

Fraser Woods Newsletter

November 2011

Your Friendly Staff

Jennifer Webb- Community Manager
Emina Qypi- Assistant Manager
Karena Voldman- Activities Director
Christy Watson- Office Assistant
Karen Lee-Benner- Service Coordinator
April Voss- Service Coordinator
Phil Waters- Maintenance Supervisor
Bill Martinico- Maintenance Supervisor
Dryel Toles- Maintenance Tech

Important Numbers

Fraser Woods Office	(586) 294-3952
After Hours Emergency	(586) 601-4943
Service Coordinators	(586) 285-9164



Birthstone- Topaz
Flower- Chrysanthemum
Colors- Dark Blue & Red

FRASER EVENTS IN NOVEMBER

Wednesday, November 3, 2011
Resident Pancake/Sausage Breakfast
9-11am

Wednesday, November 16, 2011
Resident Association Thanksgiving
Dinner 5pm

Saturday, November 26, 2011
Craft, Bake, and Hot Dog Sale 11-6pm

Tuesday, November 29, 2011
General meeting with
residents & staff 2-3pm
Light refreshments will be served

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- 7** Calendar

~ November Recipe ~

Thanksgiving Leftover Casserole

3 Tablespoons Butter
2 Tablespoons all-purpose flour
1 (12 oz) can evaporated milk
1 cup of water
¼ teaspoon salt
¼ teaspoon black pepper
¼ teaspoon onion powder
2 tablespoons butter
1 cup finely crushed herb-seasoned dry
bread stuffing
1 cup cooked, diced turkey
1 cup shredded cheddar cheese
2 cups leftover mashed potatoes

Directions:

1. Preheat oven to 350 degrees.
Lightly grease a 9x13 inch baking
dish.
2. Melt 3 tablespoons of butter in a
saucepan over low heat. Blend in
the flour. Slowly stir in milk and
water, then season with salt,
pepper and onion powder. Stir
sauce over low heat for 5 minutes.
3. In a separate saucepan over low
heat, melt 2 tablespoons butter;
blend in the dry stuffing mix. Place
the turkey in the prepared baking
dish. Pour the sauce over turkey,
and then sprinkle with cheddar
cheese. Spread the mashed
potatoes over cheese. Top
mashed potatoes with stuffing
mixture.
4. Bake 45 minutes in the preheated
oven.

Dolly's Pizza Contest Winner's

Answers for October's contest:
78 Candy Corns

October's Winners:

Betty Nicholas 137

Katherine Fields 150

Mable Paige 200

Current Contest:

to receive your free, large, one-topping
pizza from Dolly's, pick-up only!

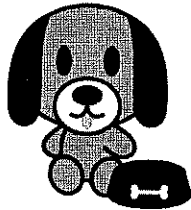
Thanksgiving Trivia

1. In what year did the first American
Thanksgiving take place?
A. 1900 B. 1492 C. 1621 D. 1776
2. Where was the first American
Thanksgiving held?
A. Plymouth, Massachusetts B. New York,
New York C. Jamestown, Virginia D.
Boston, Massachusetts
3. How many pilgrims were on board the
Mayflower? A. 89 B. 102 C. 185 D. 219
4. The Native Americans who were invited
to the first Thanksgiving feast belonged to
the Wampanoag tribe. Who was the chief of
this tribe? A. Squanto B. Samoset C.
Cheyenne D. Massasoit

Shopping carts that are not our property need to be removed from our lobbies immediately after use.

FOR YOUR
CONVENIENCE, WE HAVE
A NOTARY IN THE
OFFICE!

We know they are cute, but please remember visiting pets are not allowed in our building.



Thank you to all of our resident volunteers who help with flyers, events and every day management of our library and computer room. We appreciate all of you very much!!



Country Fresh Dairy

Every Thursday at
9:15am in the lobby



Items Available:

Sour Cream
Juice
Whipped Cream
White Milk
Chocolate Milk
Yogurt
Butter
Cheese
Ice Cream
Bread
English Muffins

General Resident & Staff Meeting

Please join the Fraser Woods Staff in the community room on Tuesday, November 29th 2011 for a general meeting from 2-3 pm.

Light refreshments will be served.

For Your Information

The National Alert System

On November 9th at approximately 2:00pm, FEMA and the FCC will test the Emergency Alert System (EAS) using the presidential message code, Emergency Activation Notification (EAN). The EAN code has never been tested before. The test, which is meant only to be a system live test, will be very difficult from the ones citizens are used to hearing.

