



Lets Celebrate!

Staff Birthdays

Rashell F.	10/3
Emma C.	10/10
Lauren M.	10/14
Gabby M.	10/26

Staff Anniversaries

Sue C.	10/1	1 year
Brooke D.	10/1	1 year
Janet H.	10/1	1 year
Chelsie P.	10/4	2 years
Julia S.	10/6	2 years
Kelly M.	10/12	2 years
Lauren M.	10/17	2 years

Resident Birthdays

Jim K.	10/1
John H.	10/2
Dan V.	10/6
Larry L.	10/7
Ken L.	10/13
Ed B.	10/23

Did You Know... October Fun Facts!

- The name October comes from the Latin word octo, which means 8. This is based on the early Roman calendar.
- The World Series of baseball begins in October.
- More United States Presidents have been born in October than any other month.
- Yosemite National Park was created by the United States Congress on October 1st, 1890.
- The Soviet Union launched the Sputnik 1 probe into orbit on October 4th, 1957.
- During a leap year, October 31st falls on the same day of the week as February 29th. In common years, it falls on the same day of the week as February 28th.
- The owl is the bird of the month of October.
- The largest Halloween parade in the U.S. takes place in New York City. The annual event began in 1973 and was held in Greenwich Village.

From the Executive Director

I love October because it is nature's last hurrah before winter sets in. October is that weird month where we can have first snow falls that melt away one week and second summer days the next. October is full of special days, festivals and of course Halloween, the most celebrated day in October. Ghost, goblins, superheroes or princesses I love greeting the trick or treaters and seeing their costumes as much as I used to love to wear them and go trick or treating.

Octoberfest is also much celebrated all over the world, not just Germany. Did you know that Oktoberfest is 2 weeks long, most of it celebrated in September due to the longer warmer days in September and ending in October. Septemberfest just doesn't have the same ring.

Of course, October kicks off with National Pumpkin Spice Day, which also happens to be National Coffee Day. So make yourself a cup of pumpkin spice coffee and prepare to enjoy the rest of October.

Happy Fall Y'all,

- Colleen



Meet our Chaplain!

Hello, my name is Rev. Jean O'Bresky and I am excited to be joining your community as your new chaplain. I am an ordained pastor of the United Church of Christ. I served churches as their pastor for fifteen years. I transitioned into chaplaincy six years ago because I realized that the most favorite part of pastoring was visiting with people one on one. I have been serving Lifespark as a chaplain for a year. In my previous position I worked for Gentiva Hospice (formerly known as Kindred Hospice) for five years and loved everything about it except for the driving. I currently live in Northeast Minneapolis which is where I grew up. I guess it is true that the apple does not fall far from the tree. My friends call me the crazy cat lady because I adore cats. I have two cats named Kiki and Sparty who have made it their mission to destroy my house and everything in it. However doesn't matter to me because they are cats and I love them. I look forward to getting to know you all and doing ministry with you!



Employee Spotlight

Tell us about your family!

I have been married for 35 years. I have 2 boys and 3 grandchildren; Kianna, Gavin and Amiyah.

What is your secret talent no one knows about?

I am a scrapbooker and I enjoy making greeting cards.

What is your favorite season?

Fall!

What is on your bucket list?

Road trip around the states!

What are some of your hobbies?

Gardening!

Would you rather cook or order in, and why?

Neither! My husband is the Cook!

If you could live anywhere, where would it be?

Colorado

What is your favorite thing about your job?

I enjoy interacting with the residents!

What did you want to be when you grew up?

I wanted to be a teacher.



Kelly Meyer
Community
Life Assistant

Dementia Support Group

Wednesday Oct. 2nd at 5:00pm in the Community Room.

Please contact Maryann with any questions.

Maryann.Mulvihill@LifesparkSL.com



Did You Know...?

In October 1974, the very first McDonald's in the UK opened its doors in London, and is still operating today!



Family Council

We are looking for more family members to join our Family Council! Family Council meets once per quarter to discuss questions, comments, concerns, etc.

Next Meeting: Nov. 21st at 5pm

Business Office Note

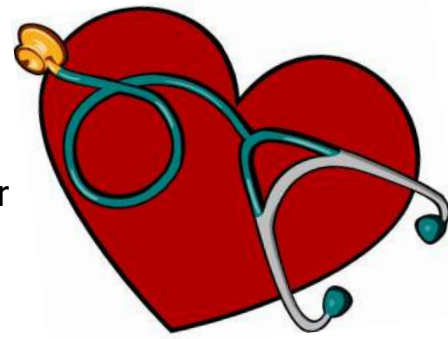
Fremont Village conveniently offers an online payment portal. The website is: personapay.com/fremontvillagesl/login

Payment options include bank withdrawal (ACH), debit card or credit card.

Nursing News

Hi Everyone,
I am excited to let you all know that we have filled every other weekend nurse position with Donna Cowen RN. Her hours will likely be 9am – 5pm and she will work from the nurse's office on 1st floor. She will work opposite of Elisa Glay. Fremont will be staffed with nursing staff Monday through Friday, 8am – 11:30pm, and every other weekend. This will add support to our Home Health Aides, and our residents.
- Patti, Director of Health Services

"October is the opal month of the year. It is the month of glory, of ripeness. It is the picture-month."
- Henry Ward Beecher



Community Events

Wednesday October 2nd - 100th Birthday Celebration!

