



Have a November to Remember

FOOD FOR THOUGHT...

Bananas reduce swelling, protect against type II diabetes, aid weight loss, strengthen the nervous system, and help with the production of white blood cells, all due to high levels of vitamin B-6, and help keep your energy level up.

November 23rd as we will be celebrating our annual Thanksgiving Meal. We hope you join us!



*Autumn is a second Spring
when every leaf is a flower*

A Note from the Administrator

Fall in full swing here at the Manor! Our October pumpkin shopping trip resulted in beautiful decorations throughout the facility. At this writing our residents are anxiously awaiting trick or treaters on Halloween night. We usually have about 100 little ones stop by to visit.

This Veteran's Day, the Lady's Legion Auxiliary will be here to honor our Veteran's with gifts

M. Schulte—Army

H. Campbell—Army

L. Webb—Navy

L. Kilgore—Navy

A. Hennrich—Navy

N. Fraembs—Army

We would also like to take this opportunity to remember our fallen comrades and thank all those who have served our country.

On Nov. 23rd we cordially invite our Manor families to

a free Thanksgiving Lunch. There will be 2 separate meal times explained on the invitations you will be receiving, please remember to RSVP and we hope to see you there!

Nov. 25th @ 4pm we are going to visit The Lady Of The Snow in Belleville to view the beautiful Christmas light display called "The Way of Lights". This is a drive thru tour celebrating different scenes about the birth of Christ.

Happy Thanksgiving from our family to yours

Shelly Bollman
Administrator



Resident of the Month



If you call or visit The Manor at Craig Farms there is a good chance you will have conversation with Ed Berry. The seventy-one year old Berry volunteers his time several hours per week greeting guest at the front desk and answering incoming calls. Berry moved away from Chester after high school and spent much of his adult life working in the burglar, alarm and security field. He returned three years ago to his hometown to be close to family and became a resident at the Manor. "They take good care of you here. It's not a nursing home, but there is someone here should you need help" says Berry. "I enjoy living here a great deal." "They take good care of you here. It's not a nursing home, but there is someone here should you need help" says Berry.



This day in History

1866 - 1st Civil Rights Bill passes

1889 - North and South Dakota entered the Union as the 39th and 40th states

1917 - In WW I, the 1st US soldiers are killed in combat