RIVER GRAND

Highlights

NOVEMBER 2026

WHAT'S INSIDE

PAGE 1... A LETTER FROM JESS

PAGE 2... ACTIVITY NOTES

PAGE 3... STAFF UPDATES

PAGE 4... DIETARY CORNER

PAGE 5... RG BIRTHDAYS

PAGE 6-7... MONTHLY GAZETTE

PAGE 8-11... LIGHT READING

PAGE 12-13... WORD SEARCH

PAGE 14- WELLNESS UPDATE

Dear Residents,

As we welcome November and the beautiful changes of the season, we also know that colder temperatures and the possibility of snow are just around the corner! We want everyone at River Grand to stay safe, warm, and comfortable as we transition into the winter months. Here are a few helpful reminders to prepare for the upcoming Minnesota winter.

Dress for the Weather

As temperatures drop, please remember to wear a warm coat, hat, gloves, and appropriate footwear when going outside. Even a light dusting of snow can create slippery conditions.

Be Mindful of Slippery Conditions

Snow, ice, and wet floors can increase the risk of falls. Please wear shoes with good traction, take your time when walking, and use your walker or other assistive device as needed. If you notice a slippery area or a walkway that needs attention, please notify a River Grand team member.

Stay Warm and Comfortable Indoors

Please keep your apartment comfortable as temperatures change. Our building is heated by our boilers, forced hot water to heat the building and can take time to increase temperatures in your apartment. Please set your thermostat to comfort for you. Also, in attempt to minimize drafts, please begin placing your air conditioner covers over your unit.

November is also a wonderful time to enjoy the cozy comforts of home, visit with neighbors, participate in activities, and appreciate the community we share here at River Grand.

Thank you for helping us keep our community safe and welcoming throughout the winter season. We are grateful for each of you and look forward to another wonderful month together!

Warm wishes for a safe and happy November,

Jessica

Happy November River Grand!

As always, we have some new and exciting things happening this month. So be sure to watch your monthly calendars, weekly reminders and daily schedules for events.

November brings Deer Hunting, Veteran's Day, & Thanksgiving. To celebrate each of these we will be doing special activities. If you have questions about any of them please reach out.

We have a NEW group beginning in November called Wisdom in Company. This group is one for building community, peer support, reminscing and mindfulness. Each group I will bring a topic for discussion, music that connects to the topic, and all the extras that we will need. Please come check it out or ask me for more information. I found the inspiration for this group after attending the Minnesota State Wide Activity Professional conference in October, and am very excited to share.

Lake Superior Zoo will be here on November 19th at 2:00pm with three animal ambassadors. (SNAKES are not invited, so rest assured.) Let me know if you are planning to attend this so we can accomodate adequate space.

Our themed week will be HUNTING for November, so get ready to hunt all week long! Themed dress up days will be provided later.

VOTING: Remember to get out and vote. Designated poll location for River Grand's address is:

GRAND RAPIDS FIRE HALL
104 SE 11TH ST
GRAND RAPIDS, MN 55744

Liz

hello Autumn

As we head into November, please remember that if you have any questions or concerns regarding your billing, don't hesitate to reach out to me. I'm happy to help!

Brandi

Congratulations to Julie Grigsby, River Grand's Best Employee of the Month! Julie Grigsby has worked here for over 16 years! Wow, that's amazing! We are so grateful to have her on our team. Julie's dedication to our community has allowed us to learn, grow and succeed! Nothing can beat years of experience, and how lucky are we to have those who stay and grow with our Assisted Living Community! Thank you, Julie, and thank you to all of our staff who also continue to grow with us at River Grand!

Beth

We would like to introduce Lance Allen as our new Maintenance Assistant! Please help welcome him to River Grand!

Amy

Happy November everyone!

Wow!! Can you believe it is already November? I hope you are all enjoying some of the new recipes we are implementing into our fall and winter menu! Let me know if there is a recipe or something new you'd like the kitchen to try!

Angie

Dates to remember...

November 1ST is Daylight savings time ends……we fall back an hour!

November 3RD is Election Day

Our November Culinary Meeting is at 2pm on Monday, November 9th in the activities space. Your opinion is valuable! Hope to see you there! J

Veterans Day is November 11th!

Thursday, November 26th is Thanksgiving. We will be serving a scrumptious traditional Thanksgiving dinner!

Interesting Information

Vitamin D is both a nutrient we eat and a hormone our bodies make. It is a fat-soluble vitamin known to help the body absorb and retain calcium and phosphorus; both critical for building bones. Some studies show that Vitamin D can reduce cancer cell growth, help control infections and inflammation. The human body produces Vitamin D as a response to sun exposure. Vitamin D is essential for maintaining healthy bones and teeth. A person can boost their Vitamin D intake through certain foods or supplements. Some experts recommend at least 600IU of Vitamin D per day for adults and 800IU for those over the age of 70! Even with a healthy diet that includes foods high in Vitamin D it can be difficult to meet, particularly in these darker colder months to come. A Vitamin D supplement might be worth looking into. Here are some natural and fortified foods high in Vitamin D you could consider adding into your regular diet.

***Fatty fish (salmon, mackerel & tuna) *Mushrooms *Egg Yolks * Cheese * Beef Liver *Shellfish**

***Oysters *Orange Juice (fortified with Vitamin D) *Yogurt (fortified with Vitamin D)**

Enjoy these foods and try to catch some sunshine!

River Grand

Birthdays

Pat K.- 11/2

Jean- 11/9

Polly- 11/15

Gail- 11/20

Jessica- 11/22

Sandy A.- 11/25

Barb P.- 11/27

