

# Arbor House News



## *The Writing Life*



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Many writers believe that stories are alive inside all of us, just waiting for the moment to come alive when the pen is finally put to paper. November is both Novel Writing Month and Memoir Writing Month, providing inspiration for writers to develop a fantastical fiction or share personal histories.

All peoples and cultures tell stories. It has been said that storytelling is an essential part of human nature and society. We use stories to establish social mores, preserve history, teach life lessons, explain the inexplicable, and entertain. The act of writing transposes oral stories into lasting works of art. This is a powerful act, one that defies even death, for written stories may last for centuries and even millennia after their creators are forgotten.

November 1 is Author's Day, a perfect day for self-reflection. What do you want to write? Is there a story inside you that you've been meaning to share? If you don't believe that you have a story worth sharing, think again. What is your fondest childhood memory? What moment most impacted your life? Remember, it is also human nature to find losses more powerful than gains. In many ways, sad stories about bad decisions or grave mistakes are just as compelling as those with happy endings. The writing process begins with a thought. The next step is to jot those thoughts down as notes. Only after you've amassed a wild jumble of ideas can you begin to organize them into the cohesive form of a memoir or novel. The human brain loves patterns. Organizing your thoughts into a beginning, middle, and end—creating a pattern—will help you create order out of ambiguity and could feel incredibly rewarding.

Most importantly, keep writing! November 15 is I Love to Write Day, a good reminder halfway through the month, in case you've forgotten. Even if you never publish the book you are writing, research has shown that writing is a valuable tool for personal growth and healing. When you write, you nurture yourself, and that's worth more than the most expensive book contract.



# Searching for November

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.



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

ARCHER (Sagittarius)

AUTUMN

BLACK FRIDAY

CHILLY

CHRYSANTHEMUM

DAYLIGHT SAVINGS

ELECTION DAY

ELEVENTH

NOVEMBER

REMEMBRANCE DAY

SAGITTARIUS

SCORPIO

SCORPION (Scorpio)

THANKSGIVING

TOPAZ

VETERANS DAY

# Outdoor Concert



Employee decorating contest

You gave for peace with courage  
That families may be free  
So children could grow strong  
And safe they'd ever be.

In giving for the sake of peace  
You may have suffered loss  
Your body may still show its wounds  
From taking up the cause.

May remembrance of your time away  
Your sacrifice for peace  
Spur us on to strive more strongly  
For freedom, that there'll be release.

From causes that sent some away  
To fight that we may freely live  
With gratefulness we thank you, veterans,  
For all you gave and give!

by Susan Kramer



# Thank You Veterans

# Our Philosophy

*Giving new meaning to Life*

The Arbor House Philosophy is based on the belief that each resident is entitled to the highest quality of life through wellness services that work to promote independence, healthy lifestyles, dignity, and a sense of security.

The right of each resident to determine his/her need is respected at each level of care, and promoted by providing services in ways that recognize individuals needs and preferences.

A partnership exists between residents and staff to promote individual's independence while providing the necessary support to function at his/her highest level.

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Story or article suggestions?

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# Happy November Birthday

## Residents

11- 3 Marshall H.  
11- 4 Juanita R.  
11- 8 Joyce R.  
11-18 Judy L.  
11-19 Paula G.  
11-20 Doris M.  
11-21 Ronald S.

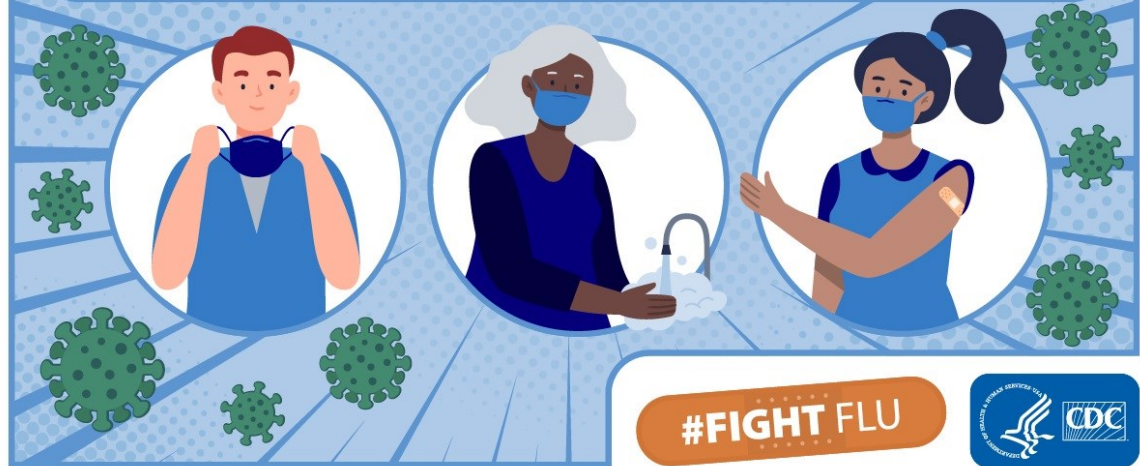


## Staff

11-10 Christi D.  
11-11 Nathan H.  
11-14 Halee T.  
11-24 Nicole H.



## MASK UP, LATHER UP, SLEEVE UP



#FIGHT FLU



facebook



Thank you for  
recommending us!

Google



We'd love your feedback!