

~**Thanksgiving Dinner** will be traditional fare ~ roast turkey with warm gravy, mashed potatoes, cranberry jello mold, chef vegetables and of course pumpkin and apple pies. A take -home supper will be provided to residents as well. If you are planning on going out for the holiday, please let our concierge know so we can plan our meal numbers correctly. And, don't forget to be safe and wear a mask when possible.

~Our **new hallway benches** are here!

~Our **tree project** has begun. We are removing all of the ash bore tress for our safety.

~Please keep our laundry rooms clean.

Remember to take your belongings with you.

Happy November Birthday's, our dear Residents!

Janet G. 11/ 06,

Bob P. 11/ 10,

Ann B. 11/ 15,

Lee K. 11/ 18,

Pat K. 11/19,

Joan K. 11/ 23

Sincere Appreciation:

~BINGO BOB for helping on Fun Fridays with our weekly games.

~Rojene, Ann, Lorraine, George, Irv, Marianne & Harry, Josephine and Joe for being Ambassadors to our new residents.

You are making a positive difference!

Resident Spotlight:

Marianne D. #233 has been apart of our family here for over a year. From 18 years old until retirement she worked for Chevrolet. During her career, she was promoted to first ever woman buyer for Chevrolet. She was active volunteer at St. Jude's Center. She also owned horses for horse racing at Buffalo Raceway. If you don't see Marianne at your front door helping with PPE delivering some packages, she can be found playing card games throughout our community! Did you know she was a pro bowler? She is known for her continual smile and positive energy. Her laughter is contagious.

Employee of the Month for November 2020 :

Harold Johnson is employee of the month for November 2020. Harold received this award in September 2019 and has been an example of teamwork since. His dedication to operations goals, responses to immediate building and safety needs, excellent customer service to our residents is recognized. He is active in supervising housekeepers and COVID cleaning protocols. His positive attitude and fun-way of communicating with the residents helps our culture & teamwork shine. Thank you Harold! He accepts his certificate, new posted EOM parking spot and a gift card.

Solstice Senior Living at East Amherst

November Newsletter

Operations team:

Margaret Kleinmann, Executive Director

Katherine Johnson, Business Office Director

Stephanie Murczek, Sales & Marketing Director

Harold Johnson, Building Services Director

Rebecca Rumschik, Vibrant Life Director

Jody Miller, Culinary Service Director

November News:

~We congratulate our very own Executive Director Margaret on receiving a noteworthy award in the field of aging here in Western New York. Margaret was selected as the recipient of 2020 Network in Aging, Inc.

Dr. Evan Calkins Meritorious Service Award.

She was acknowledged for her lifelong dedication and positive impact on the WNY geriatric field throughout her 40 year career. She was presented with this prestigious award at their annual conference.

~*Theme Wednesdays* bring culture and tasty foods from around the world weekly.

~We welcome *Jody Miller* to our team as our CSD- Culinary Service Director. Join her at the scheduled chef meeting. Bring your questions! She is excited to meet you.

~Daylight savings is on Sunday, November 1st. Turn those clocks back an hour!

~ Congratulations to Becca for her promotion to Senior Vibrant Life Director! Becca now consults other VLD in SSL to success.

~Our monthly Resident Meetings are now in the dining room socially distanced. Please join us for Q & A and communication. We have two seatings as described in your memos - 1:30 & 2:30.

~ Pet therapy has resumed! Meet pups Lotus and Teddy in the atrium.

Our Executive Director

Monthly Memo:

Thankfulness is our annual theme for the month of November. Even though this year differs from years past due to our unprecedented pandemic and challenging election culture, our genuine gratefulness shines. This time in history continues to be changing our daily lives due to necessary restrictions and new daily usage of PPE to protect ourselves. Our community stamina and positive culture has triumphed through it all since March. We are very proud of that teamwork and dedication to wellness.

What are you most grateful for? First , we are most thankful to have a healthy, Covid-19 FREE community. We appreciate our good health and wellness together due to our diligence of residents, associates and visitors. Thank you for following CDC and SSL support center protocols. Secondly, we are thankful for the ability to share our lives in this chapter together. Whether using PRN getting PT or OT, getting help by IHC, attending a exercise or yoga class, happy hour or art class, we are able to live a wonderful quality of life together enjoying some of life's pleasantries. Lastly, we are thankful for our business operations success. We are on budget, meeting our company goals and keeping our property safe for everyone. We welcomed amazing, interesting new residents and associates to our Solstice family too.


It is an honor to serve each of you.
Happy Thanksgiving ! Stay healthy,
Margaret Kleinmann

November is the time to reflect on what we are thankful for. We would like to give our thanks to you all for abiding by the COVID precautions our community has taken to remain COVID FREE!

