Resident Spotlight

Alta Williams

This month, we are delighted to recognize Alta Williams as our Resident of the Month! Alta was born on November 12 and grew up on a farm between Leeton and Windsor, Missouri. A true farm girl at heart, Alta comes from a family of farmers and spent much of her childhood surrounded by the joys of country living. Her very first job was selling her family's crops at an outdoor market! Alta was married for 35 years to her husband, who served in the Army, and together they had two children. Her family has since grown to include three grandchildren, one great-grandchild, and a very special grand dog named Rosie! Rosie frequently visits Alta here at Our Lady of Mercy, and we all absolutely love having her around! Alta is also a fan of the Kansas City Royals and enjoys cheering on her team. From her farming roots to her love for family, Alta has a wonderful story to share. We are so happy to have her as part of our Our Lady of Mercy family and are proud to celebrate her this month!







Employee Spotlight

Deby Lieurance

This month, we are excited to recognize Deby Lieurance as our Employee Spotlight! Deby was born and raised in Kansas City and grew up as one of five girls. She graduated from Oak Park High School and explored several different career paths, including legal transcription, banking, and healthcare, before discovering her true calling while working with adults with special needs. Her passion for helping others eventually led her to Our Lady of Mercy, where she has been a dedicated member of our team for an incredible 18 years! Deby married her husband in 1981, and together they have two children. Her greatest joy in life is her four grandchildren, two boys and two girls, who hold a very special place in her heart. She also adores her Great Dane, Portia! In her free time, Deby enjoys reading, crocheting, and being involved with Fairview Christian Church. Deby's caring heart and years of dedication make her such a valued part of our Our Lady of Mercy family. We are incredibly grateful for the 18 years she has spent with us and are proud to celebrate her this month!





November 2026

Our Lady of Mercy

Care with Dignity | 2115 Maturana Drive Liberty Missouri 64068 | 816-781-5711



Celebrating November

Memoir Writing Month

Diabetes Month

Inspirational Role Models Month

Fill Our Staplers Day
November 2

Use Your Common Sense Day
November 4

Dear Santa Letter Week
November 8–14

Go to an Art Museum Day
November 9

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





















November 2026

This November, we're celebrating **"A November to Remember!"**
Throughout the month, we'll take a stroll down memory lane with nostalgic music, favorite traditions, classic movies, old-fashioned games, delicious treats, and plenty of opportunities to share stories from years past. We'll also be making brand-new memories together through fun activities, laughter, friendship, and a little Thanksgiving spirit. We can't wait to fill November with moments worth remembering!

Week 1: Remember When…
Childhood memories, old toys, school days, favorite candies, classic TV, vintage trivia, and "what did things cost?" games.

Week 2: Music & Memories
Songs from different decades, name-that-tune, musical bingo, favorite singers, dancing, concerts, and reminiscing about dances or first records.

Week 3: Home, Family & Traditions
Family recipes, holiday traditions, old-fashioned homemaking, family trees, recipe cards, Thanksgiving memories, and storytelling.

(Be thinking of your favorite family recipes)

Week 4: Making New Memories
Thanksgiving celebrations, friendship activities, photo booths, gratitude projects, resident awards, group games, and a special end-of-month party.

November Birthdays

November birthday stars, this is your time to shine! Your year ahead promises laughter, new friendships, and delightful surprises. Make a birthday wish, embrace the joy around you, and get ready for another wonderful trip around the sun!

Sandra Herrman Novmeber 7
Mary DeBlase November 10
Mary O'Reilly November 11
Bill Gossett November 11
Alta Williams November 12
Gary Overly November 14
Maureen Foster November 17
Joe Risalvato November 12
Mary Hale November 28
Mary Schmidt November 28

Resident Meeting – We Want to Hear From You!

Residents are invited to join our management team for our November Resident Meetings. This is a great opportunity to share your thoughts, suggestions, questions, or ideas and help us continue making our community the best it can be.

Assisted Living
Monday, November 9th
Second Floor: **3:00 PM**
Third Floor: **3:30 PM**

Independent Living
Tuesday, November 10th
Main Street at **3:00 PM**

We hope you'll join us!

CURANA HEALTH

November is Diabetes Awareness Month

Daily choices can improve diabetes management. This month, recommit to:

- **Stay active:** Exercise helps regulate blood sugar and boost mood.
- **Eat balanced meals:** Choose fruits, vegetables, lean proteins, and whole grains.
- **Monitor regularly:** Track blood sugar and follow your care team's guidance.
- **Keep routine care:** Schedule regular checkups and screenings to prevent complications.
- **Support emotional health:** Manage stress with relaxation and support.

Consult your primary care physician before changing your diet, exercise, or routine.

Have questions?
We'd like to hear from you.
CuranaHealth.com · 877-279-5960
MedConnect@CuranaHealth.com.

ALREADY A PATIENT OF CURANA?
We'd love to hear from you. Help us serve you better by sharing your feedback in our **Patient Survey.**

CHMC-2026-0584-1012

Entertainment in November

Bob Cohen will be performing in Main Street on Tuesday November 3rd at 2:00pm

Keith Klein will be performing in Main Street on Tuesday November 11th at 1:00pm



