



## LETTER FROM THE ADMINISTRATOR

### HAPPY OCTOBER!!!

It is hard to believe that yet another month and almost another year has come and gone. We spent September focusing on activities and past times that could be enjoyed not only by our residents but by their families and our community as well. We head into October with many more fun and exciting adventures!

### TO HIGHLIGHT A FEW:

October kicks off our Around the World event co-hosted with our sister community Garden Square at Westlake! Residents will pick a place anywhere in the world to visit and a themed meal, activity and attire will be planned around it! The first stop will start on 10/8 2p-4p at

Garden Square Greeley. Please join us!

The 22nd from 9a-12p Garden Square Greeley will host a Health Fair for all to attend. There will be representatives on site to answer questions and give information and resources for hospice, end of life planning, home sales and more including a free blood pressure clinic. Great time to get all your questions answered in one place!

On October 25th we will be cohosting a Fall Festival at Westlake.... this will be a fun carnival like event with many fun booths and activities to be enjoyed by all ages. If you would like to donate a baked good for the cake walk please

contact Laurie Avalos our Activity Director!

There will be several other events happening throughout the month so please mark your calendars and come join in on the fun!

As a reminder our family night dinners are the 3rd Friday of every month! We love getting together and sharing a meal and conversation with you and your loved ones!

Thank you for your continued support and the privilege of taking care of your loved ones!

***October is health and wellness Month.***

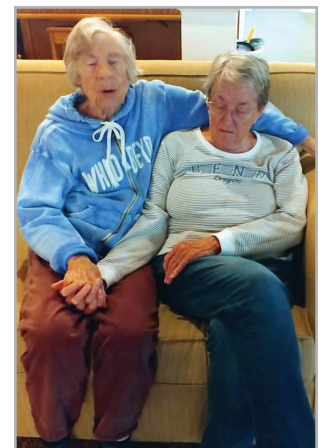
*Garden Square of Greeley*  
Assisted Living & Memory Care



## RESIDENTS

Ruth B, Dutch, & Ann W.

# Photo Highlights



## OCTOBER IS BREAST CANCER AWARENESS MONTH

What is breast cancer? Breast cancer occurs when cells in our breast grow out of control creating tumors that cause damage to the nearby tissues.

Breast cancer has always been a dreaded disease, but in recent years things have changed. With the increasing knowledge about cures and treatment, breast cancer can usually be easily treated, but early detection is key to prevention. Research has shown by the age of 20 everyone should start doing Breast Self Examination (BSE). This method is one of easiest and earliest ways of detection. Doctors usually recommended to check yourself at least once a month. A clinical breast exam by your physician should be done at least once a year. Depending on the age of the patient or results from your physician, they may recommend or require mammogram.

Some of the signs to look for while doing BSE:

- A lump found in and around the nipple or underarm
- Change in size or shape
- Nipple discharge or nipple turning inward
- Redness of skin or warmth
- Formation of dimple or change in skin texture

When in doubt, schedule a visit with your physician.

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## Photo Highlights ...continued from page 2



### *October 14th is National Dessert Day*

A “dessert” is a meal course that usually comes after dinner. Most often dessert foods are of sweet food but can also be of a strongly flavored food, such as cheese cake. The world dessert comes from the Old French word “desservir”, which means ‘to clear the table’. Often times in the English language dessert is confused with the word desert (note only one “s”). A simple way to remember the difference in spelling is: Dessert has an extra S, because everyone always wants an extra slice of cake.

It wasn't until after the 19th-century when the rise of the middle class, and the mechanization of the sugar industry, brought the privilege of sweets into the general public.



## Upcoming Special Events

### **OCTOBER 2ND**

Pizza Hut Lunch

### **OCTOBER 3RD**

Music with Brian

### **OCTOBER 4TH**

Van Ride

### **OCTOBER 5TH**

UNC Singers

### **OCTOBER 8TH**

Around the World Food and Fun (Ireland 2:00–4:00p.m.)

### **OCTOBER 9TH**

Olive Garden Soup and Salad Lunch

### **OCTOBER 11TH**

Van Ride

### **OCTOBER 15TH**

Spelling Bee at GSW. and Lunch (Noon)

### **OCTOBER 16TH**

Lunch at Casa Bonita (Noon)

### **OCTOBER 18TH**

Pumpkin Patch Farm

### **OCTOBER 19TH**

Family Meal with entertainer Brian

### **OCTOBER 20TH**

wellness fair 9-noon

### **OCTOBER 21ST**

Carve Pumpkins with Staff

### **OCTOBER 23RD**

Lunch at Albertos

### **OCTOBER 24TH**

Music with Brian

### **OCTOBER 26TH**

Johanna 3:45

### **OCTOBER 25TH**

Fall Festival 5-7 GSW

### **OCTOBER 30TH**

Country inn Lunch

### **OCTOBER 31ST**

Trick or treat Street

1663 29th Avenue Place  
Greeley, CO 80634  
**Office:** 970-576-7200  
GardenSquareMemoryCare.com

## GARDEN SQUARE OF GREELEY MANAGEMENT TEAM

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## OCTOBER – WORD SEARCH

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

BRAIN  
CANCER  
DESSERT  
FIRE  
HALLOWEEN

PREVENTION  
PUMPKIN  
PUZZLE  
SLEEP  
SPIDER

STRETCH  
SUDOKU  
SUGAR  
THERAPY  
WALK