TIMELESS

AN EDITORIAL BY SPRING LAKE

NOVEMBER 2026



Standing Ovation

Applaud the everyday stars around you and honor their contributions.

SPRING LAKE | MEMORY CARE



Employee of the Month

Meet Baylee Chappell! Baylee has been a valued member of the Spring Lake family for three years as a Med Tech, and we are so thankful to have her! She has a huge servant heart for our residents and is always willing to lend a helping hand. You can always count on Baylee to share a warm smile and never miss an opportunity to give a resident a much-loved hug!

Outside of Spring Lake, Baylee loves spending time with her family and friends. She is a proud mama to her 4-year-old son, Liam, and is eagerly awaiting the arrival of her sweet baby girl, Aliviah Grace, this December!

Baylee is truly a blessing to our residents, staff, and the entire Spring Lake family. She is a wonderful asset to our team, and we all love and appreciate her more than words can say!

Indian Summer

When people refer to an "Indian summer," they often mean any unusually warm stretch of fall weather. Traditionally, however, the term points to a much more specific period: November 11 through November 20.

The term is often used casually, but by the standards of the Old Farmer's Almanac, not every warm spell in autumn qualifies. The old saying explains it this way: "If All Saints' brings out winter, St. Martin's brings out Indian summer." All Saints' Day falls on November 1, and St. Martin's Day falls on November 11.

According to that traditional definition, the timing matters just as much as the temperature. For an Indian summer to legitimately occur, several conditions must line up within a narrow window:

- A hard frost must occur first, but there should be no actual snowfall.
- The days that follow must be unseasonably warm.
- The nights should remain cool.
- The weather should be calm, with little or no wind.
- A high-pressure system should create clear temperature shifts and a hazy daytime atmosphere.

When all of these conditions occur between St. Martin's Day and November 20, the phrase fits its stricter, traditional meaning. Without the frost, the calm high-pressure pattern, and the specific timing, it is simply a warm spell in fall.

The next time someone calls a warm autumn day an Indian summer, consider the full definition. Has there already been a hard frost? Is the weather calm and hazy? Most importantly, is it happening during the right stretch of November? Those details can turn a casual remark into a more interesting conversation.





Executive Director Corner

As we welcome November, we enter a season filled with gratitude, reflection, and the joy of spending time with those who mean the most to us. Here at Spring Lake, we have so much to be thankful for! Every day, we are reminded that it's not just the place we call home that makes Spring Lake special, but the wonderful residents, families, and staff who make up our Spring Lake family.

November brings so many opportunities to make special memories together, from enjoying the beautiful fall weather and celebrating Veterans Day to gathering around the table for Thanksgiving. We look forward to a month filled with laughter, fellowship, fun activities, and meaningful moments that remind us how blessed we are to have one another. I am especially thankful for our dedicated staff, who work hard each day to ensure our residents feel loved, valued, and cared for. Your compassion and commitment make a difference in our residents' lives, and I am truly grateful to be part of such a wonderful team.

As we approach Thanksgiving, I encourage each of us to take a moment each day to count our blessings. Sometimes, it's the simplest things—a friendly smile, a helping hand, a good laugh, or time spent with a friend—that bring us the greatest joy. From our Spring Lake family to yours, may your November be filled with gratitude, love, laughter, and countless blessings. We wish everyone a very happy and blessed Thanksgiving!

With a grateful heart,
Misty May,
Executive Director,
Spring Lake Assisted Living
& Memory Care



