

# Campus Gazette

Abington Manor at Morgan Hill Senior living and Memory Care Village

## A Note from Joseph's desk...

As the leaves change colors and the seasons progress, so do all things in life.

I am very honored to be in my new role as Associate Executive Director.

Abington has been a huge part of my life for the past 11 years and I am very proud to be here. My new office is located on 1st floor at Senior Living in the main office area.

At this time, we have adjusted our holiday meals to the following for this season 2022.

We welcome you to visit and be with your family members during the holiday season and always.

We will **not** be opening our dining rooms for guest meals at this point as to ensure a safe and healthy environment for our residents and your families.

If you wish to bring in food or goodies, we ask that you confine this to the resident rooms for now.

Should you need disposable dinner ware or utensils please ask dining staff for whatever you may need during your visit.

Our traditional Thanksgiving dinner is served at noon. Fresh roasted turkeys with all the fixings just like home.

We serve fresh baked pies, and our diabetic residents enjoy sugar free pumpkin pie and ice cream.

Should you have any questions or concerns please reach out to me directly.

Wishing everyone a Happy and safe Thanksgiving holiday.



### Joseph Armato

Associate Executive Director  
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## November Birthdays

In astrology, those born from November 1–21 are Scorpios. Scorpios cherish the truth and are not afraid to go to extraordinary lengths to uncover mysteries and get what they want. Those born from November 22–30 are Archers of Sagittarius. These Archers are philosophical seekers of knowledge who love traveling to new places to absorb new cultures.

### Senior Living

Jeanne C 11/7  
Margaret B 11/15

### Memory Care Village

Marilyn H 11/4  
Tova G 11/5  
James S 11/8  
Brynn G 11/23

## Pack Mentality



What does it take to invent a holiday? Perhaps if we follow the example of a seven-year-old from New Zealand, all it takes is imagination and goodwill. In 2018, a young boy invented a holiday called

Wolfenoot, celebrated on November 23. On this day, the Spirit of the Wolf hides small gifts around the house (and is especially generous to those who love dogs and wolves). You eat roast meat (because wolves eat meat) and bake a cake that looks like a full moon.

From this small family celebration grew a movement to support animal conservation and wolf rescue organizations. Wolfenoot has become its own charitable organization, bestowing "Golden Paw" awards to charities that work with animals and children. One child's dream of kindness has turned into a worldwide movement.

## A Note from Our Executive Director

Greetings Everyone,  
November is always the time when we sit back and look at what we have to be thankful for and this year there's plenty. As we move forward, I'm happy to make some announcements. Joseph Armato, Director of Services has been given a new title of Associate Executive Director and will be taking on more responsibilities to assist me in the day-to-day operations of our Senior Living facility.

I will continue to be the Campus Executive Director overseeing both facilities and departments, but I have decided to move my office back to our Memory Care facility where I feel my presence is needed and Joseph will be available in my previous office located in the Administrative Office at Senior Living.

I'm also very excited to announce Marybeth Gendron our new Director of Resident Care for our Senior Living facility. Marybeth comes to us with many years of experience in Personal Care and has already settled in and has proven to be a huge help. We're very happy to also announce that we added another full-time LPN to Abington Manor. Morgan LaRose, LPN also has several years of experience in Personal Care and will be working 7am-3pm every Monday & Tuesday in our Senior Living facility and the rest of the time will be spent in our Memory Care facility.

Although the staffing crisis remains in healthcare, I'm happy to share that we're starting to hire several experienced staff members that are all doing a great job and we look forward to continue building our Abington Manor TEAM again. As always Thank You and have a Blessed and Healthy Thanksgiving.

*Mary Ann Smokenyak*



### Mary Ann Smolenyak

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## Celebrating November

**American Indian Heritage Month**

**Inspirational Role Models Month**

**Adoption Month**

**Men Make Dinner Day**  
*November 3*

**Veterans Day (U.S.)**  
*November 11*

**World Kindness Week**  
*November 13–19*

**Apple Cider Day**  
*November 18*

**International Men's Day**  
*November 19*

**Game & Puzzle Week**  
*November 20–26*

**World Television Day**  
*November 21*

**Thanksgiving Day (U.S.)**  
*November 24*

**Giving Tuesday**  
*November 29*

## A Note from our Nursing Department...

November is Diabetes Awareness Month! This disease affects 37.3 million including children and adults and is the 8th leading cause of death. What is diabetes? It is when your pancreas can't make enough (type 2 diabetes) or any (type 1 diabetes) insulin to allow glucose to enter cells to be used for energy. Without insulin, glucose stays floating in your bloodstream. If left untreated, can cause death, eye vision loss, kidney failure, heart disease and stroke, lower limb amputation, dental disease and nerve damage. To test for this your physician can order a glucose level called an A1C test. You will have to fast for at least 8 hours prior to this test.

Common signs and symptoms of too much glucose in the blood, called hyperglycemia, are fruity-smelling breath, increased urination, dry mouth, thirst, abdominal pain, nausea or vomiting, shortness of breath, confusion, and loss of consciousness. Common signs and symptoms of too little glucose in the blood, called hypoglycemia, are fast heartbeat, shaking, sweating, nervousness or anxiety, irritability or confusion, dizziness, or hunger. Both are serious and need to be treated immediately.

It is important to lose weight or maintain a healthy weight and exercise. It is recommended that one half of your plate be non-starchy vegetables, one quarter for whole grains, and one quarter for proteins. Things to limit are fried foods, foods high in salt, sweets, or any drink with added sugars. Use sugar substitutes or drink plain water.

The more we know about diabetes, the better we can help ourselves and others.



## Our Staff at the Halloween Party



## A Note from Jess in Marketing...

As we start the holiday season, it's a wonderful time to reflect on all of life's blessings. We want to show our gratitude by giving back to our local families.

We are collecting items to be delivered to Meals on Wheels of the Greater Lehigh Valley on November 17<sup>th</sup>. All donations will be given to The Easton Neighborhood Center Food Pantry. Let's show some love to our neighbors. Boxes are located in the lobby of each building. If you have any questions, please contact me at 610-438-9400.



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 and Marketing  
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## From the Life Enrichment Department...

The month of October was a busy one here at Abington Manor. We welcomed many new friends and neighbors and it has been a lot of fun introducing them into our community. We have our usual activities, singers and performers coming in, the pets for pet therapy, of course, and our monthly birthday party. In the middle of the month, we had an Oktoberfest celebration, with goodies to eat, costumes to dress in, and of course beer! (or nearly beer)!! The residents all had a good time posing for silly pictures and "toasting" and listening to Polka music and doing the chicken dance. We wrap up the month with our Halloween Party and start planning for the holiday season!



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## A Heartfelt thank you...

Once again, the Quilters Group of Four Seasons has gifted us with a stack of beautiful lap quilts for our residents. We will be holding contests throughout the holiday season for residents to win these beautiful quilts.

