



ADMINISTRATOR'S LETTER

Dear Residents and Families,

I am so excited for the upcoming celebration of the 40th year anniversary of Tanglewood Trace. I would like you to join us for the festivities we are planning on October 4th from 4-6 PM. We will be serving German food and beer. Tanglewood Trace was built in 1977, it is hard believe that 40 years already passed by! We are

committed to continue to provide excellent service to our Residents and their families. I am so blessed to be a part of this incredible celebration. I am looking forward to seeing everyone at our wonderful celebration.

Sincerely,

Barbara Gawel
Administrator

40 YEAR ANNIVERSARY

**TANGLEWOOD TRACE IS PROUD TO ANNOUNCE
THEIR 40TH ANNIVERSARY • 1977 – 2017**

Be our guest for Octoberfest!

Yodel your way over for festive music & traditional german appetizers. Good times, good friends. Good memories.

Wednesday, October 4th from 4-6 pm

530 Tanglewood Lane, Mishawaka

RSVP: 574.277.4310

Happy Birthday

We'll be celebrating with our friends who have October birthdays on Thursday, October 12th. Join us in the MP room at 3:15 pm for cake, ice-cream, and singing. Birthdays for the month are:

Muriel K.	October 01
Connie Y.	October 01
Shirley P.	October 02
Louise N.	October 07
Irene S.	October 09
Lois R.	October 11
Eugene H.	October 17
Betty K.	October 17
Helen B.	October 18
Anna B.	October 19
Denoris J.	October 19
Jack B.	October 21
Phyllis B.	October 21
Helen B.	October 22
Lova C.	October 31



**TANGLEWOOD
TRACE**

*October 6th is
World Smile Day!*

11 Great Reasons Why Smiling Makes Us More Successful!

FIRST: Our smile shows others people that we are friendly.

SECOND: A smile can make people happy.

When you smile at someone who is not already smiling and they smile back, you have brought a moment of happiness into their lives which, who knows, could last all day.

THIRD: Smiling is infectious.

It is hard not to return a smile; most of us do it at a subliminal level without thinking.

FOURTH: Smiling can make you popular.

FIFTH: Smiling can help you to make new friends.

SIXTH: A smile is usually returned.

SEVENTH: Smiling makes you positive and happy inside.

EIGHT: A smile makes you look far more attractive.

NINTH: Smiling also helps make you memorable to others!

You are three times more likely to remember the person that is smiling over the one that isn't.

TENTH: Most importantly, smiling is good for your health!

Smiling releases stress, worry and tension that you may have built up throughout the day.

ELEVENTH: The effects of smiling can last for hours.

LASTLY: Smiling is FREE!

You are never going to run short of smiles and will always have enough to go around.

KEEP SMILING!

RESIDENT SPOTLIGHT

Our resident spotlight of the month is Claire R.

Claire was born July 1st, 1927 in South Bend, Indiana. Claire was the youngest child of 8. She has 3 brothers, and 4 sisters. Her Mother was a stay at home Mom, and her Father played the French horn in a symphony. Her parents came from Poland, and gave her and her siblings tons of great memories. Claire was married to her husband Gene for 54 years. They had 2 children, one boy, and one girl. She had 4 grandkids, and 5 great grandkids. Claire worked as a bank teller, a hair dresser, and at the University of Notre Dame. In her free time,

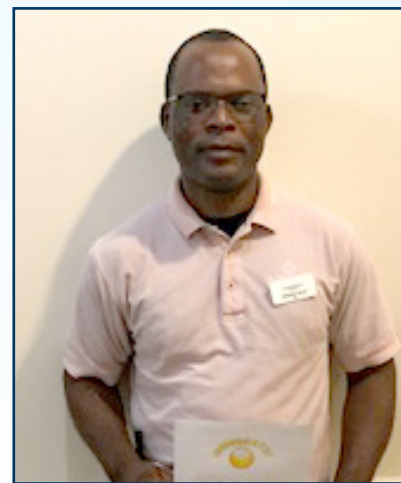


Claire loves to play cards of any kind, she enjoys theatre, golfing, music, football and basketball. Claire always has a upbeat personality, and a smile on her face. We are delighted to have her as part of our Tanglewood Family.

Employee OF THE Month

**OUR AUGUST EMPLOYEE
OF THE MONTH IS:
MEDSON EILYA**

Medson is a team player. Whether it is helping his residents or his fellow coworkers. Medson works here while attending school, he will pick up shifts when he is able to, due to his demanding class schedule. Yet he is always kind and considerate. While he has been employed here he has developed many bonds including a few extra grandmas in the process! Medson is a true asset to the Tanglewood team. Congrats Medson, keep up the good work!



Tanglewood Banana Split Contest Photos



Oct. 28 is National Chocolate Day

If you always like to accompany your cup of coffee with a chocolate cookie or other chocolate-based treat, you should probably be familiar with at least its three main categories:

Most notably used for cooking, **Dark Chocolate** can contain anything from 30% to 75% cocoa solids. It has a slightly sweet, slightly bitter flavor and a dark color. This chocolate is often called luxury or continental chocolate.

Milk Chocolate, as its name suggests, contains milk and has lovely creamy, mild, and sweet flavor. It is mostly used as an eating chocolate. However it does have its place in chocolate cookery, especially for decorations, and when a milder, creamy flavor is required.

White Chocolate contains lower cocoa butter content and cocoa solids. It can be quite temperamental when used in cooking. Always choose a luxury white cooking chocolate to avoid problems and take great care not to overheat when melting it.

Music for the Month

OCTOBER 13 AT 3:30P.M.

Mo Beat Blues

OCTOBER 16 AT 1:45 PM

Sing a long with Dell

OCTOBER 23 AT 3:00 PM

Dick & Debbie

OCTOBER 24 AT 1:45 PM

Zoo to You

OCTOBER 26 AT 3:30 PM

Kathy Leek



TANGLEWOOD TRACE

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OCTOBER – WORD SEARCH

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

AWARENESS
BREAST
BREATH
CAKE
CHOCOLATE

DEPRESSION
DIFFERENCE
HALLOWEEN
HYGIENE
PHYSICAL

POSITIVE
PUMPKIN
SMILE
SPIDERS
SUCCESS