November 2026

Misty May
Executive Director

Alnetta Lemmons
Business Office Manager

Brittany Calhoun
Resident Services Director

Stacey Wood
Lifestyles Director

Katy Langford
Sales and Marketing Director

Gabriel Henry
Maintenance Director

LaCosta Whitley
Culinary Supervisor

Tommy Davidson
Concierge

Glenda Neisler
Weekend Concierge

SPRING LAKE™
ASSISTED LIVING & MEMORY CARE

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November 2026

MC Monthly

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daylight Saving Time Ends 1 9:30 Coffee and Table Talk [DR] 11:00 Worship Service/Hymnal Singing [LR] 1:00 Crafting Corner [DR] 2:00 Gather [DR] 3:30 BINGO [DR] 6:00 Gospel Sing-along! [LR]	2 9:30 Morning Stretch and Devotion [DR] 10:00 Chair Dance Video [TR] 1:00 TV Show or Movie [TR] 2:00 Gather [DR] 2:30 Puzzle Time [DR] 3:30 Book Club [DR] 6:00 Relaxing Music Hour [LR]	**Election Day** 3 9:30 Chair Yoga 11:00 Table Talk [DR] 1:00 Coloring Club [DR] 2:00 Gather [DR] 2:30 Sensory and Fidget Fun [LR] 3:30 Name that Tune 4:00 Bible Reading [LR] 6:00 Relaxing Music Hour [LR]	4 9:30 Morning Movements and Stretching [LR] 10:30 Cognitive Sensory Hour [LR] 2:00 Gather [DR] 2:30 Movie Time [TR] 3:00 Pickle Ballon [LR] 4:30 Singing with Gabriel [DR] 6:00 Relaxing Music Hour [LR]	5 9:30 Good Morning Circle [LR] 10:30 Stretch and Move [TR] 11:00 Favorite Music [LR] 1:00 Trivia Time [LR] 2:00 Gather [DR] 2:30 Bowling [LR] 3:30 Fun with Creative Art [DR] 5:30 Book Club [LR] 6:00 Relaxing Music Hour [LR]	6 9:30 Friendship Social [LR] 10:00 Chair Dance Video [TR] 10:30 Coffee and Conversation [DR] 1:00 Relax and Recharge [LR] 2:00 Gather [DR] 2:30 Game Time! [DR] 3:30 Cooking Club [DR] 6:00 Relaxing Music Hour [LR]	7 9:30 Morning Stretch and Devotion [DR] 10:30 Jenga [DR] 11:00 Sing-Along! [LR] 1:00 Crafting Corner [DR] 2:00 Gather [DR] 3:30 Story Time! [LR] 6:00 Relaxing Music Hour [LR]
8 9:30 Coffee and Table Talk [DR] 11:00 Worship Service/Hymnal Singing [LR] 1:00 Crafting Corner [DR] 2:00 Gather [DR] 3:30 BINGO [DR] 6:00 Gospel Sing-along! [LR]	9 9:30 Morning Stretch and Devotion [DR] 10:00 Chair Dance Video [TR] 1:00 TV Show or Movie [TR] 2:00 Gather [DR] 2:30 Puzzle Time [DR] 3:30 Crafting Corner [DR] 6:00 Relaxing Music Hour [LR]	10 9:30 Chair Yoga 11:00 Table Talk [DR] 1:00 Coloring Club [DR] 2:00 Gather [DR] 2:30 Sensory and Fidget Fun [LR] 3:30 Name that Tune 4:00 Bible Reading [LR] 6:00 Relaxing Music Hour [LR]	11 **Veterans Day** 9:30 Morning Movements and Stretching [LR] 10:30 Cognitive Sensory Hour [LR] 2:00 Gather [DR] 2:30 Movie Time [TR] 3:00 Pickle Ballon [LR] 4:30 Singing with Gabriel [DR] 6:00 Relaxing Music Hour [LR]	12 9:30 Coffee Table Talk [LR] 10:30 Stretch and Move [TR] 11:00 Favorite Music [LR] 1:00 Trivia Time [LR] 2:00 Gather [DR] 2:30 Bowling [LR] 3:30 Fun with Creative Art [DR] 5:30 Book Club [LR] 6:00 Relaxing Music Hour [LR]	13 9:30 Friendship Social [LR] 10:00 Chair Dance Video [TR] 10:30 Coffee and Conversation [DR] 1:00 Relax and Recharge [LR] 2:00 Gather [DR] 2:30 Game Time! [DR] 3:30 Cooking Club [DR] 6:00 Relaxing Music Hour [LR]	14 9:30 Morning Stretch and Devotion [DR] 10:30 Jenga [DR] 11:00 Sing-Along! [LR] 1:00 Crafting Corner [DR] 2:00 Gather [DR] 3:30 Story Time! [LR] 6:00 Relaxing Music Hour [LR]
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Standing Ovation

What does gratitude mean to you? Is there someone who embodies it for you? Are we born with grateful hearts, or is gratitude something we can practice and learn over time? These are worth pondering this November, as Thanksgiving approaches and we look for ways to notice and thank the people who quietly make our lives better.

There are myriad ways to show gratitude toward our neighbors, family, and friends, but it's easy to let them slip by unnoticed. Think of the friend who shows up with comfort when a beloved pet of 15 years passes. The neighbor whose crockpot meal arrives right when you need it most. The stranger who offers you their umbrella in the rain. The grandchild who lights up when you show up for their school play. These moments are easy to take for granted, and easy to miss.

Research shows that practicing gratitude regularly benefits both mind and body. It brings a greater sense of peace, builds empathy, and supports overall well-being. No matter what kind of day you're having, there's almost always something, or someone, worth appreciating. This month, take a moment to notice the people who've shown up for you. Consider how best you can celebrate them this month. Give them the thanks – and the standing ovation – that they deserve.

Turkey Traditions: The Presidential Pardon



President George H. W. Bush at the 3rd annual pardoning of the Thanksgiving turkey, 1991.

Turkeys have become a traditional part of the Thanksgiving Day feast since the early 1800s, once it became clear that one of these birds could feed an entire family. Access was readily available, so it basically just made sense, especially in New England. By the 1870s, turkeys were such a common Thanksgiving delight that some decided they were a worthy White House gift for the president.