1. The test will come from FEMA. It will be over 3 minutes in length. It is usually 10 seconds for weekly tests and 1 minute for monthly tests.
2. All radio, television, cable and satellite operators will air the test at the exact same time. This will occur on every channel.
3. The system test will take place on November 9, 2011
4. Please do not be fearful for this is ONLY A TEST

We want you to be aware of the TEST as it is possible that some will not listen to the message completely or will misunderstand and call 911 overloading phone lines, making it difficult for real emergencies to get through. If you have any questions please call the Macomb County Emergency Management System Coordinator. Please call 586-954-4700 x238.

J&B Medical Supply

If you are a Medicaid recipient, you may be eligible for free incontinence supplies from J&B. Please contact the service coordinators for further information. 586-285-9164

You can dispose of your medications 24/7 at the Fraser Police Department

All you have to do is empty pill's into a plastic bag!

Items that may be disposed:
Prescription/Non-prescription pills,
Inhalers, ointments, and lotions

Prohibited items:
Liquids, needles, syringes, bottles,
or packaging

If you have any stories, jokes, recipes etc.. You would like to see in the newsletter please submit them to the office.





November Events

Brought to you by your Service Coordinators

- 2 9:45 am Bus Service by Catholic Services of Macomb-Free to FW residents
- 3 9:15 am Dairy with Country Fresh Dairy
- 4 10:00 am Blood Pressure with Blue Angel Home Care
- 7 2:00 pm Yoga with Accredited
- 9 9:45 am Bus Service by Catholic Services of Macomb-Free to FW residents
Service Coordinator Office Closed in the Morning
- 10 9:15 am Dairy with Country Fresh Dairy
- 11 1:00 pm Blood Pressure with Health Source
- 15 11:00 am Overcoming Holiday Stress presentation from Macomb County
- 16 **9-4 Medicare Plan Choices for 2012 with Sue Meyers- Macomb County**
Sign up in lobby
9:45 am Bus Service by Catholic Services of Macomb-Free to FW residents
11:30 am Blood Pressure and Exercise with Synergy
- 17 9:15 am Dairy with Country Fresh Dairy
- 18 **Service Coordinator Office Closed**
1:00 pm Blood Pressure with Accredited
- 19 8:30 am Focus Hope
- 23 9:45 am Bus Service by Catholic Services of Macomb-Free to FW residents
- 24 **Happy Thanksgiving-Service Coordinator Office Closed**
- 25 **Service Coordinator Office Closed**

- 30 9:45 am Bus Service by Catholic Services of Macomb-Free to FW residents
11:30 am Bingo, B/P, and Exercise with Synergy



SAFETY NOTES

Issue 1411

October 2011

October – Time, Testing & Treats

Daylight Saving Time

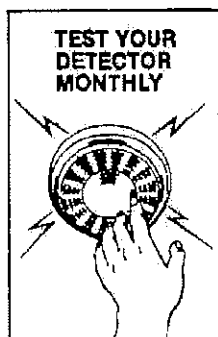
Remember to “fall back” at 2:00 a.m. on NOVEMBER 6, 2011 by setting your clock back one hour. Daylight savings time is designed to match the active hours of work and school with the daylight hours. The change to and from Daylight Saving Time allows us to use less energy in lighting our homes, schools and places of business.



Smoke Detector Testing

Tragedies can be prevented simply by testing your smoke detector once a month and by annually replacing your smoke detector batteries. Every year in the United States, residential fires kill approximately 5,000 people. Most fire victims die from the inhalation of smoke and toxic gases, not as a result of burns. The majority of deaths and injuries that occur from residential fires happen at night while the victims are asleep.

Both wired-in and battery-powered smoke detectors should be tested at least once a month to make sure they are operating properly. Immediately inform the site manager if the smoke detector does not operate properly. They will have the smoke detector repaired or the batteries replaced. Fresh batteries should last approximately one year. Never remove a good battery or otherwise disable the smoke detectors. Once a year, vacuum the dust from smoke detector air vents.



Know what to do after a smoke detector sounds off. Hold practice drills with your entire family so everyone will know what to do and where to go if your smoke detector ever alerts you to a fire emergency.

