



LETTER FROM THE LIFE ENRICHMENT COORDINATOR

As the weather starts to change I sit and reflect on what a busy fun filled summer we had here at the Prairie House. From our monthly trips to Warm spring to enjoy their casino and enjoy some delicious Indian fry bread to our patriotic day spent at our very own frontier days. To our view of the Total solar eclipse that we got the joy of watching in our own front yard. And our many Scenic drives we took to one the many lakes we have around our wonderful community. I sit and think wow we had a busy summer but a fun memory filled one. And we won't be slowing down even as the weather changes we

have plenty more fun things to do and many exciting fun things coming up. I always keep a simple quote in my head for each new day that comes "Each day is a precious gift to be savored and used, not left unopened and hoarded for a future that may never come "When I read it makes me want to make our days at Prairie House stand out and be fun memory filled days and that is what I strive for with my small role here. So we will take on the new season and enjoy each and every day.

Sincerely

Shannon Palmer

Life Enrichment Coordinator

ACTIVITY HIGHLIGHTS

OCTOBER 2ND
Taco Night at
American Legion

OCTOBER 12TH
Veteran's Breakfast

OCTOBER 12TH
Alzheimer's Support Group

OCTOBER 13TH
Halloween Social

OCTOBER 16TH
Taco Night at
American Legion

OCTOBER 31ST
Halloween

PRAIRIE HOUSE
Assisted Living and Memory Care



Happy Birthday

wishing you a very special day!

Shirley W	10/5
Daniel F	10/10
Violet P	10/18
Judith L	10/25
Samuel (Rey)	10/29

ACTIVITY HIGHLIGHT PHOTOS



WELCOME CORNER:

We would like to extend a special welcome to the wonderful elders who have joined our community over the last couple of months.

- Julia B
- Duane F
- Helen C
- Bruce C
- Julia B



In Loving Memory

Though they have left our presence, they will never leave our hearts.

Sandy R

We will miss you dearly.



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.

What Kind of Difference Are You Making?

Do you wake up every morning and say "I'm going to change the world today"?

Most of us would feel a bit grandiose saying that, yet many of us really DO want to change the world, and we DO want to make a difference. And we often feel discouraged and disheartened at our inability to do that. But the truth is you DO make a difference. The question is "What kind of a difference do you make?"

Positive or Negative?

Every day you have many opportunities to make a difference. When you're driving down the freeway and someone pulls in front of you, do you yell and shake your fist? Or do you send them a kind thought? When someone in your family interrupts your work, do you let them know that they're bothering you? Or do you set aside what you're doing and listen?

When you've waited in line a long time to order your morning latte, are you crabby when it's finally your turn? Or do you say something empathetic to the barista? How you choose to respond to and interact with others will determine whether the difference you are making is positive or negative—but you are making a difference!

Other people are affected by your thoughts, words, and actions. Your smile, kind word, or warm gesture could make all the difference to your family, friends, coworkers, or even to a stranger. You may be thinking that it's no big deal; smiling at someone or saying something nice doesn't make much of a difference. However, as Mother Teresa said, **"It is not the magnitude of our actions but the amount of love that is put into them that matters."** We never know what the magnitude of our impact on someone will be or how it might ripple out into the world.



THEME WEEK

Halloween spirit show us some spooky fun outfits. October 9th – 13th we would love you Prairie House staff and residents to dress the part. Show us some spirit and have some fun with us.

ROCKSTARS OF THE MONTH

We are now doing an appreciation award for our residents called the Resident Rockstar of the Month. We encourage residents and employees to vote on a fellow resident who you feel are amazing and need to be told they are a shining star at Prairie House.



Employee: Ronda Loehr

Residents: Dottie L.

PRAIRIE HOUSE FUN DATES IN OCTOBER

OCTOBER 5TH

Do Something Nice Day

OCTOBER 9TH

Curious Events Day

OCTOBER 17TH

National Pasta Day

OCTOBER 30TH

National Candy Corn day

UPDATE ON MEALS:

We encourage you to enjoy a meal with our elders, we would ask that you give us a 24 hr notice if you will be joining if possible. Prices for meals for dining with our elders will now be 5 dollars.

PRAIRIE HOUSE

Assisted Living and Memory Care

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Maintenance

VIVIAN PALMER
Housekeeping

PHILIP KEIFER
Dietary Manager



RIDGELINE
MANAGEMENT COMPANY

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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
O	Y	A	E	Q	S	R	K	A	E	P	L	B	V	C
W	S	B	S	H	Y	F	K	R	T	W	Q	L	F	Q
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