



New Hope Valley COMMUNITY VOICES

Fall Family Festival Brings Crowds and Excitement to New Hope



Dori and Kim each showed off their beautiful granddaughters at the Fall Family Festival.

On Saturday, October 18th, roughly 200 guests joined the New Hope Valley community in celebrating our second annual Fall Family Festival!

The day began with a show from the Sunshine String Band, a trio specializing in folk and oldies music. Other popular attractions included a bounce house, baby goats, and a Lego play table.

Many guests and residents also enjoyed the photo booth,

which featured hats, feather boas, and other props.

Cameron Zvara, a Bay City magician who incorporates comedy into his shows, delighted the crowd with a high-energy performance. Zvara also created dozens of balloon animals for guests.

New Hope would especially like to thank the volunteers, employees, and community members who helped make the day so special!

Happy Birthday!

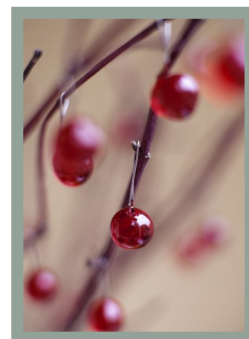
Thanksgiving isn't the only special day to celebrate this month! Here are our November birthdays.

- Cora B. - November 2nd
- Allison Y. - November 5th
- Rose H. - November 8th
- Leo B. - November 15th
- Don P. - November 16th
- Tyler C. - November 27th
- Bill M. - November 28th
- Nancy C. - November 29th
- Kim K. - November 30th

Holiday Dinner

In the spirit of the holiday season, we will be hosting a Holiday Dinner for residents and guests on Saturday, December 6th. The meal will have two seatings: one at 11 am and one at 1 pm.

Residents may each invite two guests to attend the meal. Please RSVP to Dori Amthor, Front Desk Manager, with your preferred seating time. RSVPs will be taken on a first-come, first-served basis.



Upcoming Events and Reminders

Ribbon Cutting Ceremony

New Hope Valley is holding a Ribbon Cutting Ceremony on November 12th at noon in celebration of our expansion's opening. The community is welcome to attend.

Bowling at LeFevre's

We will be heading to LeFevre's this month for an afternoon of bowling. The exact date has not been set yet, so stay tuned for more information!

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New Hope will host a Holiday Dinner for residents and their guests on Saturday, December 6th. One seating will be held at 11 am, and another at 1 pm. Each resident may invite two guests to join them. Please RSVP to Dori Amthor, Front Desk Manager.

Donation Request

If you have extra picture frames or buttons, please consider donating them for future craft projects. Donated items can be dropped off to Jamie Jager, Deputy Director.

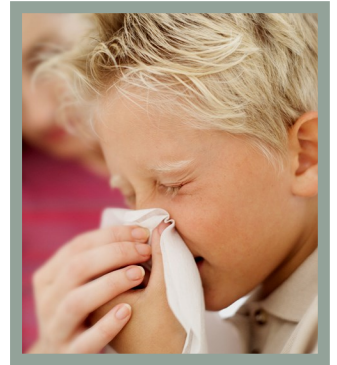
Thanksgiving Thought

"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you'll never, ever have enough."

- Oprah Winfrey

Cold Weather Health Tips

With snowflakes already flying in late October this year, it's time to begin preparing for colder weather. Here are some strategies to help you get through the winter safe, warm, and happy!



- **Avoid falls with appropriate footwear.** Icy sidewalks pose a serious fall hazard in cold weather. To lower your risk of a fall, wear non-slip shoes whenever going outside. If you use a cane or walker, make sure the tips on the bottom are not overly worn out.
- **Wash your hands.** Cold and flu viruses are much more common in winter months, especially because people tend to stay inside in confined spaces. The easiest way to avoid these illnesses is to wash your hands frequently and thoroughly.
- **Stay social.** Many people feel sad in the winter months, largely due to isolation and lack of sunlight. To combat this, get involved in activities, exercise, or reach out to friends and family.
- **Dress warm.** To stay warm in cool temperatures, dress in layers. This allows you to take off a layer at a time if you become overly warm, so that you can strike the right balance for comfort.

New Hope's Expansion Opening

After approximately seven months of construction, New Hope Valley's expansion project is coming to a close! Once the new facilities have been approved by the state, residents will be able to begin moving in. The expansion includes fifteen new apartments, an expanded beauty salon, a new activities space, a "man-cave," and other amenities.

A ribbon-cutting ceremony will be held on Wednesday, November 12th at noon. The community is welcome to attend as we celebrate the opening of the expansion. Light refreshments will be served.