There is no doubt about its - smoke detectors save lives, prevent injuries, and minimize property damage by enabling residents to detect a fire when it first starts.

Halloween Treats

Anytime a child has an accident, it's tragic. Having your child get hurt any day of the year would be horrible but the last thing that you want to happen is for your child to be hurt on a holiday, like Halloween! It would forever live in the minds of the child and family, ruining that special time of year.

There are lots of simple ways to keep your child safe at Halloween, when accidents and injuries are more likely to occur.

The excitement of children and adults at this time of year can sometimes make them not as careful as they would normally be. Simple common sense ideas can do a lot to stop tragedies from happening.



Halloween Safety Tips for Adults

Parents of trick-or-treating kids can get so caught up in the fun themselves that they might forget some simple safety ideas that could keep everyone out of trouble. Having a fun and safe Halloween will make it all worthwhile!

If you take your kids to a sponsored event, like a safe Halloween thrown by your church or community center, make sure to keep an eye on them at all times.

△ Know the route your kids will be taking if you aren't going with them. Let them know that they are to check in with you every hour, by phone or by stopping back at home. Make sure that they know not to deviate from the planned route so that you always know where they will be.

△ Trick or treating isn't what it used to be. In most cities it's not safe to let kids walk the streets by themselves. Your best bet is to make sure that an adult is going with them. If you can't take them yourself, see if another parent or two can.

△ Help your young child pick out or make a costume that will be safe. Make sure that its fire proof or treated with fire retardant. If they are wearing a mask of any kind, make sure that the eye holes are large enough for good peripheral vision.

△ Know what other activities a child may be attending, such as parties, school or mall functions. If they are going to be at a friend's home, get the phone number and make sure that you've met the parents.

△ Make sure you set a time that your kids should be home by. Make sure they know how important it is for them to be home on time or to call immediately if something happens and they are going to be delayed.

△ Kids will be kids. Explain to kids of all ages the difference between tricks and vandalism. Throwing eggs at a house may seem funny but they need to know the other side of the coin as well, that clean up and damages can ruin Halloween for everyone.

If they are caught vandalizing, make them clean up the mess they've made.

△ Serve your kids a filling meal before trick or treating and they won't be as tempted to eat any candy before they bring it home for you to check. Check your local grocery store or craft store for Halloween cook books full of tasty treats on a horror theme for both kids and adults.

△ Make sure that if your child is carrying a prop, such as a scythe, butcher knife or a pitchfork, that the tips are smooth and flexible enough to not cause injury if fallen on. Make sure that costumes won't get in the way when they are walking, which could cause them to trip.

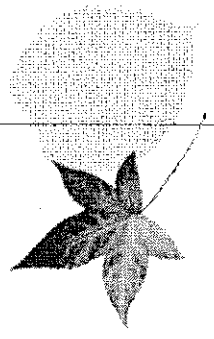


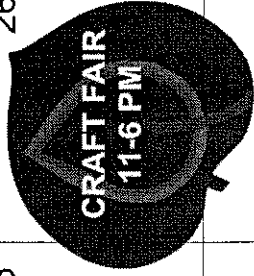
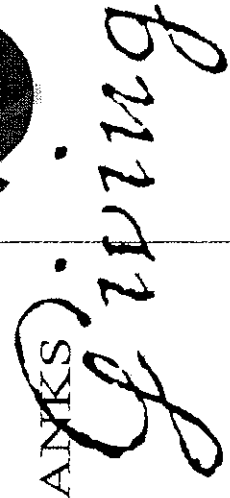
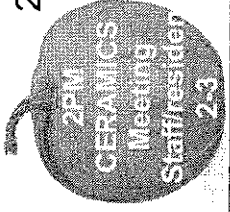
△ Teach your kids about not getting into strangers cars or talking to strangers, no matter what the person says to them. Explain to them as simply as you can that some adults are bad and want to hurt children, that they should never go into a house that they don't know, get into a car or go anywhere with a stranger. Also, tell them what to do should this happen, to scream as loud as they can to draw attention and to run away as fast as they can to someplace safe.

△ Be sure to show your children know how to cross a street properly. They should always look both ways before crossing the street and should only cross at corners or crosswalks. Make sure that if you have more than one child, they know to take the hand of the younger child when they cross a street.

Make Halloween a fun, safe and happy time for your kids and they'll carry on the tradition that you taught them to their own families some day!



