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# NOVEMBER NEWSLETTER

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November 2025

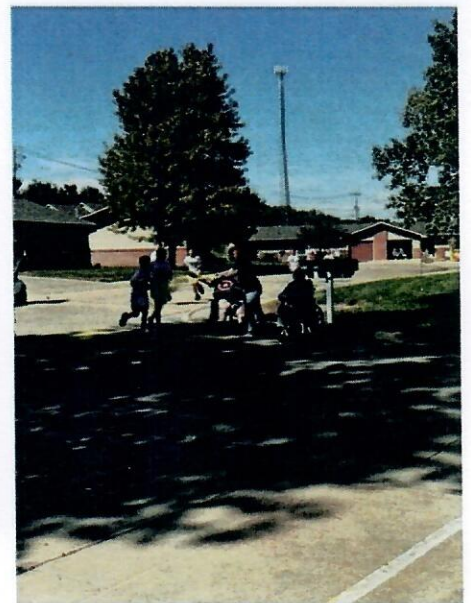
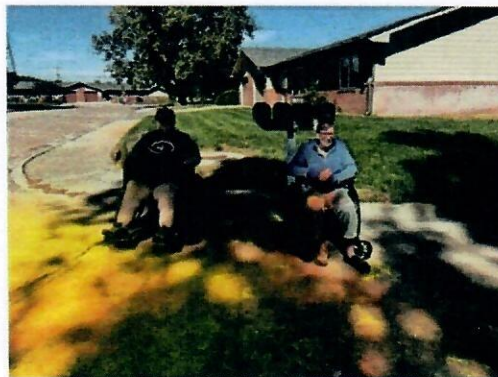
● [www.chapmanvalleymanor.org](http://www.chapmanvalleymanor.org) ●

Chapman Valley Manor

## CMS Color Run!

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Chapman Valley Manor was a sponsor in the CMS Color Run! Residents had a blast participating in the Chapman Middle School Color Run! They joined in on the fun by cheering on the runners and tossing colorful chalk dust as the students ran by! It was a joyful and lively event that brought lots of smiles and laughter to everyone involved.



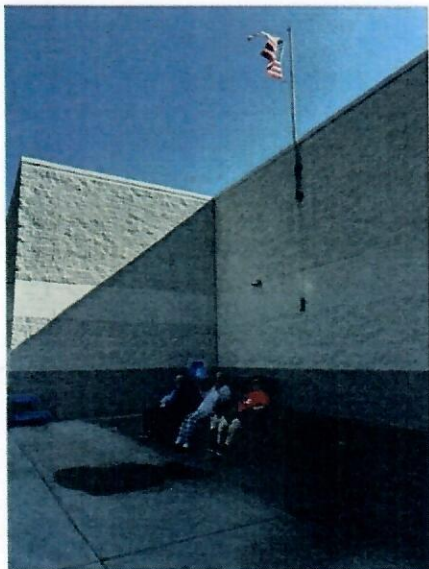
## Resident Fun

Our residents had a wonderful time preparing for the Color Run by making fun, colorful and creative posters. The activity was filled with teamwork and excitement as everyone worked together to design bright and uplifting signs to cheer on all of the middle schoolers! Their enthusiasm and artistic spirit truly brought the event to life and added an extra splash of color to our community.

