

NOVEMBER 2023 | VOL. 35

# THE SPRINGBROOK BUZZ

the new edition



for each new morning  
with its light  
for rest and shelter  
of the night  
for health and food  
for friends and love  
For Everything  
thy goodness sends



*ralph waldo emerson*

## SALON SERVICES

Need a trim? Our salon offers services for all of your grooming needs!

Wanda is available Monday (8:30-11:30am) and Thursdays (8:30-2:30pm) for all Tenants.

To set up an appointment, please call Reception (ext. 200).

# Resident in the Spotlight



## *Pearl Kochenderfer - Apt 230*

Pearl grew up in Spring Grove, MN, and has been living at SpringBrook for 3 years. Pearl was an Elementary School teacher and taught at the Cochrane-Fountain City School District. Pearl loves pizza but says her favorite restaurant is Red Lobster. Pearl enjoys spending time with her family, 2 kids, 3 grandsons, and her friends here at SpringBrook. Pearl also enjoys playing Bingo, reading, doing crosswords, and watching TV, especially Hallmark movies. She also considers herself a puzzle master and loves working on the puzzles on the 2nd floor. Thanks for being you Pearl, we are glad to have you at SpringBrook!

### *Hobbies:*

- Socializing
- Bingo
- Puzzles
- Crosswords
- Watching TV
- Reading

## Nurse's Note

## Holiday Celebrations

Holiday celebrations will begin soon. This holiday season, consider how your holiday plans can be modified to reduce the spread of colds, flu, and COVID-19 to keep your friends, families, and communities healthy and safe. CDC offers the following considerations to slow the spread of a virus during small gatherings.

### **Considerations for Small Gatherings of Family and Friends**

Celebrating virtually or with members of your own household poses the lowest risk for spread. In-person gatherings that bring together family members or friends from different households pose varying levels of risk.

There are several factors that contribute to the risk of getting and spreading illness at small in-person gatherings. In combination, these factors will create various amounts of risk:

- Community levels – High or increasing levels of flu or COVID cases in the gathering location, as well as in the areas where attendees are coming from, increase the risk of infection and spread among attendees.
- Exposure during travel – Airports, bus stations, train stations, public transport, gas stations, and rest stops are all places travelers can be exposed to a virus in the air and on surfaces.
- Location of the gathering – Indoor gatherings, especially those with poor ventilation (for example, small, enclosed spaces with no outside air), pose more risk than outdoor gatherings.
- Duration of the gathering – Gatherings that last longer pose more risk than shorter gatherings.
- Number and crowding of people at the gathering – Gatherings with more people pose more risk than gatherings with fewer people.

### **Considerations for Attending a Gathering**

Below are some general considerations for hosting a gathering that brings together people from different households. Hosts should consider the following:

- Limit the number of attendees as much as possible. Guests should avoid direct contact, including handshakes and hugs, with others not from their household.
- Host outdoor rather than indoor gatherings as much as possible.
- Avoid holding gatherings in crowded, poorly ventilated spaces with people who are not in your household.
- Increase ventilation by opening windows and doors to the extent that is safe and feasible based on the weather, or by placing central air and heating on continuous circulation.
- Encourage attendees to wash their hands often with soap and water for at least 20 seconds. If soap and water are not readily available, use hand sanitizer that contains at least 60% alcohol.
- Limit contact with commonly touched surfaces or shared items such as serving utensils.
- Clean and disinfect commonly touched surfaces and any shared items between uses when feasible.
- Use touchless garbage cans if available. Use gloves when removing garbage bags or handling and disposing of trash. Wash hands after removing gloves.

**The more of these prevention measures that you put in place, the safer your gathering will be. No one measure is enough to prevent the spread of a virus. And remember, please do NOT visit if you have a cold or symptoms of Influenza, RSV, or COVID-19.**

# Manager in the Spotlight: Julie Wilks Resident Care Coordinator

Julie joined the SpringBrook team as a Resident Care Coordinator in 2023. Julie has worked for over 18 years in the healthcare field in a variety of positions. Julie has spent most of her healthcare career in long-term care, and she loves working with the elderly. When not working at SpringBrook, Julie enjoys spending time with her family, being outside in nature, and reading. Julie also loves crafting and has worked on a wide range of projects, including decoupage, rock painting, and embroidery. Welcome to SpringBrook Julie, we are looking forward to having you on the team!