MCC November 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 5	10 am BP/Donuts Wii Bowling 11-1 6pm Pinochle	9-11am Breakfast 9:45am Transport Movie 6:30pm	9:15 am Country Fresh 10am Communion	9:15 am CF 10 am Comm 2-4 Ticket sales Thanksgiving 2pm Schwanns BINGO 6pm	11 Wii Bowl 11-1 p 1pm BP 2-4 Ticket sales Thanksgiving 6 pm Pinochle	12 Computer Class 3-5pm 
Daylight Savings Time Ends  6	2pm Yoga 6pm Euchre	9:45am transport Movie 6:30pm SC office Closed-am	9:15 am Country Fresh 10am Communion	9:15 am Country Fresh 10am Communion	18 Wii Bowling 11-1 1pm BP 6pm Pinochle SC Office Closed	19 8:30am Focus Hope
13	6pm Euchre	9-4 Medicare Plan choices w/Sue M 9:45 am Trans 11:30 BP/5pm Thanksgiving Dinner	Happy Thanksgiving!! All Offices Closed	24 Happy Thanksgiving!! All Offices Closed	25 Wii Bowling 11-1 6pm Pinochle All offices Closed	26 
20	6 pm Euchre	9:45am Transportation Movie 6:30pm	9:45am Movie 6:30pm	30 9:45am Transportation 11:30am Bingo, Exercise & Bingo	THANKS 	27
27	6 pm Euchre	2pm Ceramics Meeting Staff/resider 	2pm Ceramics ELECTION DAY	2pm Ceramics ELECTION DAY	29	28
14	11am MCC Pres- Fine Tuning The Holidays 2 pm Ceramics	15am MCC Pres- Fine Tuning The Holidays 2 pm Ceramics	15 11am MCC Pres- Fine Tuning The Holidays 2 pm Ceramics	16 Medicare Plan choices w/Sue M 9:45 am Trans 11:30 BP/5pm Thanksgiving Dinner	22 2pm Ceramics	21
13	6pm Euchre	2pm Ceramics ELECTION DAY	9:45am transport Movie 6:30pm SC office Closed-am	9:15 am Country Fresh 10am Communion	21 6 pm Euchre	20



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October Dates to Remember: National:

October 10th – Columbus Day

October 15th – Sweetest Day

October 17th – Boss's Day

October 31st – Halloween



Birthstone – Opal

Flower- Calendula

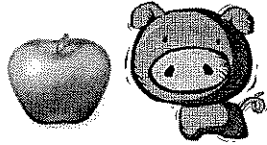
Color- White and Yellow

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- 3** FYI
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~ October Recipe ~

Cinnamon Apple Pork Chop Recipe



Ingredients:

- 4 Boneless Pork Loin Chops
(4ounces each)
- 2 tbsp reduced fat butter, divided
- 3 tbsp brown sugar
- 1 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1/4 tsp salt
- 4 medium tart apples, thinly sliced
- 2 Tbsp chopped pecans

Directions:

In a large skillet over medium, cook pork chops in 1 tbsp of butter for 4-5 minutes on each side. Meanwhile, in a small bowl, combine the brown sugar, cinnamon, nutmeg and salt.

Remove chops and keep warm. Add the apples, pecans, brown sugar mixture and remaining butter to the pan; cook and stir until apples are tender. Serve with chops. Yield: 4 servings.

Nutrition Facts:

1 pork chop with 2/3 apples equals 316 calories, 12 grams fat, 62 mg cholesterol, 232 mg sodium, 31 g carbs, 4 g fiber, 22 g protein.

Dolly's Pizza Contest Winner's

Answers for September's contest:

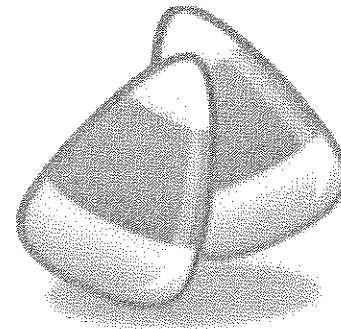
- Person who grows food: **Farmer**
- Person who delivers letters: **Mailman**
- Person who goes into space: **Astronaut**
- Person who prepares food: **Chef or Cook**
- Person who writes: **Author**
- Person who races horses: **Jockey**
- Person who takes care of bookkeeping: **Accountant**
- Person who reads x-rays: **Radiologist**
- Person performs music: **Musician**

September's Winners

Ed Mahoney
Katherine Fields
Theresa Sinnamon

Current Contest:

Guess the number of Candy Corn to receive your free, large, one-topping pizza from Dolly's.



