



Coastal Pointe

Assisted Living and Memory Care

5220 Ocean Hwy W • Shallotte, NC 28470 • (910) 713-1717

Office Hours

Monday-Friday 9:00am - 5:00pm
Saturday & Sunday 10:00am - 5:00pm

Staff Directory

Brandy Campbell Executive Director
Joseph Quinn Community Relations Dir.
Krista Faulk, LPN Memory Care Director
Jodi Shuchart, RN Nurse Consultant
Jordan Easter Business Office Manager
Jennifer Murray Activities Director
Culinary Director Midge Cook
Michael Woodard Environmental Services Dir
Sharlene Nixon Housekeeping Director

Important Phone Numbers

Main Office 910-713-1717
Executive Director 910-713-1713
Community Liaison 910-713-1703
Resident Care Liaison 910-713-1714
Activities Director 910-713-1711
Emergencies 911

Salon Services

Hairdressing needs:

Kim 704-692-4474

Weekly Appointments Available

Nail Services:

Trim, Manicure, Pedicure

- **Saturday, Sunday Appointments**
- *Desiree 970-309-0452*
- **Wednesday Appointments**
- *Cyndi 910-512-4177*

November 2023



Mark Your Calendars

Veterans will be recognized on Friday, Nov. 10
Thanksgiving Dinner is Wednesday, Nov. 22
Santa will visit the residents on Thursday, Dec. 21
Christmas Dinner is Friday, Dec. 22



November Birthdays



11/4- Cecelia
11/11- Mary H
11/21- Mary R
11/23- Billy
11/27- Pat D
11/27- Peggy S
11/28- Vicki S

Heaven Gained Angels This Past Month!



Elizabeth Willis
Hattie Huff
Richard Cox

MC Resident of the Month



Mrs. Virginia (Ginny) McIntyre was born and raised in West Virginia. Ginny was 16 years old when she met the love of her life, Thomas (Tom). Their first skating date led to marriage. The day the Navy deployed Tom, Ginny got her driver's license and drove back to West Virginia. After the military, Tom and Ginny made their home in Norfolk, where they had many adventures. One of their adventures was building a lard boat they used for crabbing and fishing together.

In the mid-eighties, they moved to Holden Beach where Ginny vacationed as a child. Ginny loved volunteering for her church, Sharon Methodist, and the thrift store, The Rose of Sharon. Most Sundays after church you will find her visiting friends at Autumn Care and Universal.

MC Resident of the Month Cont'd

Ginny made a great home for her and Tom, and they adopted their next-door family as their own. Spending holiday and making great memories with their neighbors, Denise, Ashley and Mia. Ginny has always been a hard worker, with a strong and sweet spirit.

Cranberry Sauce From Scratch

Making homemade cranberry sauce isn't nearly as intimidating as it sounds—in fact, it only takes a few ingredients and about 15 minutes. You'll need 3/4 cup water, 3/4 cup sugar, a whole orange, and a 12-ounce bag of fresh or frozen cranberries. In a saucepan, combine the water and sugar. Cut the orange into quarters and squeeze the juice into the saucepan, then toss in the peels, which you'll remove before serving. Empty the bag of cranberries into the pan, then turn the burner to medium heat. Let the sauce simmer for about 10 minutes, until most of the berries have popped. Remove orange peels, let cool, then refrigerate or enjoy right away!



AL Resident of the Month



Jewel Sharpe was born on June 19, 1920, in Danville, Virginia, where she spent most of her childhood growing up. She spent many summers on her

aunt's farm in the country outside of Danville. She had one brother. Jewel attended George Washington High School in Danville. She was married in 1942 to Paul Sharpe, also from Danville. After they were married, they relocated to Newport News, VA, where her husband worked in the shipyard before being drafted into the Army where he spent time in Germany during WW II. After being released from the service, they returned to Danville for several years during which time they had three children, two girls and one son. After that, they moved to Fayetteville, NC, where they resided for approximately 54 years.

AL Resident of the Month Continued

During that time, their family attended St. Matthew's United Methodist Church where Jewel was very active in the Church Choir. She also served as the Church Secretary.

