



The Linden House News

Linden House of Mishawaka

NOVEMBER 2017

Managed by Evergreen Real Estate Corp, LLC,

Chicago, Illinois

Property Manager.....Cindy Sater

Social Service Coordinator.....Deborah Meeks

Maintenance Lead.....Bill Borders

Maintenance Live-in/Relief.....Garry Rice

ARTICLES FOR THE NOVEMBER 2017 NEWSLETTER



New Residents: Please welcome Sandra Gushwa to our building! Thank you for choosing Linden House of Mishawaka as your new home! 😊

Pest Control Services: On Monday, November 6th, 2017, the following units will be inspected for preventative pest control:

They are as follows: 312, 313, 314, 218, and 219

You do not have to be present, if you don't want to be. A staff member will be escorting our exterminator during this time.

Office Closings: The site office will be closed on these dates:

*Tuesday, Wednesday, and Thursday, October 31st through November 2nd, for vacation days.

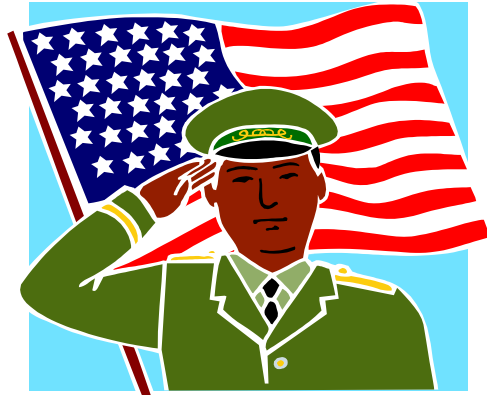
*Wednesday, November 8th, for a staff meeting in Chicago.

*Thursday, November 23rd, for the Thanksgiving holiday, and

*Friday, November 24th, for the Thanksgiving holiday.



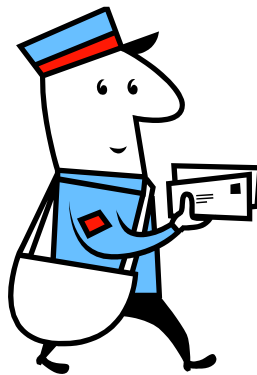
SATURDAY, NOVEMBER 11th, 2017, IS VETERANS DAY! Please take some time on this day to say a prayer for a veteran and to remember everything they have done for our country.



TRASH DISPOSAL: This is a reminder for all residents that all trash put in the trash chutes **MUST BE IN A BAG! If wastebaskets are dumped directly in the chute, this creates a mess for the maintenance department. The chutes are very hard to clean and loose trash has to be transferred from the trash compactor area to the outside dumpster by hand.**

DAYLIGHT SAVINGS TIME: On Sunday, November 5th, we turn our clocks back an hour for the time change. 😊

MAIL: Please allow the mail person to deliver the mail in private. When the large boxes are open and they are trying to deliver mail, there are residents standing right there...some are even trying to reach over the mail person and get their mail. You must be patient and wait till the mail person is done and has left the area. Please be polite. If you are on the first floor waiting for the mail, please wait in the community room...not the lobby. Please be respectful.



LAUNDRY WASHERS AND DRYERS: It is essential that each resident be careful and respectful of the machines. **CLEAN YOUR MACHINES OUT AFTER EACH USE. EMPTY THE LINT TRAPS EVERY TIME.** Leave these items clean for the next person, please. **ALSO, DO NOT USE SOAP POWDER, USE LIQUID.** The powder tends to clog up the dispensers. **THE LAUNDRY CARTS ARE NOT TO LEAVE THE BUILDING AND ARE TO REMAIN IN THE LAUNDRY AREA FOR LAUNDRY USE ONLY.**

SERVICE COORDINATOR

November, 2017



November Birthdays:

*Pinky Hurlbut	11/1	#314
*David Goodrich	11/15	#306
*Ann Worthington	11/16	#101
*Jane Ford	11/23	#210

Birthday Cake & Coffee

4th Monday, November 27, 1:30pm

Birthday cake and coffee, and fruit on the side.



