November 2026

Edgewood | Lincolnwood

convalescent home | assisted living

CELEBRATING 65 YEARS OF *KIND, COMPASSIONATE CARE*



Celebrating November

Diabetes Month
Hospice & Palliative Care Month

Alzheimer's Disease Awareness Month

Fill Our Staplers Day
November 2

Use Your Common Sense Day
November 4

National Nacho Day
November 6

Dear Santa Letter Week
November 8–14

Veterans Day (U.S.) / Remembrance Day (Canada)
November 11

Apple Cider Day
November 18

Gingerbread Cookie Day
November 21

Thanksgiving Day (U.S.)
November 26

Small Business Saturday
November 28

Activities in Action

Happy November!

As the holiday season approaches, the Activity Department is staying busy, busy, busy! We have lots of fun activities and special events planned throughout the month.

On November 11th at 2:00 p.m., we will proudly recognize and honor our Veterans during our annual Veterans Day Ceremony. We will present certificates of appreciation to our ECH resident Veterans and pins to our new Veteran residents as a small token of gratitude for their service and sacrifice. We look forward to celebrating these special individuals!

Throughout November, residents will enjoy music and entertainment from Janet, Dave, and Mark. In celebration of National Nacho Month, we'll be hosting a "Nacho Average Social!" Abby and Jesse from Osborne Nature Center will also be joining us with another interesting and educational presentation. We'll be heading out on bus outings, creating festive turkey crafts, and making gratitude leaves as we prepare for Thanksgiving.

Thanksgiving Reminder! If you would like to join your loved one for Thanksgiving dinner, please RSVP by November 23rd by calling 563-928-6461. This will help our kitchen staff plan and prepare for the holiday meal.

We hope you all have a wonderful November filled with happiness, gratitude, and special moments with family and friends. Wishing everyone a very Happy Thanksgiving!

Destiny Ortman
Recreation Program Director



From the Desk of the Administrator

Why Traditional Medicare May Be the Better Choice

When choosing Medicare coverage, access to care matters just as much as the monthly premium. Traditional Medicare, also known as Original Medicare, offers several advantages that may make it a better fit for individuals who value flexibility and freedom of choice when it comes to their healthcare.

Greater Freedom to Choose Your Care

Original Medicare allows you to visit any doctor or hospital in the United States that accepts Medicare. Medicare Advantage plans may limit nonemergency care to providers within a specific network or charge higher costs for out-of-network services. This flexibility can be especially valuable when traveling or seeking specialized medical care.

Fewer Approval Requirements

With Original Medicare, specialist referrals and prior authorizations are generally not required. Medicare Advantage plans may require these additional steps for certain services. Although Original Medicare still has coverage guidelines and medical-necessity requirements, fewer approval hurdles can make accessing care simpler.

The Option of Supplemental Protection

Original Medicare can be paired with a Medigap policy to help cover deductibles and coinsurance. However, Original Medicare alone does not have an annual out-of-pocket spending limit. Medigap and separate Part D prescription coverage come with additional premiums. Medicare Advantage plans, on the other hand, include an annual out-of-pocket maximum for covered medical services and may offer additional benefits such as dental, vision, and prescription drug coverage.

Before making a switch, it is important to determine whether you can obtain an affordable Medigap policy. Outside your initial enrollment period or certain guaranteed-issue situations, insurance companies may consider your health history, charge higher premiums, or deny coverage. Keep in mind that Fall Medicare Open Enrollment does not automatically guarantee acceptance into a Medigap policy.

For individuals who prioritize broad access to healthcare providers, flexibility, and fewer administrative hurdles, Original Medicare deserves serious consideration.

Gisele Carbone Kruger, MHA, LNHA
Administrator

Nursing News

Staying Healthy During Flu & COVID-19 Season

As flu and COVID-19 season approaches, ECH remains committed to protecting the health and well-being of our residents, staff, and visitors. We encourage everyone to stay up to date on recommended vaccinations, practice good hand hygiene, cover coughs and sneezes, and stay home when feeling ill.

