

Happy Fall Ya'll

We can't believe it is already October! Christmas will be here before we know it! We would like to invite all our friends and family to join us for our family picnic.

October 4th from 4-7! We will have live Entertainment, Hayrack Rides, and will be serving supper! Also we have started a buncoco Club that will be held the last Friday every month! We would love to have anyone join us! Our Holiday Christmas Party Will Be Held December 12th from 5-7! We will be playing bells, and following will be our soup and pie supper!



*It's the
little things
in life*
♡



Joke Corner

Why did the old man
fall in the well?
Because he couldn't
see that well!

Why do we tell actors to
break a leg?
Because every play
has a Cast!

What does a nosy pep-
per do?
Gets Jalapeno
Business



As the air cools it is seniors that are most at risk for injuries and illness. However, by implementing a few safe practices, this winter season doesn't need to leave you feeling frosty.

Here are some ways to manage the challenges colder weather can bring:

- As winter arrives homeowners should be preparing their space for winter including having the fireplace and furnace checked and readied to withstand the cold weather.
- Inspect windows and doors for cracks that may allow chilly air into your home and have them sealed properly. This can also help reduce energy costs.
- Install a carbon monoxide detector in your home or unit and ensure it is working.
- Keep your thermostat at a reasonable temperature. Seniors are among those who are at substantial risk for hypothermia. The warning signs of hypothermia can go unnoticed by older adults so, even if heating costs increase, it is not worth the risk.
- Add extra blankets to beds and opt for a hot water bottle instead of an electric blanket to keep warm overnight.
- If you are heading outdoors, make sure you are dressed properly for the weather. warm coat, gloves, scarf and hat.
- Winter can also be a high-risk time for falls and injuries. Be cautious when outdoors and ensure you have proper footwear. Try and arrange to have a caregiver or helper shovel sidewalks and driveways.
- Health problems tend to crop up more in the winter. These include ailments such as painful joints, lung spasms and even heart problems. The wintry weather can put a strain on your body and those that have chronic conditions may find they suffer more in winter.
- Influenza or the flu is a significant risk during the winter months and seniors are advised to have their immunization shot at the beginning of the season as it takes up to two weeks to be effective.



In Her Own Words

In October 1947 it was the worst blizzard that I'd seen. I was going to school in the 10th grade and we had to walk in the middle of the streets. They only made one narrow path for the kids to walk to school. At noon they would have to walk home for lunch and then walk back to school and then walk back at night. None of the cars were able to get out and the roads were awful. The snow drifts were over my head and I was 5'2 at the time! They never did close any of the schools. It was the worst blizzard in ages. I really hope I never have to relive that!

Jerre Foreman



Win Big

Win \$1.00 in
Lebensraum Bucks
for each question
below that you get
right!

Let Gianni know your
answers!

Q - What makes more
as you walk them?

Q - How many cups
are in one quart?

Lasha's Kitchen Favorite Recipes

Nutella Cocoa Bites

A no-bake recipe
Ingredients:

- 1 cup old fashioned oats
 - 1/2 cup unsweetened toasted coconut flakes
 - 1/2 cup almond butter
 - 1/4 cup Nutella
 - 1/2 cup miniature semi-sweet chocolate chips
 - 1/3 cup honey
 - 1/2 teaspoon vanilla extract
- Directions 1.

Place all ingredients into a large bowl.

Cover and chill 10 minutes. 2.

Roll dough into 1–2-inch balls. Cover and chill until ready to serve.

Makes 20–25

Things Going on this Quarter

Bunco Club will be held on the fourth Friday of each month!

Please be sure to bring in family and friends for Halloween on the 31st we will have goodies for everyone and games!

December 12th is our Family Christmas Party from 5-7!



Get to Know our Staff

Deb Halm-Owner

Megan Corona- Owner

Giann Willey- Activity Director

October, November & December Birthdays!

October

1st- Jerre F

- 22- Cathrine B
- 26- Norma D
- 30- Sharon R

November

- 26- Pete E
- 29- Sharlene

December

- Kathryn C



Remember When?

What happened in history at this time of year...
1948 - Cost of Living

Fad's in 1948

Raccoon Coats
Hawaiian Muumuus
Radial Tires
Slinky Jr
Playing Scrabble

New Home -\$7,700
Average Income -\$2,936
Minimum Wage- 40 Cents
New Car- \$1,230
Average Rent- \$ 70
Gasoline- 16 Cents Per Gallon
Harvard Tuition- \$ 525 Per Year

Up Coming Events & Outtings

November

7th 2:00 Tim Javorsky
11th National Sundae Day
13th Shopping
22nd Bunco Club
27th Thanksgiving Party
28th Happy Thanksgiving

December

3rd Tim Javorsky
12th Family Christmas Party 5-7pm
25th - Merry Christmas
27th Bunco Club
31st- New Years Eve!

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Lebensraum Assisted Living

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daily updates of our residents,
staff, and facility!

@Lebensraumassistedliving



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