



Coastal Pointe

Assisted Living and Memory Care

5220 Ocean Hwy W • Shallotte, NC 28470 • (910) 713-1717

November 2020



Mums Say So Much

The traditional flower for the month of November, the chrysanthemum is believed to represent happiness and longevity. Because mums typically bloom in the fall, they also symbolize beauty in the face of the coming winter.

Staff Directory

Brandy Duckworth Executive Director
Ale Casapia Director of Community Relations
Taylor Fuller, RN Resident Care Director
Karen Weeden, LPN Memory Care Director
Jordan Easter Business Office Manager
Jennifer Murray Activities Director
Jean Bair Housekeeping Director
Jim Taylor Maintenance Director
Mike Ehart Dietary Manager

Office Hours

Monday-Friday 9:00am - 5:00pm
Saturday & Sunday 11:00am - 3:00pm

Important Phone Numbers

Main Office 910-713-1717
Executive Director 910-713-1701
Community Liaison 910-713-1703
Resident Care Liaison 910-713-1702
Emergencies 911

Welcome to the Neighborhood, Welcome to Coastal Pointe!

Hello, Residents & Families!

It is with sincere gratitude that I write this introductory note for our monthly newsletter. From all of the staff at Coastal Pointe, we want to thank each of you for entrusting us with your loved one's care. We are so thrilled to be open and be a part of this wonderful and growing coastal county!

We are all too familiar with COVID-19 and its current implications to both you and your families. Thank you for your continued patience and understanding as we navigate through this together with our highest priority being to keep everyone healthy and safe. We continue to follow CDC guidelines, which includes periodic testing.

We would also like to say a special thank you to all of our residents and families who have served in our Armed Forces, as well as to the spouses and families of those who served. Your sacrifice and commitment to our Country is something we are all truly grateful for.

To honor our Veterans we will be having a flagpole dedication ceremony on Tuesday, November 10th. Any and All are welcome to join us!

It's a pleasure to serve you! Again, thank you for your trust and support.

Sincerely,
Brandy Duckworth
Executive Director



Happy Birthday!

9th Michiko Maximiek
27th Peggy Sullivan



Movies

Monday-Friday at 2pm, join us for a daily flick and popcorn!



Chair Aerobics

Mondays and Thursdays at 11am at Tidal Aerobics!



Bingo

Join us for Bingo Tuesdays and Fridays at 11am!



An Attitude of Gratitude

A thankful heart is a happy heart—it may sound cliché, but science says it's true. Making gratitude a regular habit boosts positive emotions and helps you be more resilient when dealing with life's challenges. These exercises in gratitude can lead to a happier you.

Keep a journal. A dedicated journal, in which you write down a few things you are thankful for each day, is a simple and effective tool for cultivating gratitude. Rereading past entries can offer a healthy perspective when you need an emotional boost.

Create a collage. Put together a collage of photos of friends and family members, as well as other items that bring you joy, such as a meaningful postcard or a wise saying from a fortune cookie. Place it where you'll see it every day as a visual reminder of the good things in your life.

Say "thank you." Express your thanks when interacting with food servers, store clerks, medical staff and customer service employees. Send personal thank-you notes to people who've left lasting impressions.

Famous Faces Born in November

Nov. 4, 1946: Laura Bush
Nov. 7, 1996: Lorde
Nov. 15, 1929: Ed Asner
Nov. 17, 1966: Daisy Fuentes
Nov. 18, 1939: Margaret Atwood
Nov. 21, 1971: Michael Strahan
Nov. 29, 1982: Lucas Black
Nov. 30, 1952: Mandy Patinkin



Alzheimer's Awareness Month!

November marks Alzheimer's Awareness Month! Every November, we honor the spirit of each person, family and Community supporting a loved one with Alzheimer's or a related Dementia. Every year, the "Walk to End Alzheimer's" takes place. Usually, it is a large event, with Communities in the surrounding areas coming together. However, due to the circumstances this year, it will be taking place within our Community as a smaller gathering. With the growing population being diagnosed with Alzheimer's or a related Dementia, it is imperative that we bring awareness to this disease, and support the research being conducted for a future treatment or cure.



Stay Active!

As the weather cools down a bit and it becomes more pleasant to be outside, remember to stay as active as you can! Join Jennifer for walking club every day, after lunch, at 1pm!

Staff Highlight!



Jennifer Murray

November's staff highlight is our amazing Activities Director, Jennifer! From chair aerobics, to birthday parades, Jennifer finds creative ways to include our residents and find enjoyable, engaging activities to promote socialization and fun. As a previous elementary school teacher for 26 years, she is not only great at planning, but her caring heart has made her an essential part of the Coastal Pointe team!

Studies have shown that walking every day can improve heart health, lower blood sugar, promote social engagement, and boost mental health, among many others benefits.

Do you have a cane or a walker? Don't let that stop you! These devices can help with balance, and walking will work to strengthen your muscles.

Walking is one of the many ways that can help you remain healthy and active, so turn a new leaf this season, put on your sneakers and take a walk with us!



Upcoming Events!

Join us this November for the following important dates!

