

NOVEMBER 2017

BRUSH COUNTRY

6500 BRUSH COUNTRY RD AUSTIN, TEXAS 78749



Celebrating November

November 9th

Memorial 2:30pm

November 10th

2:30pm Residents Monthly Birthday Party

November 14th Residents Council 10:45 & Family Council at 6pm

November 17th

Music W/Jessica 2:30pm

November 18th

Family Thanksgiving

12noon, Please R.S.V.P.

**Thanksgiving Day (U.S.)
November 23**

November 30th

Music W/ Jimmy Lee

November

Happy Fall from your friends at Brush Country!

We are very excited about the progress we are making in our home—There are many things “in the works” and we are looking forward to continuing to improve our care and services for your loved ones! We appreciate all the feedback and ideas we have received from our families and friends. A solution can’t be found unless we know what the objectives are!

Please join us for our Thanksgiving Celebration on Saturday, November 18th at 12pm. We will be serving a traditional meal and have invited all of you to join! Make sure to call and RSVP before November 14th. We won’t be able to accommodate anyone who does not have a reservation.

Last month we welcomed a new Nurse Manager to our team, Tracy McKee! She comes to us with years of experience and an upbeat, positive attitude! Please welcome her when you see her around.

We have also welcomed a new Medical Director into our community! Dr. Jin is joining our team and will be taking over the care for all patients previously attended to by Dr. Chen. If you have any questions or concerns, please contact us and let us help you navigate these changes.
Welcome, Dr. Jin!



Thank you to our friends and family for your continued support and care for our community at Brush Country!

Sincerely,
Jessica Marks

Brush Country Management Staff

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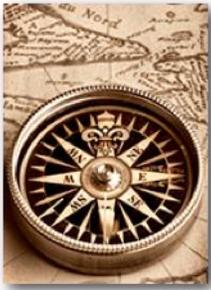
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Dietary Manager

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Cardinal Rules for Wayfinding



November 6 is Marooned Without a Compass Day. While some people may feel lost or directionless in life, this day is for people who are actually marooned or lost and unable to find their way for lack of a compass or equipment. Luckily, there are still methods to find

your way even without a compass to find the cardinal directions.

Perhaps the easiest way to find north, south, east, and west is by the sun. As a general rule, the sun rises in the east and sets in the west. By marking the sun's rising point you can establish a general idea of direction. Likewise, at night, you can find north by locating the North Star, or Polaris, in the northern hemisphere. During the night, Polaris does not rise or set but remains fixed. This star is located in the Little Dipper constellation. To find Polaris, simply find the last star on the handle of the Little Dipper. If you are unable to find it this way, find the two stars forming the end of the bowl in the Big Dipper, draw a straight line, and you will arrive at Polaris. Polaris can also be used to determine latitude. The farther north you go, the higher Polaris is in the sky. At the equator, Polaris is almost on the horizon.

Another trick is to use shadows to determine direction. Drive a stick into the ground and place a pebble at the end of the stick's shadow. Wait about 30 minutes for the shadow to move and place another pebble at the shadow's end. Draw a line between the two pebbles: this line runs from east to west. Draw another line bisecting this line, and you now know north and south.

Knowing the four cardinal directions is important but can be fairly unhelpful if you do not know which direction you want to go. A map will only help you if you can determine where you are on it. Find high ground, identify unique landmarks such as mountains or rivers, establish your general position, and then use the cardinal directions to find the nearest roadway or town. Practice these strategies, and you may never be lost again.

Are You Ready To Fumble?

Football Season is underway! Can you find all 32 NFL football teams in the word search?

J H Z L E S M R N B R X F Y T Y H S H S
 H N C W W Z O R T M T S O S O D L Z R N
 O G B H M J G A Y B R Y R Z T L G A U O
 S L A N I D R A C E D E T J I N U P A I
 E T I R G E F R G J O F Y B B G A W G L
 S T E J A A F R S T L I N W A N W I Q W
 S T V E L I A S H M P Z I J T V R R G Y
 E T L C L H D R W Y H T N H G I P T S M
 Z S O O C E O E W O I E E A L K H R Y K
 N N K I C O R P R A N R R F N I S P O U
 S F R A R U L S S S S J S Y N N G L B P
 S R A E B T E Q K B R O W N S G I U W S
 J E T S B Q A R W P A C K E R S C S O N
 J R Z R G N S P A Y N W N T W C N A C E
 S O C N O R B L H M E Z E L A A O I B V
 S E L G A E S H A Z S X C N T W A N I A
 M Q K M M N C K E G A Z E I R E B T T R
 E N P J V C M G S N N E T D T D T S L S
 W V K H W U T S S O R E H D H B N K S F
 R E D S K I N S W S B W B O P Y P R U D



BEARS	BENGALS	BILLS
BRONCOS	BROWNS	BUCCANEERS
CARDINALS	CHARGERS	CHIEFS
COLTS	COWBOYS	DOLPHINS
EAGLES	FALCONS	FORTYINERS
GIANTS	JAGUARS	JETS
LIONS	PACKERS	PANTHERS
PATRIOTS	RAIDERS	RAMS
RAVENS	REDSKINS	SAINTS
SEAHAWKS	STEELERS	TEXANS
TITANS	VIKINGS	

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REHABILITATION
6500 BRUSH COUNTRY RD AUSTIN,
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Postage
Information



Dear Santa,

With just seven weeks to go before Christmas, November 7–13 is Dear Santa Letter Week, a week when kids all over the world send letters to the North Pole. Kids have been sending Santa letters since the 18th century, but how does the post office handle the seasonal onslaught of mail? The U.S. Post Office has a solution. Send the letters (including a parent-written response from Santa) to Anchorage, Alaska, where Santa's Helpers will send back that prewritten reply with an authentic North Pole postmark. England's Royal Mail also ensures a response from Father Christmas. The Canada Post has even given St. Nick his own postal code: H0H 0H0. In France, any child who writes to Le Père Noël is guaranteed a response by a law passed in 1962. Just be sure to have that letter postmarked by December 15!

November Birthdays

Residents:

Mary M. 11/4
Larry W. 11/7
Catherine H. 11/9
Bobbie P. 11/10
Eloisa M. 11/14
Else S. 11/22
Charlotte D. 11/25
Jerry C. 11/26
Vivian M. 11/29

Employees:

Brenda B. 11/9
Elosia H. 11/7
Ariel L. 11/17
Selina L. 11/19
Basil M. 11/16
Vilma M. 11/4
Festus S. 11/12
Melvin S. 11/1
Akeila T.
Gilberta T. 11/20



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