**Keep washing your hands, maintaining social distancing and SMILING!
Wearing a face MASK helps control the spread of germs as well. We are #SolsticeStrong and we will get through this pandemic *together!***

Give us a "Like" on our Facebook page, Solstice Senior Living at East Amherst. You can see what is going on through our fun pictures we capture of the residents!

BUFFALO BILLS games are on TV in the vibrant life room each Sunday. Bring your own cocktail, MASK and positive energetic attitude with you. GO BILLS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daylight Saving Time Begins 7:00 CLOCK'S GO BACK ONE HOUR! 8:00 Catholic Mass [CH] 11:00 Day light Savings Day Trivia [AT] 11:30 Lunch in Dining Room [DR] 12:15 Lunch in Dining Room [DR] 1:00 Buffalo Bills vs. New England Patriots [AR]	10:00 Stretch Exercise Class [AR] 11:00 Stretch Exercise Class [AR] 11:30 Lunch in Dining Room [DR] 12:15 Lunch in Dining Room [DR] 1:30 Bottom Line Discussion [AR]	Election Day 8:30 Voting Transportation [BUS] 11:30 Lunch in Dining Room [DR] 12:15 Lunch in Dining Room [DR] 7:00 Cinema Night [TVR]	10:00 Live Stream St. Mary's Catholic Mass [CH] 10:00 Stretch Exercise Class [AR] 11:00 Stretch Exercise Class [AR] 11:30 Lunch in Dining Room [DR] 11:30 Traveling Around the World, Theme Lunch [DR] 12:15 Lunch in Dining Room [DR] 2:00 Gratitude Journal Project kick off [AR]	9:15 Medical Appointments [BUS] 10:00 Meditation [LB] 11:00 Meditation [LB] 11:30 Lunch in Dining Room [DR] 12:15 Lunch in Dining Room [DR] 2:00 Yoga & Thai Chi	10:00 Stretch Exercise Class [AR] 11:00 Stretch Exercise Class [AR] 11:30 Lunch in Dining Room [DR] 12:15 Lunch in Dining Room [DR] 1:30 Bingo with Bob & Lucas [DR]	10:00 Coffee and Convo [AR] 11:30 Lunch in Dining Room [DR] 12:15 Lunch in Dining Room [DR] 2:00 Movin' & Groovin' w/ Harry J [AR]
8:00 Catholic Mass [CH] 11:00 USA Veterans Trivia Fun with Stephanie [AT] 11:30 Lunch in Dining Room [DR] 12:15 Lunch in Dining Room [DR] 1:00 Buffalo Bills vs. Seattle Seahawks [AR]	10:00 Stretch Exercise Class [AR] 11:00 Stretch Exercise Class [AR] 11:30 Lunch in Dining Room [DR] 12:15 Lunch in Dining Room [DR] 1:30 Bottom Line Discussion [AR]	9:15 Shopping Outing [BUS] 10:00 Meditation [LB] 11:00 Meditation [LB] 11:30 Lunch in Dining Room [DR] 12:15 Lunch in Dining Room [DR] 2:00 Gratitude Journal Project class [AR] 2:30 New Resident Meet & Greet w/ MK-Invite Only [DR] 4:00 Bible Study w/ Tim & Tyler [CH] 7:00 Cinema Night [TVR]	Veterans Day 10:00 Live Stream St. Mary's Catholic Mass [CH] 11:30 Lunch in Dining Room [DR] 11:30 Traveling Around the World, Theme Lunch [DR] 12:15 Lunch in Dining Room [DR] 2:00 Artistic Class with Becca [AR] 2:30 Veterans Celebration Patriotic Happy Hour 3:00 Veterans Group photo Op	9:15 Medical Appointments [BUS] 10:00 Meditation [LB] 11:00 Meditation [LB] 11:30 Lunch in Dining Room [DR] 12:15 Lunch in Dining Room [DR] 2:00 Yoga & Thai Chi	10:00 Stretch Exercise Class [AR] 11:00 Stretch Exercise Class [AR] 11:30 Lunch in Dining Room [DR] 12:15 Lunch in Dining Room [DR] 1:30 Bingo with Bob & Lucas [DR]	10:00 Coffee and Convo [AR] 11:30 Lunch in Dining Room [DR] 12:15 Lunch in Dining Room [DR] 2:00 Movin' & Groovin' w/ Harry J [AR]