## \*Employee of the Month\*

### November: Jasmine Hardy

Jasmine Hardy, a healthcare staff, has been chosen as SpringBrook's November Employee of the Month!

Jasmine's favorite part of her job is taking care of the residents and growing relationships with them.

Jasmine says her longevity with the company, being a team player and her outgoing personality help her to be successful at her job. She would like all future employees to know what a friendly environment SpringBrook is, from residents to staff alike. She enjoys the flexible hours and having co-workers who help each other out.

A funny memory Jasmine has with a resident is when they wanted to help her by throwing their brief away, but it bounced and plopped right in the toilet! She also has a special memory with a resident that reminded her of her great grandpa, and enjoyed how much he would make her laugh, and genuinely cared about how she was doing. Thank you for all you do for SpringBrook's residents Jasmine!



# New Hires



## **Makenna Puckett**

Makenna is joining the SpringBrook team as a Receptionist! A few of her favorite things include Pepsi, Chicken, Snickers, and the color green. Makenna enjoys shopping, hanging out with family and friends, and kayaking. Makenna has 2 dogs and a younger sister and would love to visit California. Welcome to SpringBrook Makenna, can't wait to see all you'll accomplish!

## **Maggie Stout**

Maggie is joining the SpringBrook team as a Medication Technician.

Some of her favorites include blueberry Red Bull, pasta, Almond Joy candy, and the color blue. Maggie enjoys reading and drawing.

Maggie says she is from a large family of 5 girls and would love to visit Tuscany. We are glad you are here Maggie!



# Say Hello



Barbara King  
Apt 121



Marilyn Petras  
Apt 105



# In Memory Of

Forever Missed



**Lola Graff**



**Doris Doelger**



# HAPPY BIRTHDAY

## CELEBRATING NOVEMBER BIRTHDAYS

### Resident Birthdays

Ruth M. - November 3      Irwin C. - November 15  
Joanne J. - November 4      Merle W. - November 22  
Erv D. - November 7      Rachel B. - November 23  
Rose Anne H. November 8      Marilyn B. - November 23  
Thomas V. - November 8      Joel A. - November 27  
Norman J. - November 10      Barbara K. - November 29  
Shirley B. - November 12      Scott M. - November 30

### Staff Birthdays

Brianna S. - November 13  
Colleen P. - November 14  
Laurie L. - November 16  
Cindy C. - November 22  
Tracy P. - November 27