Staff and visitors are also reminded to promptly report any symptoms of respiratory illness and follow facility infection prevention guidelines. By working together and taking these simple precautions, we can help reduce the spread of illness and keep our residents safe and healthy throughout the season.

Wynn Christen, RN
Director of Nursing



Administration Continued…



A Message from the AL Nurse

🍂 *Staying Healthy During Cold and Flu Season* 🍂

The leaves are changing colors, the days are getting shorter, and cold and flu season is here again! Each fall, many people experience sniffles, coughs, sore throats, and other symptoms that can leave us feeling miserable.

Did you know that going outside with wet hair, getting caught in the rain, or simply being cold does not cause a cold? Both the common cold and influenza (the flu) are caused by viruses.

As temperatures drop, we tend to spend more time indoors, making it easier for respiratory viruses to spread. Indoor heating can also dry out the lining of our noses, which helps protect us from germs. Additionally, some viruses survive longer in cooler, less humid conditions.

🤧 Is It a Cold or the Flu?

Although both are respiratory illnesses, there are some important differences:

- Common Cold: Symptoms usually develop gradually and may include a runny or stuffy nose, mild cough, and sore throat. Fever is less common, and symptoms are generally milder.
- Influenza (Flu): Symptoms often appear suddenly and can include fever, body aches, a dry cough, and extreme tiredness.
- Stay up to date on recommended vaccinations.

🧼 Simple Ways to Help Prevent Illness

A few healthy habits can help reduce your risk of getting sick:

- Wash your hands frequently with soap and water for at least 20 seconds.
- Avoid touching your eyes, nose, and mouth with unwashed hands.



AL Nurse Message Continued…

- Clean frequently touched surfaces, such as doorknobs, phones, and countertops.
- Avoid close contact with people who are coughing or sneezing.
- Stay up to date on recommended vaccinations.

🤎 What If You Get Sick?

If you develop a cold or the flu, remember to take care of yourself. Get plenty of rest, drink enough fluids, and enjoy warm beverages such as herbal tea or broth to soothe a sore throat. Keep tissues nearby and practice good hand hygiene to help prevent spreading germs to others.

If you are at higher risk for complications or develop flu symptoms, contact your healthcare provider promptly. Antiviral treatment for the flu works best when started early.

🍁 Enjoy the beautiful fall weather, take care of yourself and one another, and stay healthy this season!

Shelly Ehlinger RN
Lincolnwood Assisted Living Nurse



Lincolnwood Activities

🍂 Hello, November! 🦃

Just like that, the holiday season is upon us! November marks the beginning of some of our busiest and most exciting months, with plenty of fun activities and special events planned.

We are looking forward to celebrating the season together with a variety of activities, including making delicious pies for our Thanksgiving meal, creating Thankful Leaves to share what we are grateful for, enjoying friendly games of bingo, and taking bus outings for shopping and dining at some of our favorite restaurants.

With Thanksgiving 🦃 quickly approaching, we are excited to welcome families to join their loved ones for a special Thanksgiving Day Meal! ❤️ Dinner will be served at 11:00 a.m., and the cost is $15 per person. If you would like to join us, please call 563-928-7173 to RSVP by Monday, November 23rd, so we can make the necessary arrangements.

We look forward to celebrating this wonderful season of gratitude, family, friendship, and togetherness with all of you!

Happy November & Happy Thanksgiving! ❤️

Sidney Pritchard
AL Recreation Program Director





NOVEMBER BIRTHDAYS

11/03 - Aly Meyer
11/04 - Maria Carnicle
11/05 - Albert Hartke
Doug Swanson
11/06 - Breece Hoisington
11/14 - Giulia Carbone Barbosa
11/16 - Pam DeBuhr
11/17 - Kylie Handel
11/19 - Marilyn Kinyon
11/24 - Maleah Schnell

