



The History of Grandparents Day

National Grandparents Day is celebrated on September 10, 2017, but do you know where the holiday originated from?

Marian McQuade first brainstormed the idea of honoring the elderly with a “Grandparents Day,” which later became a nationally recognized holiday in 1978.

McQuade, the original founder of Grandparents Day, was the mother to 15 children, grandmother to 40, and great-grandmother to 15. With so many descendants, she was well aware of the special bond that children should have with their grandparents.

While mothers and fathers are the main source of nurturing in a child’s life, grandparents can have a profound effect on his or her upbringing. Without the wisdom of grandparents, children may not

understand what it was like to grow up without the technology and amenities of today’s world — and might not appreciate what they have as much.

Another reason to celebrate our grandparents on Grandparents Day is because they can help raise us and shape us into the people we will become. With both parents entering the workforce in many more households, coupled with rising daycare costs, retired grandparents have become a dependable source of daily child care, meaning they can be much more prominent in children’s lives. While they’ve already raised a family of their own, most grandparents are willing and even eager to take part in their grandchildren’s care and development.

Grandparents are extraordinary people! They have stories to tell that expand our horizons and views of life formed through years of experience.

Make sure to wish the grandparents in your life a Happy Grandparents Day!

MONTHLY HEALTH TALKS with O’Connell Pharmacy

SEPTEMBER 20: Aerobic Exercise-Safe alternatives.

OCTOBER 18: Pain Medications and Controlled Substances.

All talks are at 3:00p.m.

UPCOMING EVENTS IN JULY

SEPTEMBER 05

Poetry with Fabu 10:00a.m.

SEPTEMBER 10

Grandparents Day
and Bingo with UW
Students 1:00p.m.

SEPTEMBER 15

Happy Hour and Music
with Janet Lieb 11:00a.m.
(Memory Care) and
3:00p.m. (Main Bldg)

SEPTEMBER 22

Happy Hour and music
with Tom Castle 3:00p.m.

SEPTEMBER 27

Coldstone Creamery
Outing 3:00p.m.

SEPTEMBER 29

Oktoberfest Party and music
by "The Blue Accordion"
2:30p.m.-4:00p.m.

Oktoberfest Celebration

PLEASE JOIN AVALON ON

Friday, September 29, 2017
from 2:30p.m.-4:00p.m.



with Polka Music
from 3-4:00p.m. by
**"The Blue
Accordion"**

Dancing, Beer, Pretzels,
and Good Cheer to
be enjoyed by all!

RSVP to **608-274-4350**



Located at **Avalon Assisted Living Community**

2879 Fish Hatchery Road, Fitchburg, WI 53713

Office: 608-729-4894 | avalonalcommunity.com

*This coupon is good for ONE
FREE MEAL at Avalon!*



*Please
present
coupon
at time
of meal.*

HAPPY BIRTHDAY!

9/02	Margaret "Pegge" D.
9/09	Ed "Coach" S.
9/13	Pamela H.
9/22	Joyce G.
9/28	Marilyn K.

WELCOME!

We are delighted to welcome
these new residents to Avalon:

**Carol W., Elvira B.,
Kathleen H., & Lani P.**

Oktoberfest Begins September 16th

The Oktoberfest festival celebrates Bavarian Beer and lasts for several weeks each year starting in September and ending in October. The tradition is nearly 200 years old and is probably one of the world's great seasonal festivals. It is held every fall in Munich, Bavaria, and in other locations around the world. Festival events include the Oktoberfest Costume and Rifleman's Parade, open-air music, beer tents, and distinct German cuisine feasts. Munich's Oktoberfest draws over six million visitors each year, with rates of attendance increasing with each passing year.

August Activity Highlights

Avalon loves providing the opportunities every day to fulfill our mission of... "Creating environments where moments of joy, independence, and wellness are the focus each and every day."

Here are just a few highlights of what they look forward to regularly!



MANICURE MONDAYS

Who doesn't like to be pampered?! We love to see the residents line up for that special one-on-one time and small group conversation while getting to have their nails done.



BINGO!

Avalon residents love to have Bingo several times a week and anyone is welcome to the "Avalon Bingo Hall"

WII BOWLING

Wii Bowling is very popular here at Avalon. Residents look forward to it every day. Pictured are Bob (left), Norma, and Ruth (right). Bob was so excited, as everyone else was for him getting a 295. Bob said, "If I only had 2 more spares I would have had a perfect game!" Bob doesn't give up and is on a mission for that perfect score!



Beer-Simmered Grilled Sausages

Ingredients:

- + A needle or pin and a cork
- + 3 pounds uncooked sausages
- + 1 onion, thinly sliced
- + 3 cups beer, as needed
- + 1 tablespoon vegetable oil
- + Mustard, for serving

Directions:

1. Prick each sausage a half-dozen times with a needle or pin stuck in a cork. Arrange the onion slices on the bottom of a sauté pan. Place the sausages on top and add beer and water to cover (the ratio should be about 3 parts beer, 1 part water). Place the pan over medium heat and gradually bring the liquid to a simmer. Poach the sausages until half-cooked, 4 to 5 minutes. Transfer the sausages to a rack on a baking sheet to drain or drain in a colander. Separate the sausages into links.
2. Set up the grill for direct grilling and preheat to medium-high.
3. When ready to cook, brush and oil the grill grate. Lightly brush the sausages on all sides with oil and place on the hot grate. Grill until the casings are crisp and nicely browned and the sausages are cooked through, 4 to 6 minutes per side. Use a slender metal skewer to test for doneness. It should come out hot to the touch.
4. Transfer the sausages to plates or a platter and let rest for 3 minutes. Serve with plenty of mustard.

AVALON

Assisted Living Community

2879 Fish Hatchery Road
 Fitchburg, WI 53713
 Office: 608-729-4894
 avalonalcommunity.com

OUR STAFF

ANGELA WENTZ
 Administrator

JULIE YEARLING, RN
 Health Services Director

KASEY LOVICOTT
 Business Office Manager

JOLENE LUCAS
 Sales and Marketing Director

NICOLE GUICHARD
 Life Enrichment Coordinator

THERESA GETCHEL
 LEAD Resident Care Coordinator

NIKITA MATTHEWS
 Memory Care Coordinator

STEVE JACOBSON
 Chef/Dining
 Services Director

SANFORD JONES
 Driver

JUSTIN WHITE
 Maintenance Director



RIDGELINE
 MANAGEMENT COMPANY

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SEPTEMBER – WORD SEARCH

R	O	O	B	M	G	L	A	B	O	R	D	A	Y	P
L	Q	C	H	O	L	E	S	T	E	R	O	L	I	T
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P	F	A	Y	H	P	H	G	O	I	P	F	L	L	G
T	B	C	S	Y	G	S	J	W	P	R	A	V	N	W
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G	H	U	G	T	O	L	N	H	I	E	E	F	G	J
Z	U	Y	I	R	Z	O	Y	Q	E	R	W	E	P	Q
D	X	F	Z	U	Y	E	C	B	B	Z	W	K	X	S

AGING
 ALE
 BEER
 BREW
 CHOLESTEROL

FITNESS
 GRACEFUL
 GRANDPARENTS
 HEALTH
 LABOR DAY

OKTOBERFEST
 PREPARED
 SAUSAGE
 SEPTEMBER
 WORKING