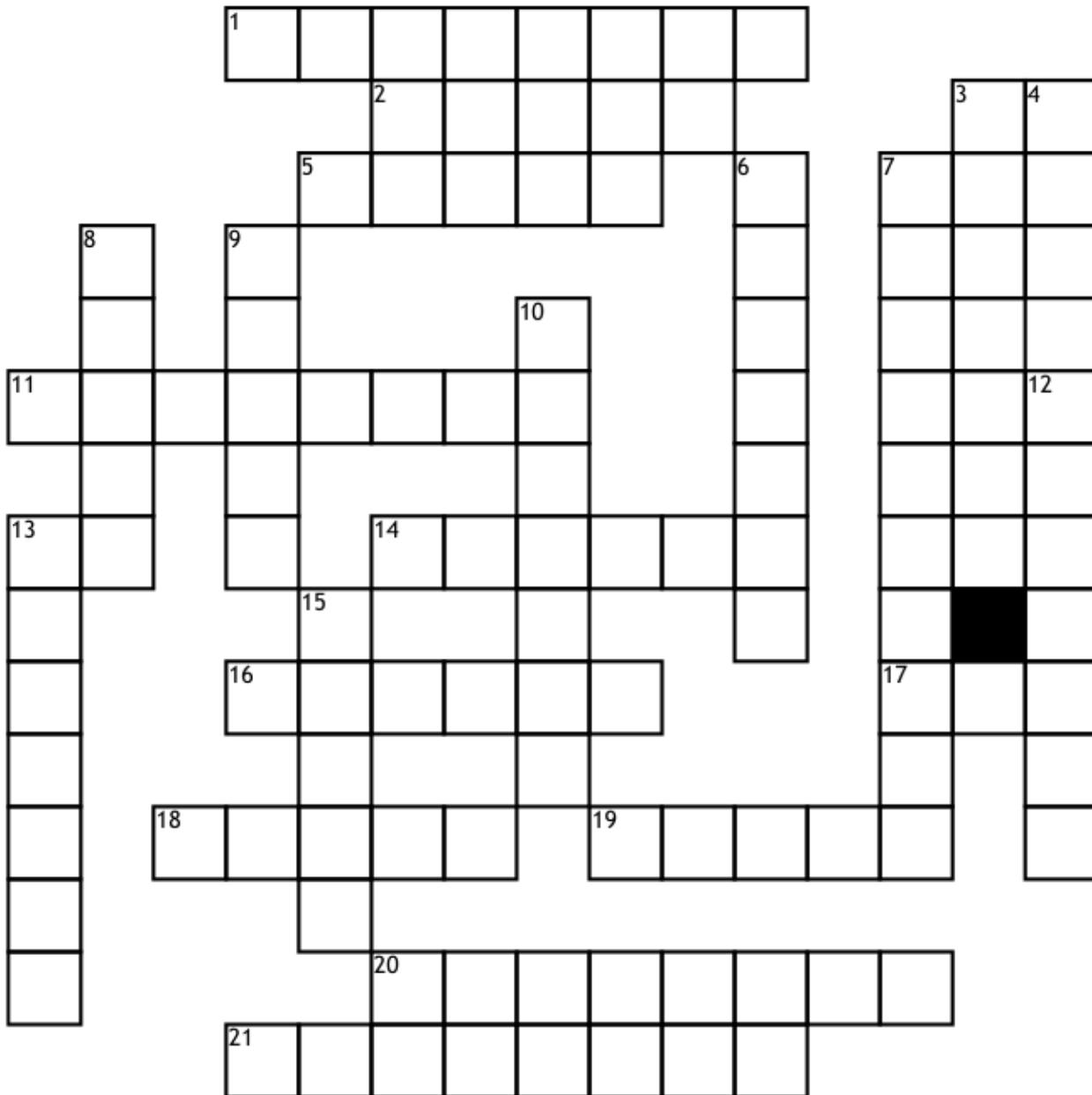
## CELEBRATING STAFF ANNIVERSARIES

We want to acknowledge the hard work our team does by celebrating our staff anniversaries!

Karla M. - 6 Years  
Thea H. - 4 Years  
Liv S. - 2 Years

Thank You

# Thanksgiving



## Across

1. At the first Thanksgiving they were the immigrants
2. \_\_\_\_\_ Cranston or the first name of the Toolman
5. What you say before a meal
11. City in Georgia
14. Macy's Thanksgiving Day
16. Gobble, gobble
17. Pumpkin, Sweet Potato, Pecan are types
18. One of sons on The Big Valley (the actor was later the 6 million Dollar Man)

19. She still drinks Tab when she can fine it
20. Spuds sometimes from Idaho
21. What is usually on tv after Thanksgiving lunch

Down

3. She and her dog Toto are not in Kansas any more
4. \_\_\_\_\_ to the World
6. Canada also has a Thanksgiving. Instead of November it is in this month
7. Another name for the Horn of Plenty that is used as decoration this time of year
8. Served over potatoes, sometimes comes in a boat
9. The Friday that follows Thanksgiving is given this colorful name
10. The turkey and dressing queen in our family
12. King of the Turkey Shoot
13. Deviled eggs anyone?
15. The Rifleman's first name

# veterans day word search

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

admiral  
barracks  
chaplain  
deployment  
major  
pettyofficer  
sergeant

airforce  
basictraining  
coastguard  
enlisted  
marines  
private  
service

airman  
branch  
colonel  
ensign  
military  
rank  
soldier

armedforces  
camouflage  
commander  
general  
navy  
sailor  
stationed

army  
captain  
corporal  
lieutenant  
officer  
seaman  
veteran