Veterans Day Celebration
11/10

Flag Dedication Day 11/10
Resident Council Meeting
11/25

Thanksgiving Lunch 11/26
Mike Yeley- Music Concert TBD
Oreo Turkey Decorating TBD

Wit & Wisdom

"Thanksgiving is a time of togetherness and gratitude."
—Nigel Hamilton

"I love Thanksgiving because it's a holiday that is centered around food and family."
—Marcus Samuelsson

"Thanksgiving is a joyous invitation to shower the world with love and gratitude."
—Amy Leigh Mercree

"An optimist is a person who starts a new diet on Thanksgiving Day."
—Irv Kupcinet

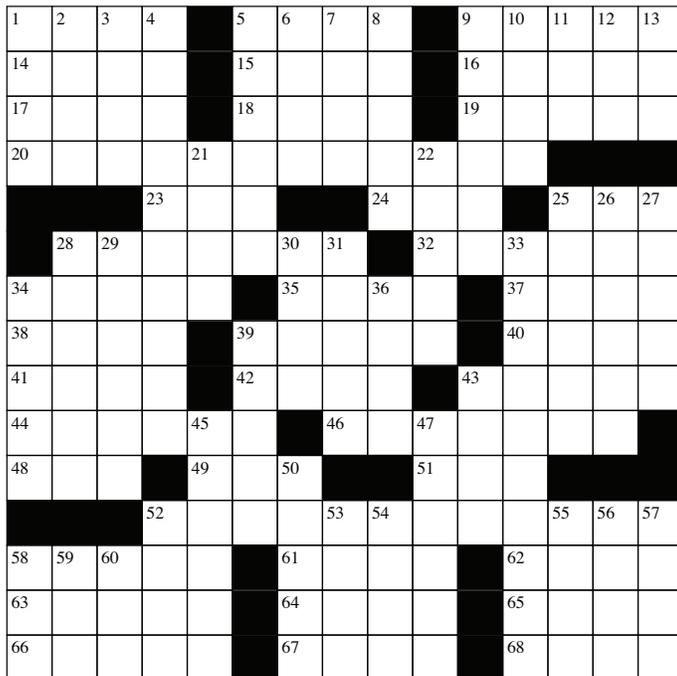
"Thanksgiving is the holiday that encompasses all others. All of them, from Martin Luther King Day to ... Valentine's Day, are in one way or another about being thankful."
—Jonathan Safran Foer

"Thanksgiving Day is a good day to recommit our energies to giving thanks and just giving."
—Amy Grant

"Give thanks not just on Thanksgiving Day, but every day of your life. Appreciate and never take for granted all that you have."
—Catherine Pulsifer

"Thanksgiving just gets me all warm and tingly and all kinds of wonderful inside."
—Willard Scott

Crossword Puzzle



ACROSS

1. Fisherman's worms
5. Barriers
9. Feuds
14. Melville novel, for short
15. ___ surgeon
16. Salk's subject
17. Come into sight
18. One currency replaced by the euro
19. Flawless
20. Woes
23. Physical therapist's recommendation
24. Gun rights org.
25. Fifth, for one: abbr.
28. Drove
32. Looked daggers at someone
34. Second-largest "Great"
35. Hot stuff
37. Floating lockup
38. Variation of "against"
39. Cut of beef
40. Vex
41. Curved molding
42. Dill herb
43. Colorado, for one
44. Eye parts
46. Translated
48. Summertime, in NJ
49. Sea feeder
51. Floor covering

DOWN

52. Abuse
58. Capital city
61. Engrossed
62. Word with for or what
63. Like an acrobat
64. Response to "Get it?"
65. Forbidden action
66. ___ off; lessen
67. Mimic
68. ___ off; angry

31. Showed boldness
33. Digest
34. Non-native, on Maui
36. Mark one's choice
39. Garden herb
43. Overwhelming defeat
45. Part of a pencil
47. Bowl-shaped cavity
50. Central courts in old Roman houses
52. 1.6097 kilometers
53. Grate
54. Fencer's prop
55. Bacchanals' cry
56. Hawaii's state bird
57. Trampled
58. Nixon or Sajak
59. Muslim title
60. Seamy problem?



"This Month In History" NOVEMBER

1921: The Tomb of the Unknown Soldier is dedicated at Arlington National Cemetery in Virginia. The ceremony took place on Armistice Day three years after the end of World War I.

1947: England's future queen, Princess Elizabeth, marries naval officer Philip Mountbatten at London's Westminster Abbey.

1956: Rock 'n' roll star Elvis Presley makes his movie debut in the Western "Love Me Tender." The film's title was changed to showcase the singer's No. 1 hit song.

1970: Engineer Douglas Engelbart receives a patent for his invention, the computer mouse. He called the device a mouse because the cord looked like a tail.

1984: McDonald's marks a milestone by cooking up its 50 billionth hamburger at a celebration in New York City.

1992: Carol Moseley Braun makes history as the first African American woman elected to the U.S. Senate, representing Illinois.

2000: U.S. President Bill Clinton travels to Vietnam. He was the first American leader to visit the country since the end of the Vietnam War.

2002: The TV cooking show "Barefoot Contessa," hosted by Ina Garten, premieres on the Food Network channel.

2016: Earning over \$3 million in a single week, the musical "Hamilton" sets a Broadway record.