

October



Our Community Newsletter

Discover what's going on in our community.

October Birthdays

10/1 Diane P.

10/11 Marlene B.

10/13 Theresa J.

10/21 Marie R.

10/24 Mitzi J.

Librarian Visit

Tuesday, Oct. 7th

12:15 - 1:00pm

Location: Library on second
floor balcony

Septemeber Resident Council

Wednesday,
October 1st at 12:15pm
Activity Room.

Nursing

Our Vaccine Clinic will be taking place soon. The date is TBD at this time. We will inform you when we know. We anticipate offering: RSV, Shingles, Covid, Flu, and Pneumonia vaccines.

Podiatry

Thursday, Oct. 2nd is the next planned date if you have chosen to be a part of our program. Priscilla can answer your questions regarding this nice and convenient program offered right here at Reena. If you've had this service you don't need to do anything except show up. Your appointment card will be on your shelf the day prior.

Wednesdays

- Catholic Service - Location: LC Time 10:15am**
- Chaplain Lee visits Weekly**

Second Wednesday of the month
Non-denominational Service with Chaplain Lee
Location: Theatre 10:15am

Third Wednesday - St. Paul's Lutheran Service
Location: Legacy Court at 2:00pm

Second Monday - Lutheran Service with Julie
Location: Legacy Court at 10:15am

Sunday - Catholic Communion
Volunteer Andy or Tom will visit you. Let Dawn
know if you'd like to be on their visiting list.
Time: 1:00-1:45pm

"Life Happens" Times are subject to change.

October Highlights

Octoberfest

Wednesday, October 1st
1:30-2:30pm

The Kettle Moraine Blues Band
Beverages and Snacks will be
served in the Dining Room.

Fox Talk

Tuesday, Oct. 21st 10:00am
Fox Rehabilitation will be here
to share information on the
importance of balance. We
will move to the hallway for a
live demonstration of our new
balance program. You can try
or watch and ask questions.
This will be implemented into
our offerings: Movement Class
and Balance Class.

Author Jane Rubietta

Thursday, Oct. 16th 3:00-4:00pm

Topic: Faith in Times of Change - Q&A time at conclusion.
Materials will be available after for purchase if you're interested.



Trick or Treat

Sunday, Oct. 26th
12:45 - 2:45pm

Preparations and meeting
will take place the week of
Oct. 20th. We will have
costume pick out times and a
meeting reviewing
everything. You may also
purchase candy to give out
yourself. Note: We will be
supplying candy this year.

Travelogue

Monday, Oct. 6th 1:30pm
Madagascar with Ken & Pat

Memorial Service Project.

Each year we have a special Memorial Service remembering those who have passed in the current year. This year we are grateful to share that Joe H. has diligently made all the wooden ornate ornaments for this special event. Those ornaments are ready to lightly sand, stain, and prepare. If you'd like to be part of that process, please join us. If you would like or come and see what it's all about, simply come to check it out.

Memorial Service: Wednesday, Jan. 7th afternoon. Time: TBD



GREEN THUMBS

Our GT Group has done an outstanding job caring for the patios gardens this year.

They would like to start a phase of propagation. Please join us as we explore rooting plants from our gardens.



Birthday Party

**Tuesday, Oct. 28th
2:30pm**

The honored guests are the monthly birthday people. They share a story or highlight from their amazing full lives. We follow is with some fun Karaoke.



Resident Visit and Sing-along

Monday, Oct. 20th 3:00

Residents from Three Pillars in Dousman will be here to visit and do a sing-along with us.

Noteworthy Information

Intergenerational - We have a relationship with the school district and offer different things throughout the academic year ending with a bingo bonanza here with the 3rd grade students. We also see BASE and Crown of Life students here at time for various offerings.

Reservations - The pub, private dining room, activity room, and theatre are areas you and your family can arrange to reserve. It is a first come first serve offering. It also requires coordination around the community life and building event offerings. Please reach out to Community Life to reserve. We will work with you and/or your family on the details.

Monthly Themes - Each month we have an added intention we blend into our activity calendar that aligns with our Lifespark Communities. Coming to Resident Council or coming to observe if you are uncertain is a great way to learn more.

October's Theme: Mindful Moments - Reflection and Spiritual Growth. We will have: QiGong, Breathing and Relaxation, Chaplain Lee guided offerings, and bus outings once the bus is back from being serviced.

Chaplain Message

Gratitude in Troubled Time

We certainly speak often about the importance of gratitude. And yet, so often social distress might hinder our ability to feel grateful. Knowing that societal discord is a common occurrence in history, let us turn our attention to the holy people of history to help show us the way of hope and grace. We see with D. Bonhoeffer in concentration camp WWII, M. Gandhi in British Rule and oppression, N. Mandela in South Africa Apartheid and MLK, Jr's work for civil rights in the United States, that God's grace can be found in unrest. The gratitude we have at these times, comes from knowing that God is with us. The Divine Presence is with us, even if at times we might have to look harder, forgive more or abandon our judgement to keep our awareness of this Presence alive and well. But at the end of each day our gratitude will be that we know who we are in the eyes of God and that God walks with us always.

Fall Prevention Awareness

Staying Safe and Steady This Autumn

As the leaves change and we spend more time indoors, preventing falls becomes especially important. Awareness, preparation, and simple daily habits can help us all stay confident and active this October.

Why Fall Prevention Matters

Falls are one of the most common causes of injury among older adults. The good news? Many falls can be prevented with small adjustments in daily routines, living spaces, and personal wellness habits.

✦ Quick Facts

- 1 in 4 older adults experiences a fall each year.
- Falls are the leading cause of injury-related ER visits.
- Most falls happen at home or in familiar environments.

Environmental Safety

- ✓ Keep walkways clear of cords, rugs, and clutter.
- ✓ Add grab bars in bathrooms and railings on stairs.
- ✓ Use non-slip mats near sinks and showers.
- ✓ Check that hallways and entrances are well lit.

Maintenance can assist with additional lighting or equipment requests.

"An ounce of prevention is worth a pound of cure."

Healthy Habits for Balance

- ✓ Participate in gentle exercise like walking, tai chi, or chair yoga.
- ✓ Stay hydrated—dehydration can lead to dizziness.
- ✓ Wear supportive shoes with non-slip soles.
- ✓ Schedule regular vision and hearing checks.

Medication Awareness

Some medications can cause dizziness or drowsiness. Review prescriptions with your healthcare provider and ask about possible side effects that may increase fall risk.

Community Support

Ways We Help

- Exercise classes focused on strength and balance.
- Wellness checks to monitor blood pressure and hydration.
- On-site physical and occupational therapy support.
- Staff available to assist with mobility needs.

Take Action This October

Fall Prevention Awareness isn't just about avoiding accidents—it's about building confidence and maintaining independence. Talk with staff about joining a balance class, checking your living space, or simply learning new tips.