

A Letter from our Director

The Dash
by Linda Ellis

I read of a man who stood to speak
At the funeral of a friend
He referred to the dates on her
tombstone
From the beginning to the end
He noted that first came her date of
her birth
And spoke the following date with
tears,
But he said what mattered most of all
Was the dash between those years
For that dash represents all the time
That she spent alive on earth.
And now only those who loved her
Know what that little line is worth.
For it matters not how much we own;
The cars, the house, the cash,
What matters is how we live and love
And how we spend our dash.
So think about this long and hard.
Are there things you'd like to change?
For you never know how much time is
left,
That can still be rearranged.
If we could just slow down enough
To consider what's true and real
And always try to understand
The way other people feel.
And be less quick to anger,
And show appreciation more
And love the people in our lives
Like we've never loved before.
If we treat each other with respect,
And more often wear a smile
Remembering that this special dash
Might only last a little while.
So, when your eulogy is being read
With your life's actions to rehash
Would you be proud of the things they
say
About how you spent your dash?

Please welcome our newest
resident to the community!
Eric Carver #103



Forever Fit: A letter from our fitness
expert, Chris

Back Up Plan

Life happens! Just when we think we have everything figured out or when things seem to be running exactly as planned, life has an innate way of having other ideas. When it comes to our fitness routine things are very much the same. Just as we begin to develop healthy habits, start to see positive results or feel the benefits regular exercise can provide something will come along to knock us down. It could be an injury or fall, maybe it's a really bad cold, regardless the obstacles we still have the opportunity to learn, grow and continue the progress we've made so far. Each new roadblock offers us the chance to shift our point of view and focus on what we can do rather than what we can't. While times like these are certainly frustrating they are by no means absolute. Often our bodies are trying to tell us something so we need to listen, adapt and continue pushing forward to the best of our abilities. It's easy to just give up or give in but it's empowering to dig in, fight through and overcome whatever obstacles life has decide to throw our way.



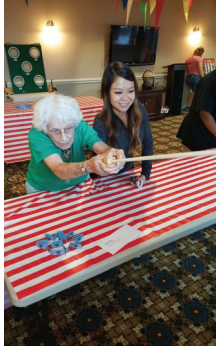
**Congratulations to our
March Employee of the Month,
Robert Chang!**

**Robert is our very hard-working
dishwasher that keeps things
running smoothly behind the
scenes.**

October Happenings

Fall is here! We have a lot of exciting things to look forward to this month. We will be going to the Franklin Cider Mill to start out the month for some fresh donuts and cider! Please make sure to sign up with the front desk so we can plan for bus seating. We will also be painting with a twist this month, so you will want to make sure to come to that! You will be leaving with an original piece of artwork that you made all by yourself. Another fun trip will be to the Food Truck Rally at the Royal Oak Farmer's Market as well as trying out a movie outing this year.

Another fun event we have coming up is our annual Oktober-fest Party. Feel free to bring the whole family for some beer tasting, snacks, and German Entertainment! We would also like to extend an invitation to friends, staff, and family memebbers to come and join us for trick-or-treating throughout the building the Sunday before Halloween. We look forward to seeing everyone in their costumes!! Turn to the back page for more special events coming up.



OCTOBER BIRTHDAYS

Residents:

10/2 Tom Corcoran
10/9 Barbara Kircos
10/31 George Hartley

Associates:

10/15 Sirena Hobbs
10/15 Kibri McMurray
10/24 Kortney Jones
10/27 Michael Bryant
10/27 Taylor Ivie
10/30 Monalisa Jones
10/31 Dan Auberle



AT YOUR SERVICE

Executive Director:
Lance Helton
Business Office Manager:
Michele Hamm
Resident Care Manager:
Tuong Do, RN
Wellness Manager:
Adam Mazur-Baker
Life Enrichment Manager:
Amanda Schwark, CTRS
Housekeeping Manager:
Kathleen Whitehead
Environmental Services Manager:
Darrell Shively
Marketing Manager:
Lisa Sadowski
Marketing Manager:
Jeremy Kopaniasz

PINK IT OUT DAY!
October is Breast Cancer Awareness Month. On Wednesday, October 20th of this year is national pink it out day. We welcome everyone to join us in wearing pink along with other communities to show our support for breast cancer and stand together in hope for a cure.

A special thanks goes out to everyone who attended our family carnival night. We hope you all had as much fun as we did, and we plan to make next year's carnival night even bigger and better!



Happy Halloween

Save the Date! October 2017

1st	6:00pm	Scott on the Piano!
2nd	3:30pm	Chair Yoga with Joyce
3rd	1:30pm	Franklin CiderMill Outing!
4th	6:00pm	Music w/ Paul Krass
5th	3:00pm	Halloween Bottle Craft
6th	10:00am	Dollar Store Outing
6th	3:30pm	Tailgate Happy Hour
9th	2:30pm	Cupcake Decorating
10th	11:30am	Lunch Bunch: Pizza Party
10th	12:45pm	Massage Therapy with Audrey
10th	1:30pm	Painting with a Twist!
11th	10:00am	Bible Church Service w/ Pastor Ray
11th	4:30pm	Food Truck Rally at Royal Oak Farmer's Market
12th	3:00pm	Music with Christine!
12th	6:00pm	Oktoberfest Party!
16th	10:00am	Art Class with Debbie (rescheduled)
17th	11:00am	Lunch Bunch: Red Olive
17th	2:30pm	October Birthday Bash
17th	3:00pm	Balancing Earth Entertainment
19th	1:30pm	Resident's Council
20th	8:00am	Pink it out Day!
20th	10:00am	Movie Outing (TBD)
21st	2:00pm	Saxophone Joe!
22nd	6:00pm	Joe on the Piano!
24th	10:15am	Funny Money Auction
24th	11:00am	Lunch Bunch: The Avenue
24th	12:45pm	Massage Therapy with Audrey
25th	6:00pm	Cello Bella Music!
26th	3:00pm	Pumpkin Carving/Decorating
27th	10:00am	Target Outing
27th	3:00pm	Wine and Cheese Happy Hour
28th	3:00pm	Darryl on the Piano!
29th	4:00pm	Trick-or-Treating!
31st	2:00pm	Halloween Party!



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I can smell AUTUMN dancing in the breeze,
the sweet chill of Pumpkin and crisp sunburnt leaves
Children laughing and playing in the cool fall air,
And weekends filled with football fun and cheer.

happy fall