Join us at 2pm to celebrate John Heins turning 100!



Monday October 21st - National Apple Day!

Join us in the Bistro at 2pm for an Apple Bar!



Thursday October 31st - Halloween!

Join us in celebrating Halloween by dressing up and attending our Halloween Happy Hour at 2:30pm in the Pub!



October Outings

- October 14th at 11:45pm - Bootleggers Lunch Outing
 - October 15th at 1:30pm - LC outing to Culvers
 - October 21st at 12:45pm - Walmart
- Remember to sign up in the Outing Binder by the mailboxes!

New Activity!

Non-denominational Church service will be offered every Tuesday at 1:30pm in the Private Dining Room. The first one will be held on Tuesday October 8th.

Trivia

How many bones are in the average human skeleton?

- A) 200
- B) 206
- C) 210
- D) 213

Answer: B

Random Fact



More than 50% of the US Population purchases pumpkins during the month of October.

Thursday, October 10th 6pm CT
OR

Tuesday November 19th 6pm CT



Scan the code to REGISTER NOW and LEARN MORE at lifespark.com/LSC-2024

Learning Opportunities

We bring THE CLINIC and URGENT CARE to you!

Learn How in a FREE Virtual Webinar

Lifespark COMPLETE can help make your life easier, so that you and your loved ones can enjoy quality time together, rather than driving to appointments and sitting in waiting rooms.


All residents, friends and family are welcome!



What's Cookin' in the Kitchen

Fall is quickly approaching, and with that comes the start of the new Fall/Winter menu! Our new Fall/Winter menu will start on October 13th! We will also have a new "Always Available" menu starting November 1st! The items on this menu will rotate every 60 days to offer more variety. More to come!