Special Calendar Notes

November 1 and 4

Beauty Shop is closed

November 10 and 17

Service Coordinator office is closed

Monday, November 20

Free Bingo – prizes provided by Sprenger Health Care
6:00pm in the community events room

Tuesday, November 21

Bus trip, 11:30am – details in newsletter

Thursday, November 30

Movie of the month, 1:30pm;

“Hope Floats”; thank you to Sandy Sherrod



Celebrating Thanksgiving

Annual Free Thanksgiving Senior Community Dinner

- *Sponsored by: Mishawaka Moose Lodge 1262
- *Time: 12pm – 2pm
- *Location: 123 Bain Street, Mishawaka
- *Directions: Turn south on Bain off of Lincolnway East



Donate to the collection for Hope Ministries' Thanksgiving dinner

- *\$2.07 provides Thanksgiving dinner for a needy neighbor
- *Donations may be placed in Deborah's mailbox
- *Our thanks to Merle for again suggesting this outreach

NOVEMBER PROGRAMS

Nurse Courtney Hochstetler **St Joseph Health Systems**

THURSDAY, November 9, 1:30pm – 3:00pm
Community Events Room



This month Courtney will begin with a presentation on good blood sugar management. Blood sugar check will then be offered, as well as blood pressure check.

Crafts and Cool Coloring

- *Tuesday evenings, November 14, 21, and 28
- *6:00pm – 8:00pm
- *Community Events Room



Fitness Program

The outdoor walking program has ended with the coming of chilly weather. The Service Coordinator will be available in the exercise room on Tuesday and Thursday mornings at **11:00am** to assist you in the use of the exercise equipment.

Service Coordinator Program:

Medicare and Supporting Benefits

Thursday, November 16, 1:30pm

Location: Community Events Room



Here in the middle of open Medicare enrollment, the Service Coordinator will review benefits in addition to Medicare that help you meet your medical expenses. Some of those benefits include the SHIP program, Extra Help with RX Costs, and the Medicare Savings Program.

HEALTHY YOU

Cataracts & Glaucoma

Ellen Jennings, Interim Homecare

Tuesday, November 21, 1:30pm

Community Event Room



Ellen presents her final program for 2017. Our eyes are such a precious gift, learn how to care for them and ward off disease. Following the ½ hour presentation, blood pressure screening will be available.

Computers and Smart Phones

Monday, November 20, 2017

Appointments begin at 1:00pm

Adam Russell, Technology Trainer



An afternoon of appointments for Linden House residents to receive individual assistance on computing devices or smart phones. Please sign up on the SC bulletin board.

SUNDAYS IN NOVEMBER

Praise & Worship continues

6:00pm – 8:00pm

Community event room



NOVEMBER BUS TRIPS; 11:30am departure

November 3:

Lunch: Prime Table, Niles

Shop: Shelton's & Michiana Antique Mall, Niles

November 10:

Four Winds Casino, New Buffalo, Michigan

Or shop New Buffalo or Michigan City

November 17:

Lunch: Cock-A-Doodle Café, Elkhart

Shop: The Amish Mall, Elkhart



Tuesday, November 21

Lunch: Logan's Roadhouse

Shop: Ireland Road stores

COMING IN DECEMBER

Podiatry Clinic

Monday, December 4

Appointments begin at 1:30pm

Enroll with the Service Coordinator



Meet & Greet with the Linden House Board

Wednesday, December 13

(Approx) 1:00pm

Community Events Room

Christmas Assistance Food Boxes

Residents who applied in October

Tuesday, December 19

Delivery to apartments @ 11:30am

SPECIAL ATTACHMENTS

*"The Healing Power of Music"

*Emergency Maintenance Service Request Procedure

*Thanksgiving Word Search

“Guideposts Magazine”, September 2017

The Healing Power of Music

**An interview with board-certified music therapist,
Megan Godfrey**

***Condensed by the Service Coordinator**



What is music therapy? It’s the use of music to accomplish a goal that is non-musical. It could be used for sensory stimulation. It might be participating in a tone chime choir for social interaction. The music therapist might work one-on-one with those suffering from depression or anxiety or receiving hospice care.