Breast Cancer Awareness Month

October is National Breast Cancer Awareness month. We all know someone who has been affected by breast cancer. It is important to acknowledge this prevalent disease and take the necessary measures to prevent it. Whether it is a donation for cancer research, fundraising, volunteering or just emotional support, there are many ways you can make a difference. I have listed some resources for your information:



Nationalbreastcancer.org
Komen.org
Breastcancerawareness.org
Nbcam.com



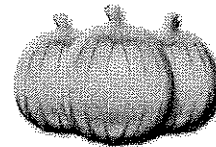
Thank you to all of our resident volunteers who help with flyers, events and every day management of our library and computer room. We appreciate all of you very much!!



Autumn in Michigan!!

Pumpkin, Cider & Donut Wagon Rides Wolcott Mill Metropark-Ray MI

Pumpkin, Cider & Donut Wagon Rides will be held on Saturdays and Sundays, October 1, 2, 8, 9, 15, 16, 23 & 29 from 11am to 4pm, at the Farm Center. Take a wagon ride down the farm lane to the pumpkin patch to pick your own pumpkin, and then stop for a cup of cider and a donut. Fee: \$6/adults, \$4/children and seniors. Preregistration is not required. There is an additional charge for pumpkins which, are priced according to size. For additional information on this event contact (586) 752-5932



Michigan's Harvest: Food, Farming & Community 9/24/2011 - 11/20/2011

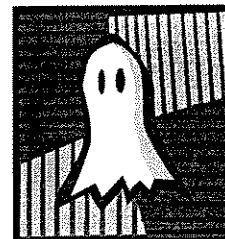
Join us at the Lorenzo Cultural Center as we explore food as culture. We'll examine Michigan's rich agricultural heritage, our diverse ethnic cuisine and our special traditions, tracing how these have impacted our history, regional development and social traditions. Michigan's Harvest: Food, Farming & Community is a series of programs at Lorenzo Cultural Center on Macomb Community College's Center Campus in Clinton Township

Ghost Towns & Indian Trails Tour

Village of Romeo
10/16/2011 ~ 2 - 4 pm
Village of Romeo
121 West Street Clair
Romeo, MI 48065

\$12.00 per person

MI Trolley hosts its second ghost towns and Indian Trail Tour on October 16th. The trolleys travel at 25mph and are either pulled by a farm tractor or horses.



Apartment Safety Tips

I have compiled several safety tips from different sources regarding apartment safety. Thankfully, criminal activity is minimal in our area. Hopefully this information will be useful to you, let's keep Fraser Woods safe!!

In your apartment:

- A dowel in your sliding door
- Take in newspapers or letters from your mail box daily
- Copies of your keys shouldn't be left under mats or taped to door frames. Instead give it to a trusted family member or friend.
- Never write your unit number on your key.
- Keep your door locked even if you are just getting your mail.
- Get to know your neighbors, look out for each other.

The Building & Cars:

- Do not buzz anyone that you don't know in.
- Never allow strangers to enter as you are leaving /entering the building.
- Be aware of anyone hanging around the doors. Suspicious people should be referred to the office.
- When entering the building do not look preoccupied. Stay off the cell phone, have your keys ready.
- Report any lights that are out.
- Do not leave valuable items in your car (lap top, cell phone, shopping bags) if you must lock them in the trunk.


Changes in Staff

Who's Going?

