

# THE HIGHLANDS NEWS

November 2018

## November

*In November, the trees are standing all sticks and bones. Without their leaves, how lovely they are, spreading their arms like dancers.*

*They know it is time to be still.*

*Cynthia Rylant*

November is the heart of autumn, cold foggy mornings with the sun not coming out long enough to warm the air. It is the time for warm cozy sweaters and hot coco. We change our clocks back to Standard time on Saturday November 3, before we go to bed. The good news is that we all get an extra hour of sleep. In November we often get our first snow fall. The staff will do their best to keep sidewalks clear and safe for you. We also would like you to be very careful on your walks in our neighborhood, as it will be getting darker much earlier. Remembrance Day is November 11<sup>th</sup>. You can purchase a poppy at Lisa's desk. The grade 2's from North Glenmore Elementary School are coming for a special Remembrance Day performance on November 9<sup>th</sup> so please join us in the dining room. "Lest we forget". The Free Shuttle this month is to the Kelowna Wellness Fair on November 4<sup>th</sup>. We have some wonderful entertainment scheduled this November. Back by popular demand are the Belles of the Okanagan, and then the kick off to our Christmas season, we have a performance by the Hand Bell Ringers. Please see your Activity Calendar for the times and dates for these events.



## In Flanders Fields

*In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place: and in the sky  
The larks still bravely singing fly  
Scarce heard amid the guns below.*

*We are the dead: Short days ago,  
We lived, felt dawn, saw sunset glow,  
Loved and were loved: and now we lie  
In Flanders fields!*

*Take up our quarrel with the foe  
To you, from failing hands, we throw  
The torch: be yours to hold it high  
If ye break faith with us who die,  
We shall not sleep, though poppies grow  
In Flanders fields*

*Lieutenant Colonel John McCrae*

## Message from the Manager

Hello residents of the Highlands,

My name is Tony Heald. I have enjoyed being your chef over the last few months. With the departure of Amanda Atkinson I have become the new site manager here at the Highlands.

I look forward to sharing many good times with all of you. I look forward to meeting all of you.

Together with our amazing staff here at the Highlands we will always try and do whatever we can to make your time here as enjoyable as possible.

Please feel free to drop by the office with any concerns, or just stop in to say hello.

Thank you, Tony

## Upcoming Events

Nov. 1 – Walmart Shuttle – 9:30

Nov. 3 – Free Shuttle to the Kelowna Wellness Fair – 10:30

Nov. 6 – Kane Road Shuttle – 9:30

Nov. 6 – Fire Drill – 4:15pm

Nov. 9 – Children from North Glenmore Elementary perform – 2:00

Nov. 11 – Remembrance Day

Nov. 13 – Bingo 4 Quarters with Elana – 1:00

Nov. 14 – Belles of the Okanagan – 6:30

Nov. 20 – Kane Road Shuttle – 9:30

Nov. 21 – Specialty Breakfast – 8:15

Nov. 25 – Hand Bell Ringers – 3:00

Nov. 26 – Birthday Dinner – 5:30



## Reminders

**Fire Alarm** – A reminder from the Fire Department to leave your doors closed but **unlocked** when you leave your suite when the alarm goes off. It is a good idea to practice this during fire drills. This is to save the firefighter's time in the event of an actual fire.

**Cold Weather and Proper Footwear** – This is a reminder to residents to dress for the weather. We are getting closer to winter every day and it is getting darker earlier, we never know when we will have a hard frost. Please dress in warm layers when outside and wear good shoes or boots with good grips, to avoid slipping on ice.

**Snow** – We often get our first snow fall in November. The staff is very diligent about keeping our walk ways clear of ice and snow. Please allow the staff enough time to clear the walkways before you leave your suite and come down for meals.

**Don't Feed the Birds** – We all love to see the wild life that is around the Highlands especially the birds, but please don't feed them. Bird food will attract rodents like mice and rats. Birds make a very big mess with seed husks and droppings that are tracked all over, and bird dropping can be toxic to people.

## Hellos & Goodbyes

We would like to bid a fond farewell to our dear friend Daphne I. and wish her well as she settles into her new home.

With sadness in our hearts we also say goodbye to our dear friend Natalie P. our thoughts and prayers are with her family at this time.