What might a session involve? The patient and therapist might sing, play instruments, or write a song together. The patient might simply listen and pray while the therapist makes music.




What are some health benefits? Music therapy can reduce stress and anxiety, relieve pain, lower blood pressure, and relax muscle tension.

Do I need musical ability to benefit? “Absolutely not,” Godfrey says. “Anyone can benefit... from children to seniors”.

How can I use music therapy at home? Put together a mood-boosting playlist or CD of music you find helpful when you’re anxious or angry. Then Godfrey suggests adding happier songs.

Service Coordinator note: Residents at the Linden House of Mishawaka who have a smart-phone could ask help from family members to add their favorite music onto their phones. Help could also be had from Adam Russell, who provides technical support to residents at no cost through the Mishawaka Public Library.

NOVEMBER 2017

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
			<p>1 BD Pinky Furnace F 10am Mid-morn Movie R C Games, 6-8pm</p>	<p>2 Site Offc closed Furnace F 10am Martins Bus 10am Fitness, 11am</p>	<p>3 Furnace F 10am Mid-morn Movie Bus: 11:30am Niles, Michigan</p>	4
<p>5 Time: "fall back" 1 hour Praise & Worship 6:00pm</p>	<p>6 Coffee: 10am Bus plans, 11am BINGO, 6:30PM</p>	<p>7 Mid-morn movie Fitness, 11am RC Meeting 7 pm</p>	<p>8 Offices Closed Schwans Beauty Shp 1pm R C Games, 6-8pm</p>	<p>9 SC office closed - morning Program, 1:30pm Nurse</p>	<p>10 SC Office Closed Bus: 11:30am 4 Winds Casino; Or Mich City</p>	<p>11 Veterans Day Beauty Shop 9am</p>
<p>12 Praise & Worship 6:00pm</p>	<p>13 Coffee: 10am BINGO, 6:30PM</p>	<p>14 Mid-morn movie Fitness, 11am Interim 1:30pm Craft/Colr 6-8pm</p>	<p>15 BD David G Mid-morn movie Beauty Shp 1pm R C Games, 6-8pm</p>	<p>16 BD Ann Martins Bus 10am Fitness, 11am SC Workshop 1:30 RC Potluck 5:30pm</p>	<p>17 SC Office Closed Bus: 11:30am Lunch: Cock-a-do Shop: Amish Mall</p>	<p>18 Beauty Shop 9am</p>
<p>19 Moose Sr Dinner 12 – 2pm Praise & Worship 6:00pm</p>	<p>20 Coffee: 10am Computers, 1pm Free BINGO w/ Sprenger 6:00PM</p>	<p>21 Bus trip, 11:30am Fitness, 11am Blood Pr 1:30pm Craft/Colr 6-8pm</p>	<p>22 Mid-morn Movie Schwans Beauty Shp 1pm R C Games, 6-8pm</p>	<p>23 BD Jane THANKSGIVING DAY</p>	<p>24 HOLIDAY Offices closed</p>	25
<p>26 Praise & Worship 6:00pm</p>	<p>27 Birthdays 1:30pm BINGO, 6:30PM</p>	<p>28 Mid-morn movie Fitness, 11am Craft/Colr 6-8pm</p>	<p>29 Mid-morn movie Beauty Shp 1pm R C Games, 6-8pm</p>	<p>30 Fitness, 11am Movie of the Month, 1:30pm</p>	<p>Dec 1 SC Office Closed</p>	<p>Dec 2 Beauty Shop 9am</p>