

FROM THE DIRECTOR'S DESK Jessica Hazelton, Executive Director

November is the month of Thankfulness. I want to express my sincere gratitude to all our wonderful residents, supportive families, and staff! Appletree Court is such a special place to work and I am so thankful to serve each of you! I will continue to email information regarding COVID-19, Beauty Salon, and important updates in the community- if you're not receiving my communication please email me directly at jhazelotn@fplving.com<mailto:jhazelotn@fplving.com>

PERSONAL CARE DEPARTMENT Lisa Fletcher, Personal Care Director

November marks the National Diabetes Awareness Month. As we age our bodies become more prone to processing food differently. Foods such as carbohydrates and sugars process differently as we age. Keeping that in mind our requirement for carbs and sugars decreases as well. There are two forms of diabetes, type I and type II. Type I onset is normally at a younger age, where as Type II is correlated with being older and overweight. As you age, you become more prone to diabetes due to changes that occur in the metabolism, hence this is why Type II is so prevalent among our aging population. With that in mind, ask your doctor this month about having an A1c done with your routine bloodwork.

MARKETING DEPARTMENT Jerri Johnston, Marketing Director

Happy November! It has been a pleasure getting to know some of you. I look forward to getting to know everyone eventually. I am learning a lot of the history of Appletree Court by looking at all the wonderful stories and pictures on Facebook. I would like to encourage any residents or family members who are on Facebook, to please join our page. You never know who's beautiful face you are going to see! I wish everyone a very happy and blessed Thanksgiving.

ACTIVITY DEPARTMENT Cindy Bostick, Activity Director

Happy November! We have quite a few noteworthy items to highlight for the month. First off, it's the end of Daylight Saving Time and time to fall back! We'll all be following the Presidential Election results, writing Thanksgiving cards, making pumpkin pies, celebrating Veterans Day and Thanksgiving. Thank you for all the love, support and blessings that continues to be surrounding all of us at Appletree Court!

APPLETUDE

"It looked like the world was covered in a cobbler crust of brown sugar and cinnamon." Sarah Addison Allen



The Apple Blossom



November, 2020

Appletree Court Assisted Living
Community
Facility ID 010312

870 W. Arapaho
Richardson, Texas 75080

WELCOME THE NEWCOMERS

Dorothy Sutkowski	Apt. 117
Judy Bauer	Apt. 221

HAPPY BIRTHDAY RESIDENTS

Ruthann Hudnall	11/7	Howard Prier	11/24
Judy Bauer	11/8	Dorothy Green	11/26
Barbara Brothers	11/12	Pat Harwerth	11/27
Larry Briese	11/14	Jill Brady	11/27
Hetsy Tsurumoto	11/16		

HAPPY BIRTHDAY STAFF

Teresiah Kimani	Team leader Caregiver	11/4
Christine Chishmba	Caregiver	11/18
Basile Uwantege	Caregiver	11/18
Monica Kattaria	Dining Services	11/21
Yayneabeba Abrhame	Dining Services	11/22
Lydia Kamau	Caregiver	11/30



HAPPY STAFF ANNIVERSARIES

Grace Shayo	Caregiver	3 years
Ellen Anim-Bell	Caregiver	6 years

HAPPY RESIDENT ANNIVERSARY

Happy Anniversary	Guy & Barbara Webb	November 21, 1953
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