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A PUBLICATION FOR PATIENTS, RESIDENTS, AND FAMILIES

November Bulletin

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1. Stress Awareness Day
November 3rd
 2. Veteran's Day
November 11th
 3. Thanksgiving
November 25th
 4. Hanukkah
November 28th
- Monday Night Football
 - Popcorn Fridays

[ALL UPDATES REGARDING VISITATION WILL BE UPLOADED WEEKLY ON THE WEBSITE AT BEACONSHIRENC.COM]

Vaccination Nation!

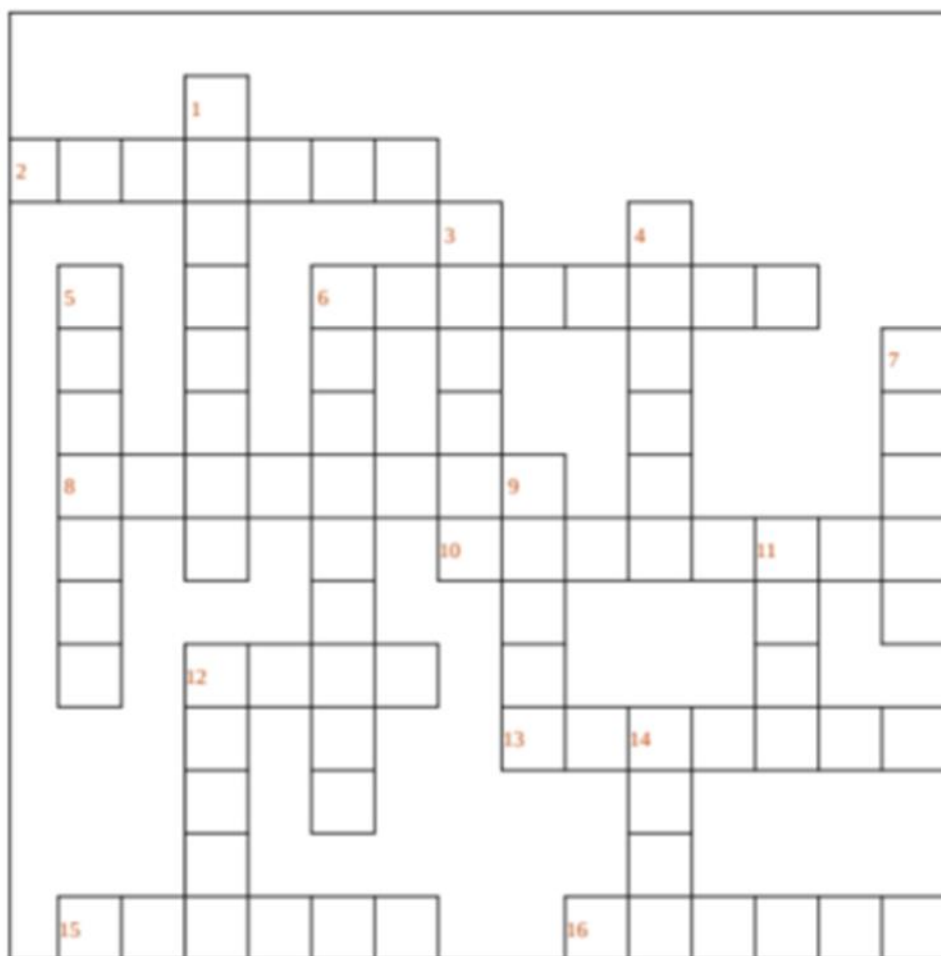
Stay Safe and Mask Up!

*Receiving a COVID-19 vaccine is an important step to reduce a person's chance of becoming sick with the COVID-19 disease. Ensuring long term care residents receive the vaccination will help save the lives of those at highest risk for infection and severe illness from COVID-19. Because long term care residents live in group settings and are often older adults with underlying chronic medical conditions, they are the most at risk of severe disease from diseases like COVID-19.
-Centers of Disease Control and Prevention/Facility policy*

If you'd like to get vaccinated, please see the Infection Control Preventionist



Fall



Across

- 2 Halloween month
- 6 Rodent that hordes nuts
- 8 People at the first Thanksgiving
- 10 Thanksgiving month
- 12 Yellow vegetable that grows on stalks
- 13 To gather farm crops
- 15 Thanksgiving main dish
- 16 Falls from trees

Down

- 1 Sport played with a brown ball
- 3 Another name for Fall
- 4 a color and a fruit
- 5 Great for pies or for carving
- 6 Keeps birds away from fields
- 7 Nut from an oak tree
- 9 Birds fly _____ for the winter
- 11 Bundles of hay
- 12 Drink made from apples
- 14 Tool to clean up leaves





RESIDENT SPOTLIGHT

CONGRATULATIONS TO.....

Ms. Roberta S.

This month of November we recognize and value Ms. Roberta.

