



Ventana Winds

Retirement Community

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ELEMENTS MEMORY SUPPORT NEWSLETTER

MEMORY SUPPORT STAFF DIRECTORY

Bekah TenaExecutive Director
 Alex Osomo.....Compliance Director
 Monica Samuels..... Marketing Director
 Mike Burgess.....Wellness Director
 Amanda Lemke.....Elements RCC
 Jennifer Sims.....Resident Engagement
 Jon Watson.....Maintenance Director

Important Dates

November 14th- Birthday party with Tom
 November 22nd- Thanksgiving dinner with family 5pm-7pm



Our Nation's Veterans

Veterans Day on Nov. 11 is your chance to recognize and thank those who have served our country. Veterans live all over the U.S., but Alaska, Virginia and Wyoming are the states with the highest percentage of veterans within their borders.

November 2024

November Gratitude

A few things to be thankful for this month:

- The beauty of the changing leaves.
- Time with loved ones during the holiday season.
- The service of veterans and current military members.

What else can you add?




To Your Health: Don't Forget D

Sunlight helps our bodies produce vitamin D, a nutrient important for mental and emotional health. If chilly weather keeps you indoors, be sure to eat foods that are good sources of vitamin D, such as salmon, tuna, milk, eggs and fortified cereals. Vitamin D supplements are also an option.

