

CLATSOP CARE RETIREMENT VILLAGE

947 Olney Avenue • Astoria, OR 97103 • 503-325-4676

From the **Desk** of...

Hello Residents and Happy Fall!

Well here we are getting into the holiday season already!! We will be having our annual Thanksgiving Feast. If your family is going to join us, please let Donovan know so he can have enough food for all. The cost will be \$15 per adult and kids will be \$10. Please RSVP the kitchen or Laura at the front desk.

Now that we are off Covid restrictions, our dining protocols are back in effect. If you want to eat in your apartment, you will need to come and collect your food, we do not do room service. We also want to reiterate that we cannot have everyone waiting in the hallway to get into the dining room early. It causes congestion in the hall and people that live and have to go through the dining room are having trouble getting by the people that are waiting in the hall. Our med techs need the room to maneuver their carts to the hallway. Please DO NOT come an hour early for dining service. If you come and want to be seated, five to ten minutes early is sufficient, please.

Be thankful for all things!

Ann Rubino
Administrator

November 2025

Chef Chat

The dining room is open again and we are ready to serve everyone! We just got a new coat of paint and new window treatments too.

The kitchen is now accepting meal recommendations. Donovan will be placing a suggestion box outside of his office; place your favorite meal suggestions in the box and see what he creates. Please keep food costs in mind and fresh food availability as well. Thank you!



Activities

5 foundational principles of a successful activities program:

- *Person-centered care: The core philosophy is to build the program around the interests, needs, backgrounds, and personal preferences of the individual residents, rather than a one-size-fits-all approach.

- *Inclusivity and accessibility: Activities must be adapted to accommodate residents with varying physical and cognitive abilities. This may include offering modified exercises, ensuring wheelchair accessibility, and adjusting programming for those experiencing cognitive changes due to dementia.

- *Encouraging independence: The program should empower residents to make their own choices and maintain as much independence as possible.

- *Enhancing quality of life: The primary goal is to bring joy, fulfillment and a sense of purpose to residents' daily lives. Activities combat feeling of loneliness, isolation, and depression.

- *Safety and wellness: Proper planning, staffing and safety measures are vital. Activities must promote physical and mental wellness in a safe environment, with considerations for hydration, medical needs, and emergency protocols.

Activities

The six core activity domains for a successful activities program:

1. Physical wellness-regular physical activity is crucial for maintaining mobility, strength, and overall health.

2. Social engagement-combatting loneliness and fostering a sense of community is a top priority.

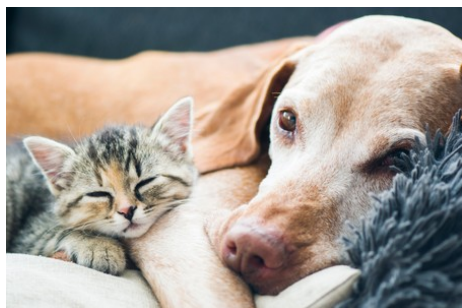
3. Intellectual and cognitive stimulation-activities that keep the mind sharp can help improve memory, reasoning, and mental acuity.

4. Creative arts and expression-artistic expression is a powerful outlet for communication and stress relief, boosting self-esteem, and providing a sense of accomplishment.

5. Spiritual and emotional nourishment-these activities support residents' inner lives and provide meaning beyond physical and social needs.

6. Purpose-driven and community service-Opportunities for residents to contribute their skills and wisdom can enhance their sense of purpose and self-worth.





Healing Paws and Claws

Therapy animals—animals that undergo specific training to help people, often in a group setting—can bring comfort and joy to individuals facing physical or mental challenges.

Dogs lead the pack. Dogs are by far the most common therapy animals. Breeds like Golden Retrievers and Labrador Retrievers are fan favorites

because of their gentle, loving demeanor. They are known to be great with children and adults, often helping people recover from trauma or cope with mental health challenges.

Cats comfort, too. Cats are also effective therapy animals. They provide calm companionship and can help with emotional challenges. Cats tend to be less outgoing than dogs but still offer soothing support and snuggles.

Unusual choices. Pet therapy can go beyond dogs and cats and extend into more wild choices. Animals like pigs, rabbits, mini horses and llamas have all had careers as therapy animals.



Maintenance Corner

Maintenance

Coming soon, we will be doing a fire drill that will include a building evacuation. More info will be posted later on this, before it happens. In other news, the building is looking better. I will continue cleaning and painting, so please be aware of any signs for wet paint. Please let's all do our part to take care of this building and keep it nice.

Freezing temps are coming, so the faucets outside will be covered for the winter.

If you need maintenance work done, please fill out a work order on the first floor, by Laura's desk, or on the third floor, by my office.

Thank you for your patience as things have been very busy here, but I will always do my best to get the work done for you.

Sincerely,
Maintenance Mike



Wit & Wisdom

"Feeling gratitude and not expressing it is like wrapping a present and not giving it."

—William Arthur Ward

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

—John F. Kennedy

"Gratitude helps you to grow and expand; gratitude brings joy and laughter into your life and into the lives of all those around you."

—Eileen Caddy

"Gratitude is one of the least articulate of the emotions, especially when it is deep."

—Felix Frankfurter

"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."

—Melody Beattie

"The essence of all beautiful art, all great art, is gratitude."

—Friedrich Nietzsche

"A man's indebtedness is not virtue; his repayment is.

Virtue begins when he dedicates himself actively to the job of gratitude."

—Ruth Benedict

"Silent gratitude isn't much use to anyone."

—Gertrude Stein



"This Month In History"

NOVEMBER

1800: President John Adams and his family move in to the newly completed White House, then called the President's House.

1906: SOS is adopted as the standard distress signal at sea.

1910: Hailed as a monumental work of architecture, the Pennsylvania Station railroad terminal opens in New York City.

1922: The entrance to King Tut's tomb was discovered by archaeologist Howard Carter.

1924: The Boston Bruins make their debut as the first U.S. team in the NHL.

1939: In Hyde Park, N.Y., the cornerstone is laid for a library to preserve President Franklin D. Roosevelt's official papers. It was America's first presidential library.

1945: The first issue of Ebony magazine is published.

1959: On Broadway, the Rodgers and Hammerstein musical "The Sound of Music" opens.

1968: The Motion Picture Association of America introduces a rating system for movies.

1973: Britain's Princess Anne marries Capt. Mark Phillips at Westminster Abbey.

1989: L. Douglas Wilder of Virginia becomes the first African American governor elected in the U.S.

1993: Made up of 12 countries, the European Union is formally established.

2000: A crew of three arrives at the International Space Station and is the first to live and work at the research facility.

2008: Taylor Swift releases her second album, "Fearless." It would go on to be the most awarded album in country music history.

2013: Disney's animated movie musical "Frozen" premieres.