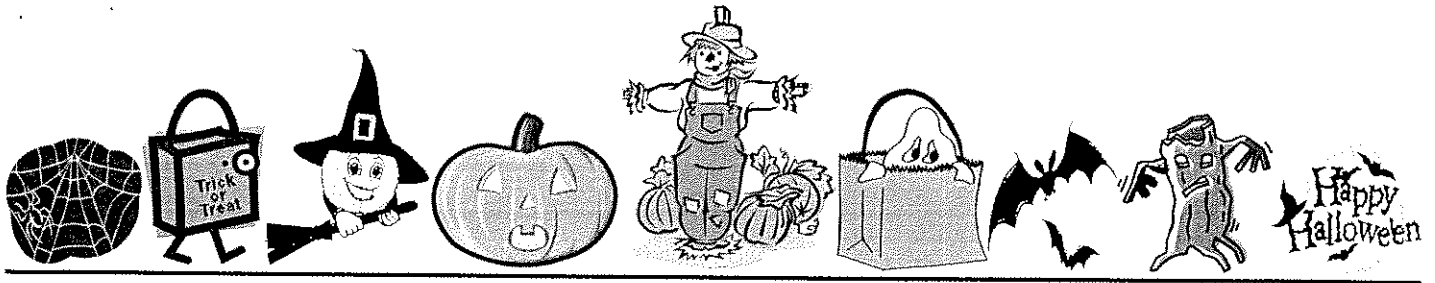
We regret to report that Keith DeVita will not be returning to Fraser Woods. We will miss him dearly and wish him all the best in his future endeavors. On the bright side, Phil Waters will be taking his position as supervisor. Also, our grounds person Bernard Petersons last day was Friday, September 30th. We have good memories with Bernard and hope he will return next season.

Who's New?

Christy Watson is our new part time office assistant. Dryel Toles is our new, full time maintenance tech. We warmly welcome them and encourage you to do the same!!

Shopping carts that are not our property need to be removed from our lobbies immediately after use. 

Please be cautious of loaning money to others, be aware of problems that may arise from this.

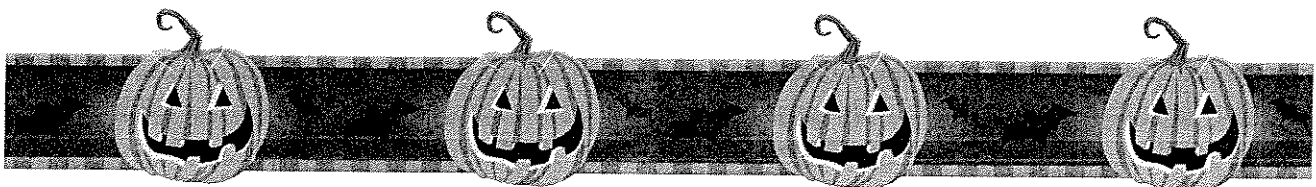


Well-Being & Educational Programs

Sponsored by your Service Coordinators

- 3 2 pm CHAIR YOGA Accredited HHC
- 4 11:30 am Fraser City Council: Kathy Blanke
- 5 9:45 am Free Bus Transportation Catholic Services of Macomb
11:30 am Exercise, BP Screening & Bingo Synergy HHC
2:30 pm Exercise The Medical Team
- 6 9:15 am Country Fresh Dairy
- 7 10:00 am Blood Pressure Screening Blue Angel HHC
- 10 **11 am – 1 pm FLU SHOTS COMMUNITY ROOM VNA**
- 12 9:45 am Free Bus Transportation Catholic Services of Macomb
2 – 3 pm Brain Boost presentation Accredited HHC
- 13 9:15 am Country Fresh Dairy
- 14 1 pm Blood Pressure Screening Health Source HHC
- 15 8:30 am Focus Hope
- 17 **11 am FRASER WOODS MEMORIAL SERVICE**
- 19 9:45 am Free Bus Transportation Catholic Services of Macomb
2:30 pm Exercise The Medical Team
- 20 9:15 am Country Fresh Dairy
1-2 pm Foot Clinic Dr. Rubin, Podiatrist
- 21 1 pm Blood Pressure Screening Accredited HHC
- 26 9:45 am Free Bus Transportation Catholic Services of Macomb
- 27 9:15 am Country Fresh Dairy
- 28 **10-12 am DRUG DISPOSAL DAY** Fraser Public Safety Officer Renee Campion
1 pm Blood Pressure Screening Health Source HHC

Service Coordinator Office Closed: am 6th and 21st



SAFETY NOTES

Issue 1411

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October – Time, Testing & Treats

Daylight Saving Time

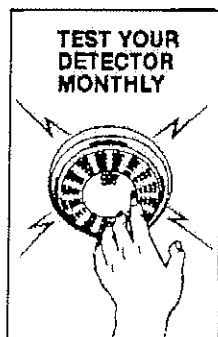
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operate properly. They will have the smoke detector repaired or the batteries replaced. Fresh batteries should last approximately one year. Never remove a good battery or otherwise disable the smoke detectors. Once a year, vacuum the dust from smoke detector air vents.

