How to Protect Yourself from Germs



Avoiding people and germs is not always an easy thing to do, but with some of the following tips and tricks, you can boost your immune system and keep those colds at bay.

The following things are easy for everyone to do and will help us stay healthy this season. Protect yourselves and others!

Wash your hands for at least 20 seconds; this includes before eating, after using the bathroom, before and after caring for someone who is ill, and after blowing your nose, coughing, or sneezing. (*Coughing or sneezing into the elbow has been widely recommended as an intervention to reduce respiratory virus transmission.*)

Get enough sleep, stay hydrated, and exercise! All of these are important for our immune systems.

More Tips to Stay Healthy

Staying hydrated doesn't only mean water. Herbal teas are a wonderful way to warm up and stay hydrated this season. "A number of studies have shown that certain teas, such as green tea, can boost your immune system, fight off inflammation, promote cardiovascular health, and even prevent the development of certain cancers. These health benefits are associated with specific antioxidants found in tea, known as polyphenols." (Harvard Medical School)



A healthy diet is essential to a strong immune system. The American Academy of Nutrition and Dietetics recommends including foods rich in the following nutrients to strengthen immune system health:

- Protein – seafood, lean meats, poultry, eggs, beans, peas
- Vitamin A – sweet potatoes, carrots, broccoli, spinach
- Vitamin C – citrus foods, strawberries, certain cereals
- Vitamin E – almonds, hazelnuts, peanut butter
- Zinc – lean meats, poultry, milk, whole grain products, beans

THE RESIDENCE at Westport

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Department Leaders

Addie Ricci
Executive Director

Nicole Ashby
Resident Care Director

Cathy Coppola
Senior Business Office Director

Tony Rojas
Maintenance Director

Meredith Ledney
Reflections Director

Lindsay Faulkner
Engagement Director

Gary Seri
Restaurant Operations Director

Irene Fazio
Leasing Director



Collecting Items for Operation Hope



Operation Hope provides over 123,000 meals a year to neighbors in need. They also provide food & necessities to more than 800 families and individuals each month. The Pantry is almost completely stocked and run by generous volunteers.

Operation Hope's programs and services focus on eliminating hunger and homelessness, and are designed to help people solve their crises and build stability in an environment where compassion inspires dignity and hope."

You will find a wish list of items in the lobby near the "Food Drive" sign and basket. So when you're at Walgreens or Trader Joe's, remember this organization and the people it serves. We will be collecting the whole month of November, so please consider donating if you can. Thank you! Please see Lindsay with questions

Signature Series to Honor Residents

Important Signature Series Dates:

Wednesday, November 11th at 12pm:
Veterans Luncheon

Tuesday, November 17th at 2pm:
Artisan Showcase



Our Signature Series this month will honor and celebrate residents in different ways. Wednesday, Nov 11th will be our Veterans Day Luncheon. Every veteran in our community are invited and we encourage you to join us. You'll receive your invitations soon!

Tuesday, Nov 17th will be our Resident Artisan Showcase, featuring our talented residents' creations. Needlework, paintings, crafts, and other art that you have done is requested for the Showcase. Lindsay will keep everything safe!

Good Times, Good Friends, Great Care!