8:00 Catholic Mass [CH] 11:00 Thanksgiving Fun Trivia with Margaret [AT] 11:30 Lunch in Dining Room [DR] 12:15 Lunch in Dining Room [DR] 4:05 Buffalo Bills vs. Arizona Cardinals [AR]	10:00 Stretch Exercise Class [AR] 11:00 Stretch Exercise Class [AR] 11:30 Lunch in Dining Room [DR] 12:15 Lunch in Dining Room [DR] 1:30 Bottom Line Discussion [AR] 2:30 Monthly Resident Meeting [DR]	9:15 Shopping Outing [BUS] 10:00 Meditation [LB] 11:00 Meditation [LB] 11:30 Lunch in Dining Room [DR] 12:15 Lunch in Dining Room [DR] 2:00 Ambassador's Club [TVR] 2:00 Gratitude Journal Project class [AR] 4:00 Bible Study w/ Tim & Tyler [CH] 7:00 Cinema Night [TVR]	10:00 Live Stream St. Mary's Catholic Mass [CH] 10:00 Stretch Exercise Class [AR] 11:00 Stretch Exercise Class [AR] 11:30 Lunch in Dining Room [DR] 11:30 Traveling Around the World, Theme Lunch [DR] 12:15 Lunch in Dining Room [DR] 1:30 What's Your Favorite Pie? [AR]	9:15 Medical Appointments [BUS] 10:00 Gold Key Coffee and Convo 10:00 Meditation [LB] 11:00 Meditation [LB] 11:30 Lunch in Dining Room [DR] 12:15 Lunch in Dining Room [DR] 2:00 Yoga & Thai Chi	10:00 Stretch Exercise Class [AR] 11:00 Stretch Exercise Class [AR] 11:30 Lunch in Dining Room [DR] 12:15 Lunch in Dining Room [DR] 1:30 Bingo with Bob & Lucas [DR]	10:00 Coffee and Convo [AR] 11:30 Lunch in Dining Room [DR] 12:15 Lunch in Dining Room [DR] 2:00 Movin' & Groovin' w/ Harry J [AR]
8:00 Catholic Mass [CH] 11:00 Puppy Love Trivia with Katherine [AT] 11:30 Lunch in Dining Room [DR] 12:15 Lunch in Dining Room [DR] 1:00 Buffalo Bills Bye Week	10:00 Stretch Exercise Class [AR] 11:00 Stretch Exercise Class [AR] 11:30 Lunch in Dining Room [DR] 12:15 Lunch in Dining Room [DR] 1:30 Thanksgiving Favor Making class [AR]	9:15 Shopping Outing [BUS] 10:00 Meditation [LB] 11:00 Meditation [LB] 11:30 Lunch in Dining Room [DR] 12:15 Lunch in Dining Room [DR] 2:00 Gratitude Journal Project class [AR] 2:00 Mind & Soul Relief Group [LB] 4:00 Bible Study w/ Tim & Tyler [CH] 7:00 Cinema Night [TVR]	10:00 Live Stream St. Mary's Catholic Mass [CH] 10:00 Stretch Exercise Class [AR] 11:00 Stretch Exercise Class [AR] 11:30 Lunch in Dining Room [DR] 11:30 Traveling Around the World, Theme Lunch [DR] 12:15 Lunch in Dining Room [DR] 2:00 Artistic Class with Becca [AR]	Thanksgiving 10:00 What Are You Thankful For? [AR] 11:30 Traditional Thanksgiving Dinner [DR] 12:15 Traditional Thanksgiving Dinner [DR]	10:00 Stretch Exercise Class [AR] 11:00 Stretch Exercise Class [AR] 11:30 Lunch in Dining Room [DR] 12:15 Lunch in Dining Room [DR] 1:30 Bingo with Bob & Lucas [DR] 3:00 Happy Hour with Lucas	10:00 Coffee and Convo [AR] 11:30 Lunch in Dining Room [DR] 12:15 Lunch in Dining Room [DR] 2:00 Movin' & Groovin' w/ Harry J [AR]
8:00 Catholic Mass [CH] 11:00 Kick Off to Holiday Trivia with Becca [AT] 11:30 Lunch in Dining Room [DR] 12:15 Lunch in Dining Room [DR] 1:00 Buffalo Bills vs. Los Angeles Chargers [AR]	10:00 Stretch Exercise Class [AR] 11:00 Stretch Exercise Class [AR] 11:30 Lunch in Dining Room [DR] 12:15 Lunch in Dining Room [DR] 1:30 Bottom Line Discussion [AR]	<div>  <div> 6363 Transit Road East Amherst, NY 14051 East Amherst, NY 14051 (716) 688-7880 </div> <div> Location Keys ACTIVITY ROOM AR ATRIUM AT BUS BUS CHAPEL CH DINING ROOM DR LIBRARY LB TELEVISION ROOM TVR </div> <div> Be Adventurous Be Challenged Be Connected Be Family Be Inspired Be Social Be Well Meals </div> </div>				