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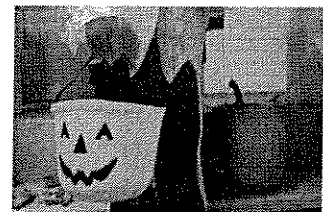
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If you take your kids to a sponsored event, like a safe Halloween thrown by your church or community center, make sure to keep an eye on them at all times.

⚠️ Know the route your kids will be taking if you aren't going with them. Let them know that they are to check in with you every hour, by phone or by stopping back at home. Make sure that they know not to deviate from the planned route so that you always know where they will be.

⚠️ Trick or treating isn't what it used to be. In most cities it's not safe to let kids walk the streets by themselves. Your best bet is to make sure that an adult is going with them. If you can't take them yourself, see if another parent or two can.

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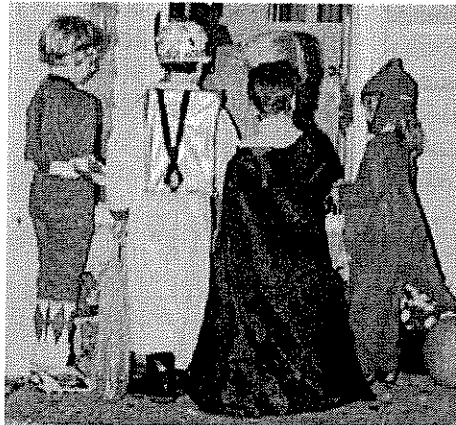
⚠️ Serve your kids a filling meal before trick or treating and they won't be as tempted to eat any candy before they bring it home for you to check. Check your local grocery store or craft store for Halloween cook books full of tasty treats on a horror theme for both kids and adults.

⚠️ Make sure that if your child is carrying a prop, such as a scythe, butcher knife or a pitchfork, that the tips are smooth and flexible enough to not cause injury if fallen on. Make sure that costumes won't get in the way when they are walking, which could cause them to trip.

⚠️ Teach your kids about not getting into strangers cars or talking to strangers, no matter what the person says to them. Explain to them as simply as you can that some adults are bad and want to hurt children, that they should never go into a house that they don't know, get into a car or go anywhere with a stranger. Also, tell them what to do should this happen, to scream as loud as they can to draw attention and to run away as fast as they can to someplace safe.

⚠️ Be sure to show your children how to cross a street properly. They should always look both ways before crossing the street and should only cross at corners or crosswalks. Make sure that if you have more than one child, they know to take the hand of the younger child when they cross a street.

Make Halloween a fun, safe and happy time for your kids and they'll carry on the tradition that you taught them to their own families some day!



October 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Rent Due Use Drop Box
2	3 2pm Chair Yoga 6pm Euchre	4 2 pm Ceramics 11:30 am Fra City Council:K.Blanke 6:30 pm Res Assoc Mtg	5 9:45am Transport 11 am BP/ Ex/Bingo 2:30 pm Exercise Movie 6:30pm	6 9:15 am Country Fresh 10am Communion	7 10 am BP/Donuts Wii Bowling 11-1 6pm Pinochle	8
9	10 11- 1 pm FLU SHOT 6pm Euchre	11 1:30 pm res Bday Party 2pm Ceramics	12 9:45am transport 2-3 Brain Boost Present. Movie 6:30pm	13 9:15am Country Fresh 10 am Comm 2 pm Schwanns 2-4 Soup lun Coll	14 Wii Bowl 11-1 Gary Zack 1:30p 1 pm BP 6 pm Pinochle 2-4 Soup lun coll	15 8:30am Focus Hope
16	17 11 am Fraser Memorial Svc 6pm Euchre Boss's Day	18 2 pm Ceramics	19 9:45 am Trans 2:30 pm Exercise Movie 6:30 pm	20 9:15 am Country Fresh 1 pm Soup lun/\$4 1-2 Dr Rubin/Podi 10am Communion	21 Wii Bowling 11-1 1 pm BP 6pm Pinochle	22
23	24 6 pm Euchre	25 2pm Ceramics	26 9:45am Transportation Movie 6:30pm	27 9:15 am Country Fresh 10 am Communion 2 pm Schwanns	28 10-12 pm presen fraser officer R. Campion 1pm BP 6 pm Pinochle	29
30	31 Happ 6 pm Euchre	Join us by wearing pink for Breast Cancer Awareness Month on Friday, October 14th				