NOVEMBER 2026

THE RESIDENCE at Westport

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 **10:00** Strength & Flexibility **10:30** Spiritual Studies **11:00** Short Story Sunday **1:30** Move to the Music **2:15** Crossword Crossover **2:45** Positive News Reports **3:30** Sunday Soiree **6:00** Relaxation Session **7:00** Movie Night:	**02** **10:00** Barre & Balance Fitness **10:30** This Day in History **11:00** Let's Reminisce **1:30** Chorus Group **2:00** Art 101 **3:00** Neighborhood Gathering **4:00** Mindful Movement **6:00** Brain Busters Challenge **7:00** Monday Musicals	**03** **10:00** Balance and Flex **10:30** Remember When **11:00** Open Campus Artist Within **1:30** Drama Club **3:00** Wine & Cheese Social **4:00** Chair Yoga for Vitality **6:00** Gratitude Journaling **7:00** Classic Film Night	**04** **10:00** Light Weights **10:30** Daily Chronicles **11:00** Vocal Fusion Karaoke **1:30** Improvisation Fun **2:00** Sensory Challenge **2:45** Afternoon Tea Social **4:00** Tai Chi for Arthritis **6:00** Would You Rather? **7:00** Comedy Movie Night	**05** **10:00** Balance Barre Fitness **10:30** Flower Arranging With Allie **11:30** Friends and Family Feud **1:30** Cooking Classics **3:00** Cafe Club Social **4:00** Mindful Meditation **6:00** Rapid Recall **7:00** Classic Movie Night	**06** **10:00** Cardio Drum Circle **10:30** Positive News Reports **11:00** Let's Reminisce **11:30** You Be the Judge **1:30** Music with Tess **2:30** Crossword Challenge **3:00** Social Hour **4:00** Seated Tai Chi **6:00** Board Game Bonanza **7:00** Movie Night	**07** **10:00** Yoga Flow **10:30** This Day in History **11:00** WaterColor Basics **1:15** Prize BINGO **2:15** Saturday Sing-Along **3:00** Saturday Social Hour **4:00** Saturday Stretch **6:00** Music Lovers Listening Hour **7:00** Movie Night
08 **10:00** Strength & Flexibility **10:30** Spiritual Studies **11:00** Short Story Sunday **1:30** Move to the Music **2:15** Crossword Crossover **2:45** Positive News Reports **3:30** Sunday Soiree **6:00** Relaxation Session **7:00** Movie Night:	**09** **Happy Birthday Ken H.** **10:00** Barre & Balance Fitness **10:30** This Day in History **11:00** Let's Reminisce **1:30** Chorus Group **2:00** Art 101 **3:00** Neighborhood Gathering **4:00** Mindful Movement **6:00** Brain Busters Challenge **7:00** Monday Musicals	**10** **Happy Birthday James L.** **10:00** Balance and Flex **10:30** Do You Remember **11:00** Open Campus Artist Within **11:30** Resident Council **1:30** Drama Club **3:00** Wine & Cheese Social **4:00** Chair Yoga for Vitality **6:00** Gratitude Journaling **7:00** Classic Film Night	**11** **Veterans Day** **10:00** Light Weights **10:30** Daily Chronicles **11:00** Vocal Fusion Karaoke **1:30** Improvisation Fun **2:00** Sensory Challenge **2:45** Afternoon Tea Social **4:00** Tai Chi for Arthritis **6:00** Would You Rather? **7:00** Comedy Movie Night	**12** **10:00** Balance Barre Fitness **10:30** Flower Arranging **11:30** Friends and Family Feud **1:30** Cooking Classics **3:00** Cafe Club Social **4:00** Mindful Meditation **6:00** Rapid Recall **7:00** Mystery Movie Night	**13** **10:00** Cardio Drum Circle **10:30** Positive News Reports **11:00** What Do You Mean? **11:30** Interactive Court Cases **1:30** Reader's Theater **2:30** Crossword Challenge **3:00** Social Hour **4:00** Seated Tai Chi **6:00** Board Game Bonanza **7:00** Movie Night	**14** **10:00** Yoga Flow **10:30** This Day in History **11:00** WaterColor Basics **1:15** Prize BINGO **2:15** Saturday Sing-Along **3:00** Saturday Social Hour **4:00** Saturday Stretch **6:00** Music Lovers Listening Hour **7:00** Movie Night
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Our Engagement program is built upon both our residents' interests and our Five Principles for Vitality:
Continued Learning – Arts & Culture – Physical Fitness – Community Connections – Wellness & Self Care

AN LCB SENIOR LIVING COMMUNITY