

ECHO LAKE

900 N Atwater Drive • Malvern, PA 19355 • (484) 568-4777

November 2024

Move for Life Fall Fitness Challenge!

October 1st kicked off our annual Move for Life Fall Fitness Challenge! Residents and Associates will have the entire month to complete their choice of a 5K, 10K, half or full marathon. We have a white board set-up outside the Wellness Office that tracks all participants' progress throughout the duration of the challenge. After the challenge ends, we will hold an Award Ceremony to recognize all participants with a certificate, a medal, and a Move For Life Fall Fitness T-Shirt!



Senior Fitness: Every Step Counts

When you add just a few hundred steps a day, you make great strides in improving overall health. This can be done by forming new habits like parking a little further away at the grocery store or the mall, taking one flight of stairs before getting on the elevator or marching in place during television commercials. You can buy a pedometer (a small, hand-held device that counts your steps) if you want to keep track of how far you've gone in a day.

Health Fair!

Kudos to Nicole, our Wellness Navigator, for organizing a very successful Health Fair! We had over fifteen different vendors come to the event with the goal of providing opportunities for our residents to gain knowledge of the services and supports available to help them live a happy, healthy life!

The vendors included: Covenant Home Health, Haven Behavioral Health, ENTACC, OnSite Dermatology, Hickory House Nursing Home, Anderson Elder Law, Brandywine Elder Care Management, SarahCare, United Veterans Assistance, Springfield Pharmacy, Ciao Bella Salon & Spa, Coastal Health Connections, Home Helpers Home Care, Home Matters Caregiving, Holisticare Hospice, Move for Life Physical Therapy, and Ellie Mental Health.



8-Week Line Dancing Workshop!

We have recently added a new program to our activity calendar - LINE DANCING! We have 13 residents participating in this 8-week line dancing workshop.

The group meets weekly with their instructor, Lynne, to learn the basic steps to The Cupid Shuffle, Two Step, Bullfrog on a Log, and more!



Fitness Tip: Just Dance

Stuck in a fitness rut? Liven up your routine with a dance class. Dancing is an aerobic activity that works several muscles all over your body, including your arms, calves, quads and hips.

Plus, by concentrating on learning new steps and moving to the music, you won't even realize you're getting a full workout.



Alzheimer's Fundraiser - Pizza Bingo Party

Our Pizza Bingo Party was our last 2024 fundraising event for the Alzheimer's Association. Residents enjoyed a pizza dinner followed by competitive rounds of bingo! Prizes included a variety of gift cards and gift baskets. The event was very successful raising a total of \$495!

A huge thank you to all our residents, associates, families, and friends who donated to support such an important cause. In total between all the fundraising events (Kickoff Walk, Bake Sale, Car Wash, and Pizza Bingo), Echo Lake raised a grand total of \$2,619!!!

Word for November: Gratitude

G.B. Stern, an early 20th century writer, penned these words: "Silent gratitude isn't much use to anyone." Robert Brault, a contemporary freelancer, takes Stern's thoughts a bit further:

"There is no such thing as gratitude unexpressed," he says. "If it is unexpressed, it is plain, old-fashioned ingratitude."

During this month when we focus a national day on giving thanks, spend a few moments expressing your appreciation to the people in your life who have had a positive impact. As John E.

Southard advises, "The only people with whom you should try to get even are those who have helped you."

Honoring Our Veterans

Thank you to all the heroic men and women who have bravely served our country. We will honor our community's veterans in a special ceremony on Veterans Day in the Theater. We will also unveil our new Wall of Honor. We hope to see you all there!