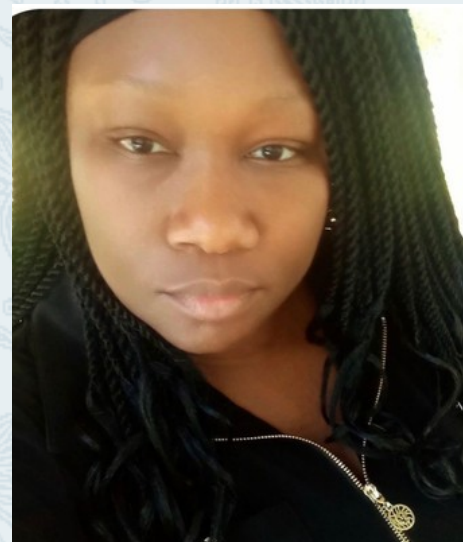
Mom and Dad were married 63 years until the passing of my Dad in 2005. Over the past several years Jewel has lived in Wilmington, NC, and Monroe, NC, until last year when she moved to Coastal Pointe in Shallotte, NC.

A Seasonal Squash

With green and orange skin and a nutty flavor, acorn squash makes a festive appearance on many fall tables. Though the vegetable is more closely related to zucchini and other summer squash varieties, it's treated as a winter squash, meaning it has matured fully on the vine so it can be stored long-term. Historians say acorn squash was one of the first crops to be cultivated by Native Americans, who made it a staple of their diet.



Live Like Lester CHAMPION of the Month!



My name is Sade Walker. I am a CNA at Coastal Pointe and care for your loved ones on the night shift. I was born in Germany. I have earned an associates degree in Science because I love working in the health care field. Helping people is my passion. Thank you for choosing me as your employee of the month.

Cozy by the Fire

There's almost nothing more soothing than sitting near a crackling fireplace—even if the fire is fake. Researchers found that focusing on flickering flames, whether from a real fire or a video of one, resulted in lower blood pressure. Both the roar and the dancing movements of the flames help lull the mind into a relaxed state, sweeping away anxious thoughts.

FAMILY

Memorable Memoirs

Have you ever considered writing down your life story? Since National Memoir Writing Month is in November, take inspiration from these popular autobiographical works:

<u>Year</u>	<u>Memoir</u>	<u>Author</u>
1956	“Night”	Elie Wiesel
1964	“A Moveable Feast”	Ernest Hemingway
1969	“I Know Why the Caged Bird Sings”	Maya Angelou
1971	“The Moon’s a Balloon”	David Niven
1976	“The Woman Warrior”	Maxine Hong Kingston
1984	“Boy: Tales of Childhood”	Roald Dahl
1993	“Girl, Interrupted”	Susanna Kaysen
1996	“Angela’s Ashes”	Frank McCourt
2000	“Kitchen Confidential”	Anthony Bourdain
2005	“Marley & Me”	John Grogan
2013	“I Am Malala”	Malala Yousafzai
2018	“Heavy”	Kiese Laymon
2023	“Spare”	Prince Harry

“Then & Now”

“This Month In History”

NOVEMBER

1929: Movie star turned Princess of Monaco, Grace Patricia Kelly is born on Nov. 12. She was an iconic actress during the Golden Age of Hollywood and an advocate for children in the arts.

1930: The Bank of Italy in San Francisco changes its name to the Bank of America. Currently, the financial company is the second-largest banking institution in the United States.

1942: In the midst of World War II, the minimum age for the U.S. military draft is dropped from 21 to 18. This

quickly brought out supporters of lowering the legal voting age, too, with the phrase “Old enough to fight, old enough to vote.”

1960: John F. Kennedy becomes the youngest person to be elected U.S. president.

1989: The fall of the Berlin Wall occurs on Nov. 9. With the literal destruction of the wall, the figurative “Iron Curtain” between the U.S. and the Soviet Union was dissolved as well, ending the Cold War.

1994: Returning to the ring after a 10-year retirement, George Foreman wins the world heavyweight boxing championship—the oldest ever to earn the title, at age 45. “Big George” still holds the record.

2011: The creative video game Minecraft is released. It has since become the bestselling video game in history, with 140 million active players.

2022: The global population reaches a new high of 8 billion people.