The first turkey on the books to be given to a president was done so by a Rhode Island farmer named Horace Vose. He openly described turkey as the "most patriotic bird" and gave turkeys to 11 presidents, the first of which was Ulysses S. Grant in 1873. The hearty birds were generally slaughtered and eaten during the Thanksgiving feast over the years. However, in 1989, President George H.W. Bush offered up the poultry pardon instead of indulging in the offering. The turkey presented to the president wasn't eaten, but rather sent to a children's farm to live. This was the first ceremonial instance of record that pertained to a turkey's presidential pardon. Other presidents who have officially pardoned turkeys include Bill Clinton, George W. Bush, Barack Obama, among others. Those who have unofficially pardoned poultry include Abraham Lincoln and John F. Kennedy.

These days, the National Turkey Federation gives at least one turkey to the president around Thanksgiving. The ceremonies are typically held in the White House Rose Garden. As the ceremony progresses, the president offers a ceremonial pardon to the gifted poultry, ensuring it will most certainly not be eaten at a Thanksgiving dinner table. After the ceremony, the birds go on to live out their time on earth at various parks, farms, and universities that provide a loving home and care, as well as specialized programs, for the turkeys.



Bedtime Procrastination and the Psyche

Do you aim to get a full night's rest on the daily, or is that a little less important than other things? Is your day full of other priorities, so you stay up late for "me time?" If so, it may be time for a little research on bedtime procrastination, and maybe even a little more research into revenge bedtime procrastination.

Sleep scientists haven't yet caught up to the concept of bedtime procrastination, but essentially it is staying up late and saying, "no thank you" when it comes time for bed, giving yourself less sleep, often for mundane reasons like watching television or scrolling through stories that come across your phone on social media. You tell yourself you want to finish the final chapter of the book you've been reading for months. The reason isn't decisive or necessarily on purpose. Sometimes you might simply lose track of time.

Revenge bedtime procrastination is slightly different and more about the "why" of it all. It's a form of self-sabotage, perhaps, and sometimes happens to those who can't exert much control over the components that compose the rest of their daily life. It's hard and fast: "me time" is often seen as a way to take back control of life, especially when people feel their busy daily schedules leave no free time.

High stress levels and abnormal circadian rhythms can also contribute to bedtime procrastination. Sleep deprivation can affect memory, decision-making, and more. So, if you think you are struggling in this area, talk to your doctor. It is extremely important to take all things into consideration when it comes to sleep health.



The VA and Veterans Day

Every year on November 11, America observes Veterans Day as a time to recognize and thank the people who have served in the U.S. armed forces. The day honors veterans from every era of service, whether they served in times of war or peace, past or present, are still living or have passed away, and volunteered or were drafted. The date also connects to an important moment in U.S. military history. In 1942, the minimum draft age was lowered from 21 to 18, helping strengthen the military during World War II.

The VA has a long history of caring for the people who have served our country. Much of that support began after the Civil War, when the government started creating homes and pensions for disabled veterans. By World War I, veterans' support had become more organized and included programs for benefits, insurance, and on-the-job training. Following World War II, service members came home numbering in the millions. At that point, the United States needed a bigger plan to help them get a fresh start as they adjusted and transitioned into everyday life. Subsequently, the GI Bill of 1944 came into play. It made a huge difference by helping veterans pay for school, buy homes, and find work as they got back on their feet.

Over time, all of these programs were brought together. In 1989, the VA officially became the Department of Veterans Affairs, a cabinet-level department. Since then, it has continued to grow and adapt, offering healthcare, support for veterans experiencing homelessness, and services for veterans from Vietnam, the Gulf War, and more recent conflicts.

November 2026

DATES TO CELEBRATE

Daylight Saving Time Ends	11/1	World Kindness Day	11/13
Día de los Muertos	11/1-2	Full Moon	11/24
Election Day	11/3	Thanksgiving	11/26
National Nurse Practitioner Week	11/8-14	Black Friday	11/27
Veterans Day	11/11	Small Business Saturday	11/28

Birthstone - Yellow Topaz | **Flower** - Chrysanthemum | **Zodiac** - Scorpio & Sagittarius

Upcoming Events

11/10 - Celebrating Ann Ford's 100th Birthday!

11/13 @ 8:00 a.m. - Trip to Uncertain, TX!
Don't miss this all-day fun trip to see the famous Caddo Lake and, of course, eat lunch at Shady Grove Cafe!

11/24 @ 5:30 p.m. - Friendsgiving
Join us for a wonderful time together with delicious food and fellowship while Jim Ferrin plays the piano for us!

11/25 @ 2:00 p.m. - Spring Lake's Thanksgiving Parade Spectacular!
Join us to see all the costumes!!

Happy Birthday

Resident Birthdays!

Ann Ford.....11/10
Jimmy Hines.....11/19
Doyle Bebee.....11/26
Charles Hall.....11/29

Team Members Birthdays!

Brianna Edwards.....11/10
Brylea Farrar.....11/12
Gabriel Henry.....11/18
LaCosta Whitley.....11/27



Sharing Gratitude

ABUNDANCE
APPRECIATION
BLESSINGS
CELEBRATE
FAMILY
FRIENDSHIP
GENEROSITY
GIVING
GRATITUDE
HARVEST
JOY
KINDNESS
THANKFUL
TOGETHER

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