



Welcome to November!

November brings on a season of Thanksgiving. We are just so thankful for all our wonderful residents who call Azalea Estates home.



The Many Gifts of Gratitude and Its Role in Aging Well

Studies have shown that gratitude has a uniquely powerful relationship with health and well-being, both our own and of those around us.



[Read More On The Benefits of Gratitude](#)

Fun Around Our Community

When Azalea Estates is your home, there is always lots to do and friends to share it with. Our monthly activities calendar is filled with numerous engaging activities.

There's everything from book club, crafts, card games, puzzles, music, flea market, our Azalea Derby, trivia, chair zumba, noodle hockey, and balloon volleyball, to name a few.





The Best Ways to Show Gratitude to a Caregiver

Caring for an aging loved one requires immense dedication and effort, and those who take on this role deserve appreciation and recognition.



How to Care for The Caregiver



GO TEAL **for Alzheimer's** **Awareness Month.** **November 1–30** **alzfdn.org**

Alzheimer's Awareness Month: How to Get Involved

November is Alzheimer's Awareness Month because it can happen in any family, and because it's worth talking about the challenges of living with or caring for someone with this disease. Here are a few ways to take part in Alzheimer's Awareness Month.

[Learn More](#)

One Voice for Care at Home.



National Care at Home Month | 2025

How to Honor Home Care & Hospice Month

National Home Care and Hospice Month in November is when we honor all professionals who work in the broad field of home care and hospice work – this includes physicians, nurses, aides, social workers, physical therapists, and so much more.

[Get Involved](#)

Meet Carla



Carla Rosner-Suarez is our Azalea Estates Activities Assistant. She goes above and beyond to get to know the residents in our community. She started our Azalea Estates Book Club and Mindful Movement class, which she does with the residents every Thursday morning. She visits with the residents, gives them hugs, and tells them she loves them. It's always a good day when you see Carla at Azalea Estates. The residents adore her.

**“Gratitude is when
memory is stored
in the heart and
not in the mind.”**

LIONEL HAMPTON

Visit us on Facebook and share what you're thankful for this month!



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AZALEA ESTATES
ASSISTED LIVING
AND
RETIREMENT COMMUNITY

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