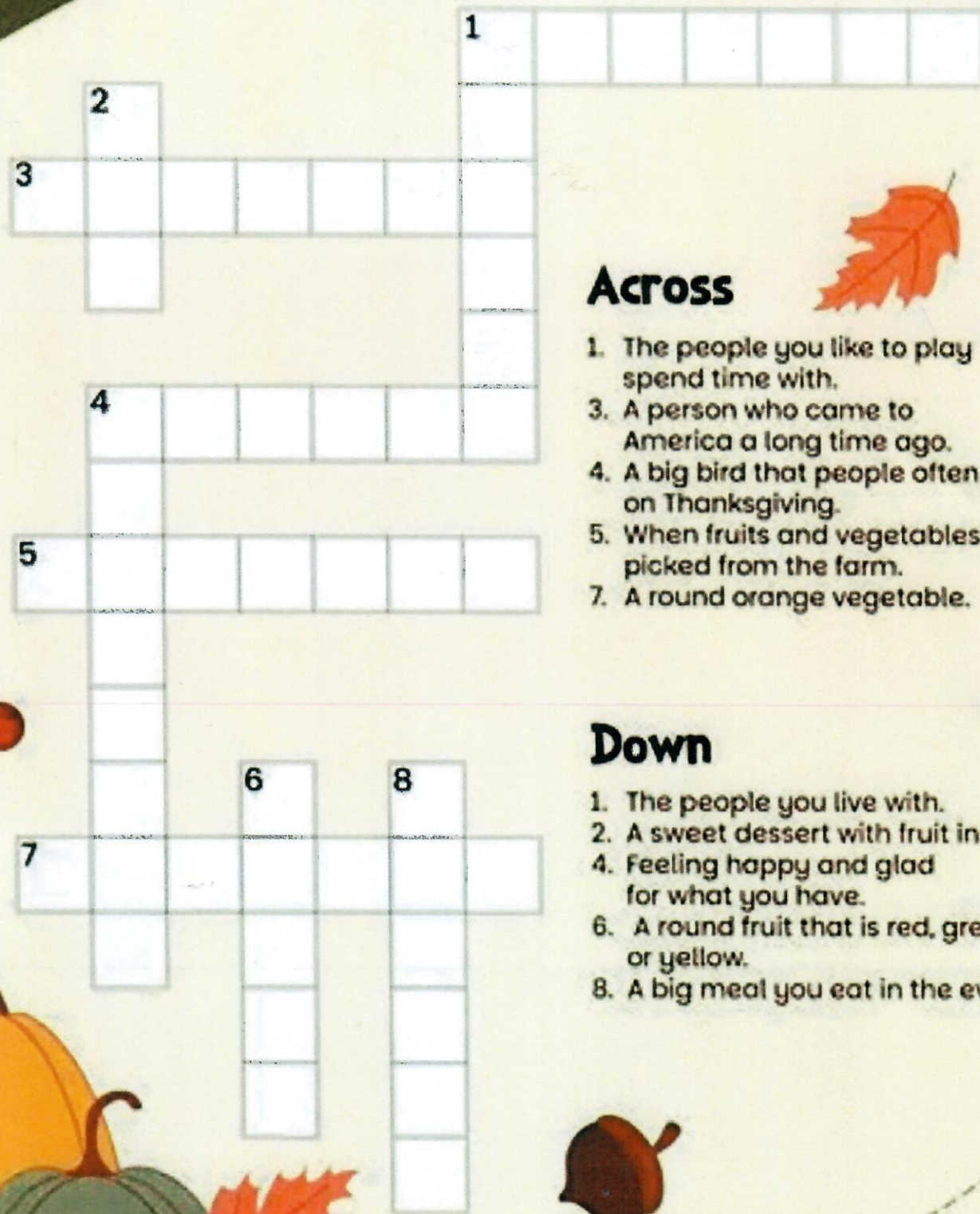


## Resident Fun

Residents enjoyed a fun and relaxing outing to Walmart! Everyone loved the chance to browse the aisles, picking out favorite snacks, personal items, and a few special treats. The trip was filled with laughter, conversation, and smiles as residents enjoyed the sense of independence and the joy of a simple shopping day.



# Thanksgiving Crossword Puzzle



## Across

1. The people you like to play and spend time with.
3. A person who came to America a long time ago.
4. A big bird that people often eat on Thanksgiving.
5. When fruits and vegetables are picked from the farm.
7. A round orange vegetable.

## Down

1. The people you live with.
2. A sweet dessert with fruit inside.
4. Feeling happy and glad for what you have.
6. A round fruit that is red, green, or yellow.
8. A big meal you eat in the evening.

# **Cold & Flu Season Is Here!** **Protect Yourself & Others This** **Fall**

As temperatures drop, cold and flu viruses spread more easily. Take these simple steps to stay healthy:

## Wash Your Hands Often

- Use soap and warm water for at least 20 seconds—especially before eating and after coughing or sneezing.

## Cover Coughs & Sneezes

- Use a tissue or your elbow to cover your mouth and nose. Dispose of tissues right away. If you come into facility, please utilize the masks at the sign in desk!

## Keep It Clean

- Disinfect frequently touched surfaces such as doorknobs, phones, and countertops.

## Stay Home If You're Sick

- Rest, hydrate, and avoid close contact with others until symptoms improve.

## Get Your Flu Shot!

- Vaccination is the best protection against serious illness. Ask your healthcare provider or local pharmacy for details.



## Upcoming Events

On November 27<sup>th</sup>, 2025 we are hosting our Thanksgiving Dinner! We hope to see all families there! Here are a few things to remember!

- There will be a sign-up sheet posted on the door to the nurse's station, if you would like to eat with your loved one, please sign up or call the facility and we can put your name down!
- Each resident can have 2 family members accompany them for free! If there are more family members joining it will cost \$5.00 a person for the Thanksgiving Meal!

The Activities and Social Services department are excited to begin monthly Walmart trips with our residents! These outings provide a great opportunity for residents to shop for personal items and enjoy time in the community. Family members are welcome to join. Please contact Kailee if you would like to accompany your loved one on the next shopping trip!

## Friendly Reminders:

At our facility, infection control is one of our top priorities!

Please, keep these things in mind!

- The facility provides fingernail clippers that are kept in a secured place and properly sanitized.
- Visitors need to screen in at the front entry way. Masks are available for your use.
- The facility will continue to offer vaccination clinics to the resident's and staff.

*Chapman Valley Manor appreciates your support!*