'Coin' Is One

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>All Events Are Subject to Change</p>				<p>9:30 Chair exercise pool noodle workout 10:30 White board- Food 1:00 Sensory bins- touch/feel 2:00 Sip and paint 3:00 Bird watching</p>	<p>9:30 Chair exercise- YouTube 10:00 Hair and nails with friends 1:00 Animal trivia 2:00 Sensory bin 3:00 Puzzle/ matching games</p>
<p>3 9:00 Chair exercise- YouTube move to the music 9:30 Virtual Church- YouTube 11:30 Sensory bins- matching 2:30 Movie with snacks and drinks</p>	<p>4 8:45 Catholic Communion (P) 9:30 Chair exercise- stretching outside 10:30 White board- animals 11:00 Sensory bins- colors 1:30 Music- sing with friends 3:00 Drum to the beat</p>	<p>5 9:30 Chair Yoga 10:30 White board- desserts 11:30 Sensory bin- matching 1:30 Hand massage 2:30 BIBLE STUDY with FARA</p>	<p>6 9:30 Chair exercise- stretching outside 10:30 White board- States 11:30 Sensory bin- touch/feel 1:30 Pet Visits 3:00 Gardening/ water flowers</p>	<p>7 9:30 Chair exercise- move to the music 10:30 White board- sports 11:00 Sensory bins- colors 2:30 Chef day- build your own chex mix</p>	<p>8 9:30 Chair exercise pool noodle workout 10:30 White board- Food 2:00 Sip and paint 3:00 Bird watching</p>	<p>9 9:30 Chair exercise- YouTube 1:00 Animal trivia 3:00 Puzzle/ matching games</p>
<p>10 9:00 Chair exercise- YouTube move to the music 9:30 Virtual Church- YouTube 11:30 Sensory bins- matching 2:30 Movie with snacks and drinks</p>	<p>11 Veterans Day 8:45 Catholic Communion (P) 9:30 Chair exercise- stretching outside 10:30 White board- animals 11:00 Sensory bins- colors 3:00 Drum to the beat</p>	<p>12 9:30 Chair Yoga 10:30 White board- desserts 11:30 Sensory bin- matching 1:30 Hand massage 2:30 BIBLE STUDY with FARA</p>	<p>13 9:30 Chair exercise- stretching outside 10:30 White board- States 11:30 Sensory bin- touch/feel 1:30 Pet Visits 3:00 Gardening/ water flowers</p>	<p>14 9:30 Chair exercise- move to the music 10:30 White board- sports 11:00 Sensory bins- colors 1:30 BIRTHDAY PARTY with Tom -Lobby</p>	<p>15 9:30 Chair exercise pool noodle workout 10:30 White board- Food 1:00 Pet Visits- both 2:00 Sip and paint 3:00 Bird watching</p>	<p>16 9:30 Chair exercise- YouTube 1:00 Animal trivia 3:00 Puzzle/ matching games</p>
<p>17 9:00 Chair exercise- YouTube move to the music 9:30 Virtual Church- YouTube 11:30 Sensory bins- matching 2:30 Movie with snacks and drinks</p>	<p>18 8:45 Catholic Communion (P) 9:30 Chair exercise- stretching outside 10:30 White board- animals 11:00 Sensory bins- colors 3:00 Drum to the beat</p>	<p>19 9:30 Chair Yoga 10:30 White board- desserts 11:30 Sensory bin- matching 1:30 Hand massage 2:30 BIBLE STUDY with FARA</p>	<p>20 9:30 Chair exercise- stretching outside 10:30 White board- States 11:30 Sensory bin- touch/feel 1:30 Pet Visits 3:00 Gardening/ water flowers</p>	<p>21 9:30 Chair exercise- move to the music 10:30 White board- sports 11:00 Sensory bins- colors 2:30 Chef day- decorate your own cookies</p>	<p>22 9:30 Chair exercise pool noodle workout 10:30 White board- Food 2:00 Sip and paint 3:00 Bird watching 5:00 Thanksgiving dinner with family</p>	<p>23 9:30 Chair exercise- YouTube 1:00 Animal trivia 3:00 Puzzle/ matching games</p>
<p>24 9:00 Chair exercise- YouTube move to the music 9:30 Virtual Church- YouTube 11:30 Sensory bins- matching 2:30 Movie with snacks and drinks</p>	<p>25 8:45 Catholic Communion (P) 9:30 Chair exercise- stretching outside 10:30 White board- animals 11:00 Sensory bins- colors 3:00 Drum to the beat</p>	<p>26 9:30 Chair Yoga 10:30 White board- desserts 11:30 Sensory bin- matching 1:30 Hand massage 2:30 BIBLE STUDY with FARA</p>	<p>27 9:30 Chair exercise- stretching outside 10:30 White board- States 11:30 Sensory bin- touch/feel 1:30 Pet Visits 3:00 Gardening/ water flowers</p>	<p>28 Thanksgiving 9:30 Chair exercise- move to the music 10:30 White board- sports 11:00 Sensory bins- colors 2:30 Chef day- decorate your own cookies</p>	<p>29 9:30 Chair exercise pool noodle workout 10:30 White board- Food 2:00 Sip and paint 3:00 Bird watching</p>	<p>30 9:30 Chair exercise- YouTube 1:00 Animal trivia 3:00 Puzzle/ matching games</p>

November is

#ENDALZ

National Alzheimer's Disease Awareness Month

"This Month In History"

NOVEMBER

1929: Movie star turned Princess of Monaco, Grace Patricia Kelly is born on Nov. 12. She was an iconic actress during the Golden Age of Hollywood and an advocate for children in the arts.

1930: The Bank of Italy in San Francisco changes its name to the Bank of America. Currently, the financial company is the second-largest banking institution in the United States.

1942: In the midst of World War II, the minimum age for the U.S. military draft is dropped from 21 to 18. This

quickly brought out supporters of lowering the legal voting age, too, with the phrase "Old enough to fight, old enough to vote."

1960: John F. Kennedy becomes the youngest person to be elected U.S. president.

1989: The fall of the Berlin Wall occurs on Nov. 9. With the literal destruction of the wall, the figurative "Iron Curtain" between the U.S. and the Soviet Union was dissolved as well, ending the Cold War.

1994: Returning to the ring after a 10-year retirement, George Foreman wins the world heavyweight boxing championship—the oldest ever to earn the title, at age 45. "Big George" still holds the record.

2011: The creative video game Minecraft is released. It has since become the bestselling video game in history, with 140 million active players.

2022: The global population reaches a new high of 8 billion people.