



Your Executive Director

As we step into October, we're greeted by the crisp, invigorating air that defines this beautiful fall month. The transition from summer's warmth to autumn's chill is now in full swing, bringing with it a refreshing change in our weather patterns.

This month, we're thrilled to announce our visit to a local pumpkin patch! It's a wonderful opportunity for everyone to enjoy the fresh autumn air, pick out the perfect pumpkins and revel in the harvest season. I am thrilled to share that our recent Assisted Living Week was an outstanding success! Throughout the week, we enjoyed a range of engaging activities and events that highlighted the unique qualities of our community. From heartwarming gatherings and themed celebrations to meaningful recognition ceremonies, every moment was filled with joy and appreciation. The enthusiasm and support from everyone involved truly made the week memorable. As always, thank you for being such an integral part of our community. Your enthusiasm and participation make every event a success and contribute to the vibrant atmosphere we cherish. Here's to a fantastic October filled with fun, creativity and festive cheer!



OCTOBER 2024

Elbia Cantor for Employee of the Month

We are thrilled to announce that Elbia has been selected as our Employee of the Month for October 2024. Known for her incredible dedication and meticulous attention to detail, Elbia exemplifies what it means to be a phenomenal housekeeper. Her commitment to maintaining a pristine and orderly environment is nothing short of remarkable. Every corner she touches reflects her professionalism and pride in her work. Cleanliness is an art to Elbia, and she brings her artistic touch to every room, ensuring not only a clean space but one that feels welcoming and comfortable. Congratulations, Elbia! We look forward to continuing to see the incredible impact of your work and are grateful for the outstanding example you set every day.



OCTOBER 2024

Assisted Living Locations..

- | | |
|--------------------|------|
| Activity Room | AR |
| AL Courtyard | ALC |
| AL Parking Lot | ALPL |
| Bistro | B |
| Independent Living | IL |
| Library | LL |
| Lobby | L |
| Outing | O |
| Spa | Spa |
| Garden | G |

Transportation Schedule..

- | | |
|---------------------|------|
| Monday, | 10am |
| Grocery Stores | 9:45 |
| Tuesday, | 10am |
| Walmart | 10am |
| Wednesday, | 10am |
| Post Office/Bank | |
| Thursday, | 10am |
| Walmart | 10am |
| Friday, | TBA |
| Field Trips/Outings | |

Birthdays!

- 9- Margie Gaudin
- 11- Nada Howard
- 13- Joe Patterson
- 14 - Leslie Davis
- 20- Mary Kay Brothers
- 27- Jena O'Neal

"Listen! The wind is rising, and the air is wild with leaves, We have had our summer evenings, now for October eves!" —Humbert Wolfe