October 2024 - Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>CR Community Room FR Fitness Room L Lobby M Main Dining Room MD Main Dining Room O Outside P Pub PD Private Dining Room</p>		<p>7:00 Happy Birthday Jim K. 1 10:00 FR Sit and Be Fit with Brenda [FR] 10:00 Walk with Kelly meet in the Pub 1:00 FR Let's Dance and Sing [FR] 1:00 P Mexican Train [P] 2:30 P Farkle, Bunco, Left Center Right [P]</p>	<p>7:00 HAPPY BIRTHDAY JOHN HEINS "100" 2 11:00 CR Gentle Fitness [CR] 1:00 O Coney Island Bags [O] 2:00 MD Celebrate John's 100th Birthday! [MD] 6:00 P Cribbage, Darts, & Jenga! [P]</p>	<p>10:30 FR Resident Led Chair Yoga on YouTube [FR] 3 10:30 L Resident Walking Group [L] 1:00 P Mexican Train, Cards, Bunco, Pool [P] 1:00 FR Drumming Class [FR] 2:30 P Bingo [P] 6:00 P Games in the Pub [P]</p>	<p>11:00 CR Gentle Fitness [CR] 4 1:00 CR Balloon Ball [CR] 2:30 MD Happy Hour Music Main Dining Room [MD] 6:00 Games in the Pub with Friends</p>	<p>10:00 P Meet with Friends for coffee in the Pub [P] 5 2:00 P Meet with Friends in the Pub for Games, Puzzles and Visits [P]</p>
<p>10:30 PD Christ our Light Catholic Service on TV [PD] 6 10:30 CR Church with John and Shirley [CR] 1:00 P Games with Friends! [P]</p>	<p>7:00 Happy Birthday Larry L. 7 11:00 CR Gentle Fitness [CR] 1:00 P Word Games [P] 1:30 P Trivia [P] 2:00 P Shuffleboard or Pool [P]</p>	<p>10:00 FR Sit and Be Fit with Brenda [FR] 8 10:00 P Resident Walking Group [P] 10:30 P Nail Painting - Sign up Sheet [P] 1:00 P Spark Challenge Scrimmage [P] 1:30 PD Church Service with Chaplain Jean [PD] 2:30 P Farkle, Bunco, Left Center Right [P]</p>	<p>11:00 CR Gentle Fitness [CR] 9 1:00 P Bible Study with John and Shirley [P] 1:00 P Spark Challenge [P] 2:30 O Coney Island Bags [O] 6:00 P Cribbage, Darts, & Jenga! [P]</p>	<p>10:30 FR Resident Led Chair Yoga on YouTube [FR] 10 10:30 L Resident Walking Group [L] 1:00 P Mexican Train, Cards, Bunco, Pool [P] 1:00 FR Drumming Class [FR] 2:30 P Bingo [P] 6:00 P Games in the Pub [P]</p>	<p>11:00 CR Gentle Fitness [CR] 11 1:00 CR Balloon Ball [CR] 2:00 P Happy Hour Social [P] 6:00 Games in the Pub with Friends</p>	<p>10:00 P Meet with Friends for coffee in the Pub [P] 12 2:00 P Meet with Friends in the Pub for Games, Puzzles and Visits [P]</p>
<p>7:00 Happy Birthday Ken 13 10:30 PD Christ our Light Catholic Service on TV [PD] 1:00 P Games with Friends! [P]</p>	<p>Columbus Day 14 11:00 CR Gentle Fitness [CR] 11:45 L Lunch Outing - Bootleggers Saloon [L] 12:30 FR Monthly Wellness Chat with Patty [FR] 1:00 P Word Games [P] 1:30 P Trivia [P] 2:00 P Shuffleboard or Pool [P]</p>	<p>10:00 FR Sit and Be Fit with Brenda [FR] 15 10:00 P Resident Walking Group [P] 1:00 P Spark Challenge Scrimmage [P] 1:30 PD Church Service with Chaplain Jean [PD] 2:30 P Farkle, Bunco, Left Center Right [P]</p>	<p>11:00 CR Gentle Fitness [CR] 16 1:00 CR Bible Study Watch the Chosen [CR] 1:00 P Spark Challenge [P] 2:30 O Coney Island Bags [O] 6:00 P Cribbage, Darts, & Jenga! [P]</p>	<p>10:30 FR Resident Led Chair Yoga on YouTube [FR] 17 10:30 L Resident Walking Group [L] 1:00 P Mexican Train, Cards, Bunco, Pool [P] 1:00 FR Drumming Class [FR] 2:30 P Bingo [P] 6:00 P Games in the Pub [P]</p>	<p>11:00 CR Gentle Fitness [CR] 18 1:00 CR Balloon Ball [CR] 2:30 M Happy Hour Music Main Dining Room [M] 6:00 Games in the Pub with Friends</p>	<p>10:00 P Meet with Friends for coffee in the Pub [P] 19 2:00 P Meet with Friends in the Pub for Games, Puzzles and Visits [P]</p>
<p>10:30 PD Christ our Light Catholic Service on TV [PD] 20 10:30 CR Church with John and Shirley [CR] 10:30 CR Church with John and Shirley [CR] 1:00 P Games with Friends! [P]</p>	<p>7:00 Happy Birthday Shirley L. 21 11:00 CR Gentle Fitness [CR] 12:40 L Walmart Outing [L] 1:00 P Word Games [P] 1:30 P Trivia [P] 2:00 P Shuffleboard or Pool [P]</p>	<p>10:00 FR Sit and Be Fit with Brenda [FR] 22 10:00 P Resident Walking Group [P] 10:30 P Nail Painting - Sign up Sheet [P] 1:00 P Spark Challenge Scrimmage [P] 1:30 PD Church Service with Chaplain Jean [PD] 2:30 P Farkle, Bunco, Left Center Right [P]</p>	<p>7:00 Happy Birthday Ed 23 11:00 CR Gentle Fitness [CR] 1:00 CR Catholic Communion Service [CR] 1:00 P Bible Study with John and Shirley [P] 1:00 P Spark Challenge [P] 2:30 O Coney Island Bags [O] 6:00 P Cribbage, Darts, & Jenga! [P]</p>	<p>10:30 FR Resident Led Chair Yoga on YouTube [FR] 24 10:30 L Resident Walking Group [L] 1:00 P Mexican Train, Cards, Bunco, Pool [P] 1:00 FR Drumming Class [FR] 2:30 P Bingo [P] 6:00 P Games in the Pub [P]</p>	<p>11:00 CR Gentle Fitness [CR] 25 1:00 CR Balloon Ball [CR] 2:00 P October Birthday Cake [P] 2:30 P Happy Hour Social [P] 6:00 Games in the Pub with Friends</p>	<p>10:00 P Meet with Friends for coffee in the Pub [P] 26 2:00 P Meet with Friends in the Pub for Games, Puzzles and Visits [P]</p>
<p>10:30 PD Christ our Light Catholic Service on TV [PD] 27 1:00 P Games with Friends! [P]</p>	<p>11:00 CR Gentle Fitness [CR] 28 1:00 P Word Games [P] 1:30 P Trivia [P] 2:00 P Shuffleboard or Pool [P]</p>	<p>10:00 FR Sit and Be Fit with Brenda [FR] 29 10:00 P Resident Walking Group [P] 1:00 P Spark Challenge Scrimmage [P] 1:30 PD Church Service with Chaplain Jean [PD] 2:30 P Farkle, Bunco, Left Center Right [P]</p>	<p>11:00 CR Gentle Fitness [CR] 30 1:00 P Spark Challenge [P] 2:30 O Coney Island Bags [O] 6:00 P Cribbage, Darts, & Jenga! [P]</p>	<p>Halloween 31 7:00 Dress up for Halloween 10:30 FR Resident Led Chair Yoga on YouTube [FR] 10:30 L Resident Walking Group [L] 1:00 FR Drumming Class [FR] 1:00 P Mexican Train [P] 2:30 P Halloween Social Hour [P] 6:00 P Games in the Pub [P]</p>	 <ul style="list-style-type: none"> EM Emotional EN Environmental IN Intellectual PH Physical VO Vocational SO Social SP Spiritual HO Holiday 	