

Coupons

1 Free Bingo Space



To be played during Bingo on Tuesdays ONLY. Only valid for the month of October.

Limit ONE coupon per player per day.

1 Free Bingo Space



You may have one free Bingo space on Tuesdays ONLY if you can tell me where this Jack-o-lantern is. (Don't take it down.. just tell me where it is.)

Limit ONE coupon per player per month. Only valid if signed by Renee

1 Free Bingo Space

You may have one free Bingo space for Friday, October 30 ONLY if you are dressed up in a costume.

Limit ONE coupon per player.

1 Free Bingo Space

Turn in a puzzle that was available during Assorted Puzzle Time on Thursdays mornings and get a Free Bingo Space.

Limit One Coupon per player per week. Only valid IF Renee sees the Puzzle done.

October Birthdays

Pamela – October 5
Donna – October 8
Janelle – October 18
David – October 23
Arlene – October 29

Buster Keaton (comedian) – October 4, 1895
Thor Heyerdahl (explorer) – October 6, 1914
Jesse Jackson (civic leader) – October 8, 1941
Henry J. Heinz (magnate) – October 11, 1844
Ralph Lauren (designer) – October 14, 1939
Emeril Lagasse (chef) – October 15, 1959
Annette Funicello (actress) – October 22, 1942
Michael Crichton (writer) – October 23, 1942

A Squirrel’s Tale



Some think of squirrels as small pests, adept at infiltrating your home or invading your bird feeders, but they are nature’s most nimble and adaptable creatures. Squirrels are extremely active in October, burying nuts and storing food for the long, cold winter. For this reason, October is Squirrel Awareness Month.

Squirrels inhabit every continent except Australia and Antarctica. There are 265 different species but three basic kinds: tree squirrels, ground squirrels, and flying squirrels. They come in all different sizes, from the mouse-sized African pygmy squirrel, which is only three inches long, to the Indian giant squirrel, which grows up to three feet in length. Squirrels are very cunning, often pretending to bury nuts in order to fool other spying squirrels. But they sometimes forget where they buried the real nuts! As a result, you may spy new trees in your yard come springtime. Perhaps we should consider ourselves lucky to live in such close quarters with these amazing little critters.

Select Senior Living

11350 Martin St NW, Coon Rapids, MN 55433



Celebrating October

Staff Directory

763-767-1127

Vanessa Nguyen
Executive Director

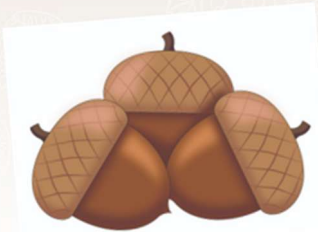
Lana Lewer
Director of Nursing

Ashley Roy
Director of Marketing

Renee Voyce
Life Enrichment Director

Eric Gebel
Director of Maintenance

Jameel Robertson
Director of Culinary



Badges and Beyond

October shines a spotlight on scouting, a movement that has introduced millions of young people to leadership, service, and the great outdoors. October is National Scouting Month, and on the 31st, Girl Scout Founder’s Day honors Juliette Gordon Low, who founded the Girl Scouts in 1912.

Scouting began in the early 1900s when British army officer Robert Baden-Powell started an organization that taught outdoor skills, teamwork, and self-reliance. The idea quickly spread around the world. Today, scouting organizations serve millions of members in more than 170 countries.

Service to others has always been at the heart of scouting. Scouts regularly collect food for pantries, clean parks and trails, plant trees, and assist with community events. Many of the movement’s highest honors require significant service projects. To earn the rank of Eagle Scout, for example, participants must plan and lead a community service project that benefits a school, religious institution, or nonprofit organization.

Badges are another important part of the scouting experience. Merit badges and achievement patches recognize progress and encourage members to explore new interests. Topics range from camping and first aid to astronomy, engineering, and environmental science. For many scouts, badges become milestones that mark personal growth and achievement.

Outdoor adventure is also a hallmark of scouting. Camping trips, hikes, canoeing expeditions, and nature studies teach practical skills while encouraging an appreciation for the natural world. Studies have found that participation in scouting can help young people develop confidence, leadership abilities, and a strong sense of civic responsibility.

More than a century after its beginnings, scouting continues to inspire new generations. Whether building a campfire, earning a badge, or leading a community project, scouts discover lessons that often last a lifetime. October’s observances are a reminder that the values of helping others, developing skills, and exploring the outdoors remain as relevant today as ever.

A Note from Our Director of Nursing

Stay Well This Cold & Flu Season

5 Simple Tips to Help Protect Yourself & Our Community

FROM THE NURSING TEAM

Cold and flu season is an important time to focus on prevention. In an assisted-living community, we share dining areas, activity spaces, and other common areas, so each of us plays an important role in reducing the spread of respiratory illness.

1. WASH YOUR HANDS

Frequent handwashing is one of the simplest ways to prevent the spread of germs. Remember to wash: before eating or preparing food, after coughing or sneezing, after using the restroom, and after touching commonly used surfaces. Wash with soap and warm water for at least 20 seconds. Use hand sanitizer when soap and water aren't available.

2. COVER YOUR COUGH & SNEEZE

Help protect those around you by covering your mouth and nose with a tissue when coughing or sneezing. No tissue? Cough or sneeze into your elbow rather than your hands. Dispose of tissues promptly and clean your hands afterward.

3. KEEP VACCINATIONS CURRENT

Vaccination is an important part of respiratory illness prevention. Talk with your healthcare provider or nursing staff about recommended vaccinations, including the seasonal flu vaccine and other vaccines appropriate for you.

4. SUPPORT YOUR HEALTH

Healthy daily habits can support your overall well-being. Try to: get adequate rest, drink plenty of fluids, eat balanced, nutritious meals, stay physically active as appropriate, and take medications as prescribed.

5. TELL NURSING STAFF IF YOU FEEL SICK

Early communication helps us provide appropriate care and reduce the spread of illness. Notify nursing staff if you develop cough, fever, sore throat, runny nose, chills, or unusual tiredness. Please follow staff guidance regarding activities, close contact, masking, and other precautions while you are ill.

A MESSAGE FROM YOUR NURSING TEAM

Prevention starts with each of us. Clean hands. Covered coughs. Healthy habits. Speaking up when you're sick.

Together, we can help keep our assisted-living community healthy and safe throughout cold and flu season. When you don't feel well, please let a staff member know. We're here to help.

Life Enrichment Update



“October, the month when the trees all remind us how beautiful it is to let things go.” Make sure to spend some time outside and enjoying this beautiful month.

This month we will have Octoberfest! It will feature beer, pretzels, and of course accordion music by Bill Koncar. This will be on Wednesday, October 7.

We will also be going to the VFW this month for Bingo. It will be on Tuesday, October 27 at 11:10. **You need to sign up by Tuesday, October 13 if you want to go.**

On Thursday, October 8 we will be having an organization come in and provide us the opportunity to write letters to our men and women who serve our country.

Also, save the Date! Our Halloween Party will be on Friday, October 30! Join us for a fang-tastic party filled with treats, trivia, and lots of fun. Make sure to dust off your costumes and plan your Halloween attire - the spookier, the better! It's going to be a scream!

Craft-

Wednesday, October 14- See Through Ghosts

Thursday, October 29 – Paint Your Pumpkin

Outings-

Tuesday, October 13 – Walmart
Tuesday, October 20- Dollar Tree
Tuesday, October 27 – VFW Bingo

Entertainers-

Wednesday, October 7 at 1:30, Octoberfest with Bill Koncar
Friday, October 23 at 2:00 -John Daniels