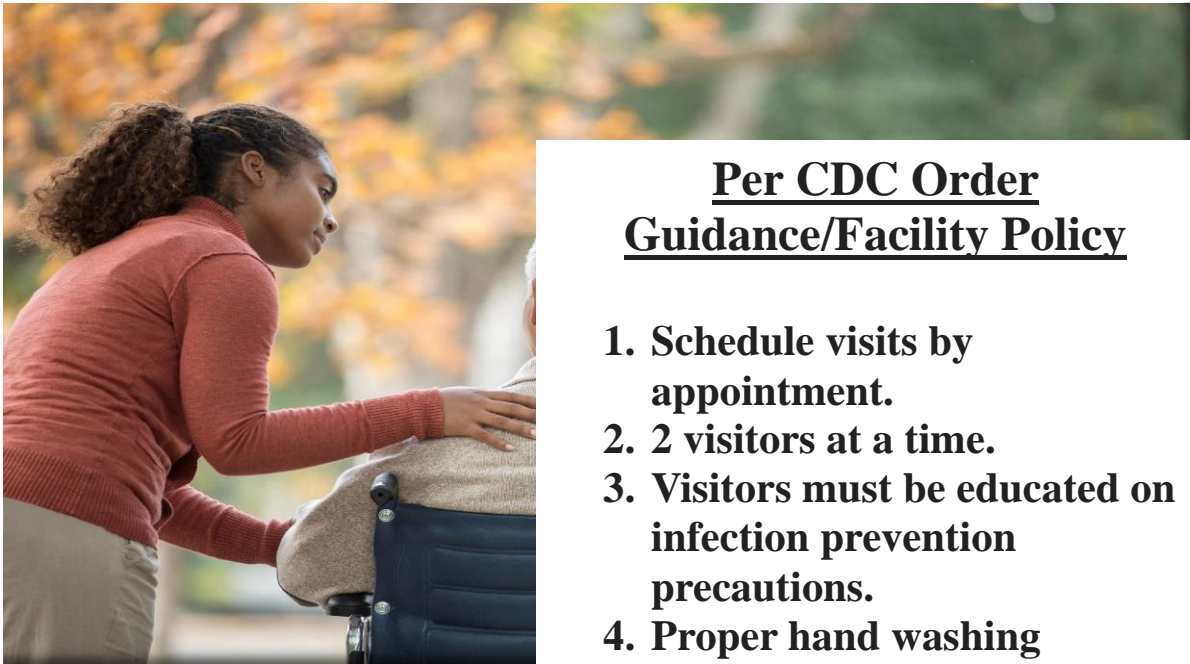
Ms. Roberta is such a light in our hallways and always greets residents and staff with a smile on her face. She is one of the oldest residents in our facility and everyday we are grateful for her life, and the long life that she has lived. Be sure to say hi to Ms. Roberta when you see her in the halls. She has plenty of stories to tell!

Thank you for being you Mr. Roberta!

-Beaconshire Management

Congrats





Per CDC Order Guidance/Facility Policy

1. Schedule visits by appointment.
2. 2 visitors at a time.
3. Visitors must be educated on infection prevention precautions.
4. Proper hand washing protocol must be administered during visit.



The Reel Deal Presents: You

This month, we are watching and getting caught up on You. You can find it on Netflix

What would you do for love? For a brilliant male bookstore manager who crosses paths with an aspiring female writer, this question is put to the test. A charming yet awkward crush becomes something even more sinister when the writer becomes the manager's obsession. Using social media and the internet, he uses every tool at his disposal to become close to her, even going so far as to remove any obstacle—including people—that stands in his way of getting to her.

Rating: TV-MA (for sequences of Stalking and Murder)

Genre: Psychological thriller; Crime drama

Starring: Penn Badgley, Victoria Pedretti, Elizabeth Lail, Ambyr Childers

A Word from the Administrator:

"Happy Fall to all staff and residents. Flu season is creeping on us, and I encourage you all to continue to practice social distancing, proper handwashing protocol, and to continue wearing a mask. Covid testing will continue every Monday, Wednesday, and Friday, and vaccinations are still available for those who desire to get it. We've done a great job at keeping our facility Covid free, and I'm hoping that we can keep up the great work! Stay Safe team.

For more information on the coronavirus please visit cdc.gov or scan the QR Code below"



A Word from the Director of Nursing

"Happy November Team! This month is Diabetes Awareness month, and I really want to make sure that everyone stays educated on eating healthy, how to eat healthy, and what constitutes as managing your diet. For more information, please visit diabetes.org or scan the QR code for easier convenience."

SCAN ME



-Deitra Shaw 😊

Celebration >>>

HAPPY BIRTHDAY!

For everyone celebrating a birthday in November, we would like to wish you a big HAPPY BIRTHDAY! We hope that your day is special and joyous! We honor you and celebrate you!

-BCN Management

Famous Birthdays

Marie Antoinette (Queen) – November 2nd, 1755

Mickey Mouse (Cartoon) – November 18th, 1928

Tina Turner (Singer) – November 26th, 1939

Jimi Hendrix (Musician) – November 27th 1942

November Resident Birthdays

Sammy M. – November 25th

FUN FACT!

November 3rd is National Stress Awareness Day

Stress is the feeling of being under too much mental or emotional pressure. When you are stressed, your body releases stress hormones such as adrenaline and cortisol.

Stress is your body's reaction to help you deal with pressure or threats. This is sometimes called a "fight or flight" response. Your stress hormone levels usually return to normal once the pressure or threat has passed.

A small amount of stress can be useful. It can motivate you to take action and get tasks completed. It can also make you feel alive and excited. But too much stress can cause negative effects such as a change in your mood, your body and relationship issues.

Here are some tips to help combat stress year-round:

1. Find your stress triggers
2. Try yoga and meditation
3. Exercise to release stress
4. Ease stress through a better diet
5. Schedule sleep
6. Take on new hobbies
7. Figure out what works for you



Beaconshire Nursing Center

Management List

Administration

Administrator, Cassandra Fuller

Human Resources Director, Jackie Hope

Admissions

Director of Admissions, Tess Lewis

Business Office

Business Office Manager, Tina Hill

Dining Services

Dietitian, Ms. Emma Williams

Director of Dietary Services, Jeremy Moser

Facilities

Director of Maintenance, Willie Pettiway

Maintenance Assistant, Furman Polk

Nursing

Director of Nursing, Deitra Shaw

Assistant Director of Nursing, Tanisha Williams

1st Floor Unit Manager, Katrina Allen

2nd Floor Unit Manager, Ina Massey

Medical Services

Medical Director, Dr. Carouba

