition in both work and play, which is why they'll air it out in sports & games. Scorpio's colors are powerful red and serious black. The great strength of the Scorpio-born is in their determination, passion and motivation. Scorpios don't know the word quit, which is why they usually get the job done. A powerhouse like no other!



## Fun Stuff ...

◇ What's brown and sticky?

□ If a train stops at a train station and a bus stops at a bus station, what happens at a work station?

◇ a stick

□ work stops

## WORD - FINDS

In the puzzle below, the left-hand box contains an inspirational quotation with some of the words and phrases capitalized. The right-hand box contains a diagram of letters. Your task is to find and circle the capitalized words & phrases from the quotation in the diagram. Hidden words may lie across, down, diagonally, or even backwards, but always in a straight line. Circled words often overlap, and letters in the diagram can be more than one circled word.

Remember, **ONLY** capitalized words & phrases can be found in the diagram box on the right.

Good luck!!

### Inspiration 20

<i>EVER FELT an</i>	<i>been KISSED</i>
<i>angel's BREATH in</i>	<i>by A LONE</i>
<i>the GENTLE</i>	<i>SNOWFLAKE?</i>
<i>BREEZE? A</i>	<i>NATURE is an</i>
<i>TEARDROP in</i>	<i>angel's FAVORITE</i>
<i>the FALLING</i>	<i>HIDING</i>
<i>RAIN? Hear</i>	<i>PLACE.</i>
<i>A WHISPER</i>	<i>(CARRIE</i>
<i>AMONGST the</i>	<i>LATET)</i>
<i>RUSTLE of</i>	
<i>LEAVES? Or</i>	

E	Z	B	M	B	R	E	E	Z	E	A	E	L	A
T	W	R	L	D	B	W	G	Z	W	L	S	S	L
I	P	E	E	M	V	A	B	H	T	P	K	N	J
R	C	A	A	V	Y	M	I	S	L	O	S	O	V
O	W	T	V	G	E	S	U	A	V	R	K	W	W
V	O	H	E	Y	P	R	C	K	H	D	I	F	X
A	L	Y	S	E	F	E	F	I	L	R	S	L	E
F	E	O	R	V	N	A	D	E	A	A	S	A	O
D	L	W	O	H	L	I	M	I	L	E	E	K	L
T	T	H	T	L	N	A	N	O	D	T	D	E	L
S	N	V	I	G	K	Y	T	Q	N	L	A	S	G
X	E	N	A	T	U	R	E	E	P	G	H	K	Y
X	G	C	A	R	R	I	E	C	T	K	S	A	M
Q	E	N	O	L	A	R	F	J	N	X	C	T	K



**Crestmont North  
HEALTHCARE**

**13330 Detroit Avenue  
Lakewood, OH 44107**

Phone: 216-228-9550

Fax: 216-521-2121

*We are conveniently located on  
Detroit Avenue and Nicholson in  
beautiful Lakewood, Ohio*

**We are on the Web!**  
[www.crestmontnorth.com](http://www.crestmontnorth.com)

## **Crestmont North Administration**

**Elias Coury, Owner**

[EliCoury@pharmedcorp.com](mailto:EliCoury@pharmedcorp.com)

**Sara Thurmer, Administrator**

[SaraThurmer@crestmontnorth.com](mailto:SaraThurmer@crestmontnorth.com)

**Sandy Holloway, Director of Nursing**

[SandyHolloway@crestmontnorth.com](mailto:SandyHolloway@crestmontnorth.com)

**Toshi Crum, Business Office Manager**

[ToshiCrum@crestmontnorth.com](mailto:ToshiCrum@crestmontnorth.com)

**Anne Ault, Director of Community Relations**

[anneault@bhpmgmt.com](mailto:anneault@bhpmgmt.com)

**Contact us today. Tours given anytime, no  
appointment necessary.**



*Serving Lakewood and Surrounding Communities*

**Recently Awarded the**

**Service Excellence Award**

**from Fairview, Lakewood & Lutheran Hospital**

**Crestmont North is a family owned and operated 74 bed facility, serving the local communities for over 25 years. Our commitment to deliver the highest quality care and rehabilitation services, in surroundings that support and nurture the individual, has earned us an outstanding reputation for meeting the needs of long term, short term and specialized healthcare residents. Our rehabilitation service is one of the finest in the area.**

**Please come and tour our facility and see what a friendly atmosphere we offer. Tours are given anytime, no appointment necessary.**

### **Services**

- **24– Hour Nursing Care**
  - **Restorative Nursing**
- **Daily Recreational Activities**
  - **Wound Care**
  - **Hospice Care**
  - **Respite care**
- **Physical Therapy**
- **Occupational Therapy**
  - **Speech therapy**
- **Stroke & Cardiac Care**
- **Specialized Dietary Services**