



Springfield Rehab & HealthCare Center



Gobble

til
you



Wobble

November Highlights

Resident Thanksgiving Meal

When: Tuesday November 26th
Time: 12 noon **Place:** Main dining room. The cost will be \$10 per guest R.S.V.P. with the receptionist at front lobby by Friday November 22nd with payment. Please when responding, let the receptionist know the name of the resident you are with. Thank you! Springfield Rehab & Healthcare



November is upon us! And with it comes the promise of colder and shorter days. The trees start to lose the rainbow of foliage that brightly paint their branches, marking the coming of winter.

As the days grow colder animals will seek shelter in warmer places including under vehicles. Please remember this before starting your car and give the hood a few taps to scare off any animals trying to keep warm underneath.

The holidays are rapidly approaching and with them come increased travel and shopping. Below are a few tips to help you stay safe this holiday season:

- *Put away distractions such as cell phones
- *Make sure your vehicle is in good condition, and remember to add antifreeze.
- *Allow plenty of time to get where you are going so you can slow down if road conditions worsen
- *Windshield treatments such as RainX help ensure good visibility & easier ice removal.
- * Keep your eyes “scanning” at all times. Look for potential hazards like kids or animals near the road .

The Thanksgiving season reminds us we should be grateful for the many positive things happening in our lives and for the people that mean the most to us. So enjoy time spent with friends & family while indulging in the bounty this season has to offer.



Celebrating November

Alzheimer's Awareness Month

American Indian Heritage Month

Veterans Day: U.S.
November 11

World Kindness Day
November 13

Thanksgiving: U.S.
November 28

HAPPY BIRTHDAY!

November Resident Birthday's

11/05 Teresa Layton

11/07 Katherine Juda

11/08 Howard Henderson

11/13 William Webb

11/27 Dorothy Davis

11/30 Evalena Moad

Springfield Rehab & HealthCare

2800 South Fort Ave

Springfield, Missouri 65807

Phone: 417 882-0035

Springfield Rehab & HealthCare

Administrator: **Stephanie Grant**

Director of Nursing: **Lysandra Harmon**

Assistant DON: **Kate Neville**

Director of Rehab: **Rodel Ravela**

Social Services Director: **Amy Devane**

Head Bookkeeper: **Jerome Irmén**

Dietary Manager: **Drew Martin**

Plant Operations Director/Laundry & House-keeping: **Tony White**

Health Information Mgr: **Manda Karman**

Recreation Director: **Joshuah Hyde**

Medical Director: **William Rosen MD**

Marcelo Mantala MD

* BORN IN NOVEMBER

- Thinks forward ahead of his times
- Unique and unconventional
- Fine and strong clairvoyance
- Can become good surgeons
- Dynamic in personality
- Inquisitive
- Always alert and thinking
- Patient
- Determined
- Loves solitude
- Hard working
- Honest and reliable

November: Topaz

If you are born in November, Topaz is your gemstone. It helps to bring good luck and fortune. Topaz stands for purity. You are dedicated to life and you do your best to please your loved ones. You are great at expressing your thoughts. You love challenges as you are daring.





Some of our Residents celebrating fall by crafting décor for their doors.



Others embraced the baking season by making cookies!





Star gazers are in for a treat with the Leonid meteor shower this month. Named so because the meteors appear to emanate from the constellation Leo in the Northern Hemisphere.

The Leonid meteor shower happens every year in November, when Earth's orbit crosses the orbit of Comet Tempel-Tuttle. The comet makes its way around the sun every 33.3 years, leaving a trail of dust rubble in its wake.

When Earth's orbit crosses this trail of debris, pieces of the comet fall toward the planet's surface. Drag, or air resistance, in Earth's atmosphere cause the comet's crumbs to heat up and ignite into burning balls of fire called meteors.

These comet crumbs are usually the size of a grain of sand or a pea, so they tend to burn up entirely before striking Earth's surface. Meteors that survive the whole journey to the ground are called meteorites. But the Leonid meteor shower likely won't deliver any meteorites.

Sunday, November 3

DON'T FORGET TO

**FALL
BACK**



No-Shave November refers to an annual charity event where men don't shave, groom, or cut their facial hair for the entire month of November as a way of raising awareness and money to fight cancer.

No-Shave November is a devoted partner of St. Jude and leader in the No Shave initiative.

Each year, participants forgo shaving and grooming facial hair for 30 days in order to evoke conversation and raise cancer awareness.

How do I donate to No Shave November?

Call: 1-888-226-4343

Email: referralinfo@stjude.org

HISTORY THROUGH NOVEMBER

The Erie Canal was formally opened in New York on November 4, 1825

Abraham Lincoln gave his Gettysburg Address on November 19, 1863.

The US and Canada celebrate the end of WWI every year on November 11, 1918. After

Parker Brothers introduced the world to the Monopoly game on November 5, 1935.

On November 18, 1963, Bell Telephone Company introduced to the public the push button phone.

John F. Kennedy was assassinated on November 22, 1963.