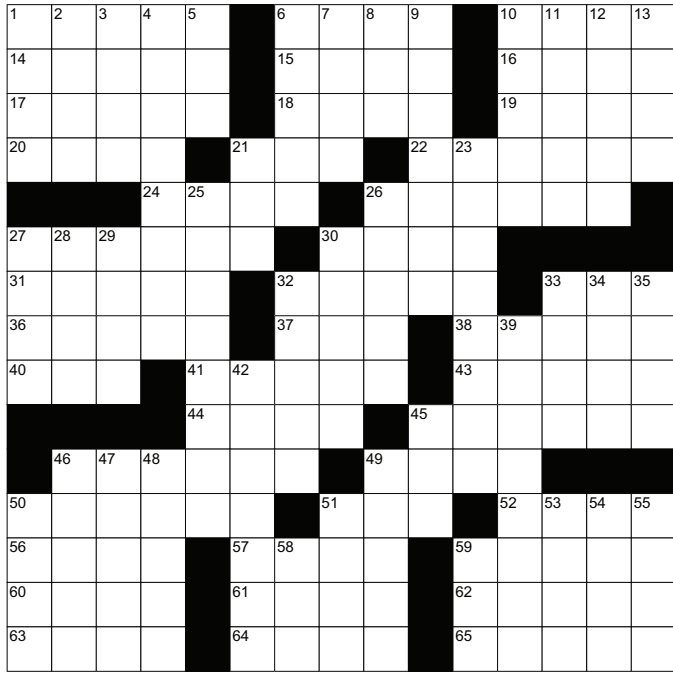
Join the Cause for Alzheimer's Awareness

Alzheimer's disease afflicts about 16 million people worldwide. Among those, 4.5 million are Americans. Not only does the disease affect the patients who have it, but also the family and friends who care for them.

During November, National Alzheimer's Awareness Month, you'll find a range of resources to provide information about the mystery of AD. Find additional details at www.ALZ.org.



Crossword Puzzle



ACROSS

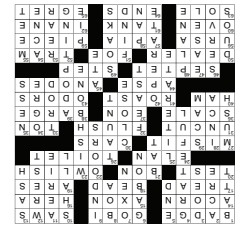
1. Emblem
6. Mongolian desert
10. Wood cutting tools
14. Squirrel winter food stash
15. Neuron end
16. Goddess
17. Trample
18. Necklace part
19. Greek god of war
20. Tryout
21. ___ fire
22. Like an owl
24. Eagerness
26. Loo
27. Someone who doesn't fit in
30. Autos
31. Raw, like a gem
32. Clear out
33. Large weight unit
36. Ascend
37. Long time
38. Rush in
40. Cured hind leg of a hog
41. Meat baked with dry heat in an oven
43. Aromas
44. Niche
45. Negative battery terminals
46. Group of seven
49. Stair
50. Trader

DOWN

51. Enemy
52. Trolley
56. ___ Major (Big Dipper)
57. Capital of Samoa
59. Slice
60. Baking chamber
61. Military vehicle
62. Meaningless
63. Solitary
64. Ceases
65. Heron

DOWN

1. Sheet of matted cotton
2. Land measurement
3. Bucks' wives
4. Thankful for what one possesses
5. Discontinue
6. African nation
7. Wagon pullers
8. Constrictor snake
9. Inside
10. Will
11. Eagle's nest
12. Pull away
13. Ribbon tie
21. Cave dweller
23. Forked breast bone of most birds
25. Can read
26. Tease
27. Hasty pudding
28. Ancient Indian
29. Trickery
30. Shut down
32. Thanksgiving ___
33. Walked
34. Giant
35. Loch ___ monster
39. Borrowing
42. Run
45. Consumed food
46. Power controlling device
47. Painting prop
48. Shaping tool
49. Gets wet
50. Pairs
51. Spot lost object
53. Nurture
54. Inflammatory disease
55. Get together
58. Shallow open container used for cooking or baking
59. Pastry crust filled with fruit, meat or other fillings



SUDOKU

Sudoku requires no arithmetic skills.

The object of the game is to fill all the blank squares with the correct numbers.

Each row of 9 numbers must include all digits 1 through 9 in any order.

Each column of 9 numbers must include all digits 1 through 9 in any order.

Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

Solution

1	6	4	3	9	5	2	8	7
9	3	7	2	1	8	5	4	6
5	8	2	4	7	6	1	3	9
3	9	6	5	4	7	8	1	2
7	4	1	5	2	8	6	9	3
2	1	8	9	6	3	4	7	5
6	2	7	1	3	4	9	5	8
4	5	3	8	2	9	7	6	1
8	7	9	6	5	1	3	2	4

4	2	3		5	9	6		
	9			2	8			4
8	5					1		
5		4		9			1	
	6			8	1			
				4	5			3
		1	9	7				
			8				7	
7							4	1