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00 Walmart Shopping (O) 10:30 Whisper Guess 2:00 Billion Dollar Bingo 3:30 TV Shows Trivia 4:00 Word Searches Before Dinner	2 10:00 Rhythm & moves Exercise w/ Jada 10:30 Activities Meeting 1:30 Bible Study (L) 2:30 Pokeno 3:30 Headband Challenge	3 10:00 Walmart Shopping (O) 10:30 Morning Adult Coloring Club 2:00 Create your own wreaths (Holiday wreaths) 2:30 Headband Challenge 3:00 Family Feud 3:30 Spelling Bee for prizes	4 10:30 Word in a word 11:00 A trip to the Pumpkin Patch (Lunch Afterwards) (O) 2:00 Welcome October w/ Linda Renfro 3:30 Halloween Charade pick 4:00 Balloon Volleyball	5 10:00 Scrabble Hour 2:00 Mexican Train/42/ Dominos
6 7:30 In Search of the Lord's Way, Kdfid Channel 7 (L) 2:00 Church Service w/ The Walk Church 3:00 (Cinema Sundays)	7 Halloween Door Contest Begins! 9:45 Big Lots Shopping (O) 10:00 Fit & Fun w/ Jada 10:30 Rosary w/ Renna 1:30 Wheelchair Races! 2:30 What's the Scoop? Ice cream Social 3:30 Word in a Word	8 10:00 Coffee & Dear Abby 10:00 Walmart Shopping (O) 2:00 Halloween Bingo 3:00 TV Shows Trivia 3:30 Whisper Guess 4:00 Word Searches Before Dinner	9 Happy Birthday Margie! 10:00 Rhythm & moves Exercise w/ Jada 1:30 Bible Study (L) 2:30 Town Hall 3:00 Puzzle Table 3:00 Tennis Picking Contest 3:30 Practice your aim, shoot the ghost	10 10:00 Walmart Shopping (O) 1:30 Group Sing Along 2:00 Table Hockey (Must See) 3:00 Mini Golf 3:30 Corn Hole 4:00 Word in a Word before dinner	11 Happy Birthday Nada! 10:30 Morning Adult Coloring Club 1:30 Outburst Game 2:30 Lima Bean Auction, Halloween Edition 3:30 Uno, Scoops & Friends	12 9:00 Coffee & News 10:00 Scrabble Hour 2:00 Spades 3:00 Nails & Toe Polish Galore
13 Happy Birthday Joe! 7:30 In Search of the Lord's Way, Kdfid Channel 7 (L) 2:00 Church Service w/ The Walk Church 3:00 (Cinema Sundays)	14 Happy Birthday Leslie! 9:45 Dollar Tree Shopping (O) 10:00 Fit & Fun w/ Jada 10:30 Rosary w/ Renna 1:30 Ghost Bowling 2:30 Story Wise (Ground Edition) 3:00 Spades 4:00 Rhythm Circle	15 10:00 Walmart Shopping (O) 2:00 Billion Dollar Bingo 3:00 Tattoos & Booze 3:30 Witch Hat Ring Toss 4:00 Word Searches Before Dinner	16 10:00 Rhythm & moves Exercise w/ Jada 1:30 Bible Study (L) 2:30 Indoor Golf 3:00 Group Sing Along 3:30 Outside Story wise	17 10:00 Name circle 10:00 Walmart Shopping (O) 1:30 Headband Challenge 2:00 Halloween Crafts 3:00 Puzzle Table 3:30 Finish the Lyrics for prizes	18 10:00 Dear Abby & Coffee 11:00 McDonald's Lunch Outing (O) 1:00 Medicare Basics w/ Eli 2:00 Chef Ray's October Food Demo 2:00 Turn up the music w/ Dean Peters	19 9:00 Coffee & News 10:00 Saturday Adult Coloring Club 2:00 Wheel of Fortune watches 3:00 Dart throwing 3:30 Charade Pick
20 Happy Birthday Mary Kay! 7:30 In Search of the Lord's Way, Kdfid Channel 7 (L) 2:00 Church Service w/ The Walk Church 3:00 (Cinema Sundays)	21 Halloween Door Contest Ends! 9:45 Kroger (O) 10:00 Fit & Fun w/ Jada 10:30 Rosary w/ Renna 1:30 Charade pick 2:30 Banana Splits & music by the garden 3:30 Connect 4	22 10:00 Morning Scrabble 10:00 Walmart Shopping (O) 2:00 Billion Dollar Bingo 3:00 Grand prize Halloween Throw 3:30 Staff VS. residents trivia 4:00 Word Searches Before Dinner	23 10:00 Rhythm & moves Exercise w/ Jada 1:30 Bible Study (L) 2:30 Halloween Movie & Pizza 3:00 Charade Pick 3:30 Red Light Green Light! 4:00 Word Searches Before Dinner	24 10:00 Morning Scrabble 10:00 Walmart Shopping (O) 2:00 Decorate Halloween Cookies 3:00 Outburst Game 3:30 "Finish the Lyrics" 4:00 Word of the day	25 10:00 Morning Adult Coloring Club 2:00 Candy corn contest 2:30 Wheelchair Races! 3:00 Spelling Bee for prizes 3:30 Tennis Picking Contest	26 9:00 Coffee & News 2:00 Saturday Bingo 3:00 Finish the Lyrics
27 Happy Birthday Jena O'Neal! 7:30 In Search of the Lord's Way, Kdfid Channel 7 (L) 2:00 Church Service w/ The Walk Church 3:00 (Cinema Sundays)	28 9:45 Tom Thumb (O) 10:00 Fit & Fun w/ Jada 10:30 Rosary w/ Renna 1:30 What's in the Box? 2:00 "Then & Now prices" game 2:30 Halloween Trivia 3:00 Spelling Bee	29 10:00 Morning Adult Coloring Club 10:00 Walmart Shopping (O) 2:00 Billion Dollar Bingo 3:00 Cup Focus 3:30 Roll a topic (Big Dice) 4:00 Word Searches Before Dinner	30 10:00 Rhythm & moves Exercise w/ Jada 10:30 Toe & Nail Polish 1:30 Bible Study (L) 2:00 Spooky Stories 3:00 Mexican Train Brigade	31 Happy Halloween! 10:00 Walmart Shopping (O) 2:00 Uno, Scoops & Friends 6:30 Trick Or Treating (L) 7:30 Halloween Costume Winner Announcement		



A Guide to Breast Cancer Awareness

October is National Breast Cancer Awareness Month. Learn more about this disease that is the second leading cause of cancer death among women. Breast cancer typically begins in milk ducts or glands, although it can form in other breast tissues. Male breast cancer is possible, but rare.

The most common symptom is a new lump or mass felt in the breast. Other breast cancer symptoms include: pain or swelling in all or part of the breast, including the nipple; irritation of the breast skin or nipple, such as redness, dimpling or thickening; nipple discharge; and a newly inverted nipple. These symptoms do not necessarily indicate breast cancer, but any changes to the breast should be checked out by your doctor. Mammograms can detect cancer before symptoms are present. The American Cancer Society recommends women have yearly mammograms beginning at age 40. The cause of breast cancer is unknown, but there are certain risk factors associated with the disease. Genetic risks include a family history of breast or ovarian cancer; dense breast tissue; never being pregnant; having children at a late age; early menstruation; and late menopause.

