



## COMMUNITY BRIEFING

November 01, 2022 • 2 p.m.

- **Good afternoon, Fowler Family!**
- **FOWLER UPDATES:**
  - Cold and Flu season is upon us; we can also anticipate an increase in COVID
    - The routines that help us manage COVID will help us manage colds and flu – remember to utilize our Love Your Neighbor Basics
      - Make sure you are diligent about washing your hands
      - Sanitize hard surfaces
      - Cover when you cough or sneeze
      - Monitor your symptoms and isolate if you are feeling ill
      - Keep your masks close and consider wearing them in crowded areas
  - Teammates, please remember to screen in daily using the Accushield kiosk in your building – daily screening upon arrival is still a COVID regulation in our licensed areas and it is best practice for all areas to assist us in minimizing the transmission of illness
    - Volunteers and visitors must also log-in and out through Accushield
  - We want to celebrate our teammates in the Worth Community on their recertification as an I'm Still Here Center for Excellence in Dementia Care.
    - Fowler is the only memory care center in Dallas – one of only 2 in the state of Texas to achieve this significant accomplishment
    - Thank you team for your daily dedication to our residents and for your efforts to make a difference, pursue excellence and love people.
- **UPCOMING EVENTS:**
  - 11/8 – COVID Booster Clinic
    - 9am PNCC
    - 1030 am JLC
    - Still working on our time and date for FCA
  - 11/10 – FCA Resident Thanksgiving Luncheon
  - 11/10 – JLC Resident Grateful for 130 Years Celebration
  - 11/10 – Grand friends Painting with a Grand Twist – Fowler volunteer Ashley Brown will lead
  - 11/27 – Hanging of the Greens to kick off the season of Advent
    - Residents are invited to participate in this service tradition; if you are interested, please contact Rev. Venessa
- **RESIDENT MEMORIALS:**
  - This morning, Patsy Gilbert passed peacefully to join her Heavenly Father. Patricia moved into Assisted Living in May of 2021. She made many friends and was loved very much. Please remember Patsy's family, friends, and staff in prayer
- **RESIDENT BIRTHDAYS:**

- 11/1 – Ruby W. (FCA)
- 11/2 – Howard C. (PNCC)
- 11/3 – Terry J. (FCA) and Delores E. (PNCC)
- 11/4 – Corinne M. (FCA)
- 11/11 – Richard R. (FCA)
- 11/12 – Diane B. (FCA)
- 11/14 – Susan T. (PNCC) and Mary W. (PNCC)
- **RESIDENT MOVE-IN ANNIVERSARIES:**
  - 1 Year – Ramona H. (FCA), Billie M. (FCA), & Nancy N. (FCA)
  - 2 Years – Catherine H. (FCA)
  - 3 Years – Maria Dolores S. (FCA)
  - 4 Years – Suzanne B. (FCA)
  - 5 Years – David S. (FCA), & JoAnne I. (FCA)
  - 6 years – Kristen V. (PNCC)
  - 7 Years – Dolores R. (FCA)
  - 8 Years – Tamara M. (FCA), Kathleen C. (FCA)
  - 10 Years – Mary E. (FCA)
  - 15 Years – Onecimo & Maria M. (FCA)
- **TEAMMATE TUESDAY – Erin Mason, Director of Human Resources**
  - Happy birthday to Santos Nuno and Helen Lamb! Their birthdays were yesterday, October 31.
  - Today is Laura Porting and Dwaylon Johnson's birthday. Happy birthday, you two!
  - Lashun Williams' birthday is November 2. Happy birthday, Lashun!
  - Happy birthday, Billie Collins! Billie's birthday is November 11.
  - Wishing a happy one-year anniversary to Karin Garcia, who has an anniversary today!
  - We celebrate Teresa Silva's 16-year anniversary tomorrow, November 2.
  - Happy 26-year anniversary to Tom Brooks! Tom's anniversary is November 7.
  - Susana Olvera's 6 year anniversary is November 9. Happy anniversary, Susana!
  - Keyairria Hatton, thank you for making a difference! She made a super positive impact on recently visiting volunteers! She made a great first impression and they are looking forward to returning. I was told that she is a STAR!
  - Gary Willis continues to receive shout outs for his pursuit of excellence! A resident in the E building recently called and shared Gary did an amazing job on the floors which are glowing and shining!
  - Welcome to our new teammates
    - Maria Deguzman, our new baker!
    - Welcome back to the team Shaundra Tilley, dining service aide!
- **DIVERSITY, EQUITY AND INCLUSION SHARED STORY – Erin Mason**
  - November 2<sup>nd</sup>, 2022 is National Stress Awareness Day
  - Celebrated on the first Wednesday of November each month, National Stress Awareness Day is a 24-hour block of time where people are encouraged to take a deep breathe and remember to enjoy life. People often worry themselves about things they

have no control over, and this can lead to undue stress. But there are also times when stress is negative and can become toxic to a person's mental and physical health.

- This is a day to encourage people of all ages to determine what types of stressors are in their life. It is also a time to figure out how to eliminate negative stressors and learn to cope with normal daily stressors.
  - Now not all stress is bad. Some stress encourages growth within a person and motivates them to learn and perform better in their lives.
  - But chronic/negative stress can lead to serious health problems for the body and the brain.
  - National Stress Awareness Day brings this topic to the forefront to encourage healthy habits when handling stress. Some of these can be:
    - Celebrate the daily "wins" both big and small
    - Exercise or go for a walk
    - Set personal boundaries
    - Set realistic goals with work and family
    - Stay connected with loved ones and friends
    - Seek the help of your doctor or mental health professional – do not be ashamed of asking for help.
  - Please remember not to stress too much about things you cannot control, take a deep breath, and take care of yourself.
- **PRAYER – Reverend Venessa Harmel**
  - **Make it a great day on purpose!**

**COVID-19 Mental Health Support Line 24 hours a day, 7 days a week toll-free at 833-986-1919**