



October 2019  
Saturdays & Sundays  
Movies start at 2:00 pm



October 5<sup>th</sup> & 6<sup>th</sup>

### Pay It Forward

2000 Rated PG-13 2hrs 3 min

The story of a social studies teacher who gives an assignment to his junior high school class to think of an idea to change the world for the better, then put it into action. When one young student creates a plan for "paying forward" favors, he not only affects the life of his struggling single mother, but he sets in motion an unprecedented wave of human kindness which blossoms into a national phenomenon.



October 12<sup>th</sup> & 13<sup>th</sup>

### Mary Poppins Returns

2018 Rated PG 2hrs 10 min

Now an adult with children, bank teller Michael Banks learns that his house will be repossessed in five days unless he can pay back a loan. His only hope is to find a missing certificate showing proof of valuable shares that his father left him years earlier. Just as all seems lost, he and his sister receive the surprise of a lifetime when Mary Poppins arrives to save the day and take the Banks family on a magical, fun-filled adventure.



October 19<sup>st</sup> & 20<sup>th</sup>

### October Sky

1999 Rated PG 1hr 48 min

Based on a true story. John Hickam is a West Virginia coal miner who loves his job and expects his sons, Jim and Homer, to follow in his footsteps. But Jim gets a football scholarship, and Homer becomes interested in rocket science after seeing Sputnik 1 crossing the sky. John disapproves of his son's new mania, but Homer begins building rockets with the help of friends and a teacher.



October 26<sup>th</sup> & 27<sup>th</sup>

### We are Marshall

2006 Rated PG 2hr 11 min

In 1970, Marshall University and the small town of Huntington, W.Va., reel when a plane crash claims the lives of 75 of the school's football players, staff members and boosters. New coach Jack Lengyel arrives on the scene in March 1971, determined to rebuild Marshall's Thundering Herd and heal a grieving community in the process.



# CLIPPER

OCTOBER  
2019



Executive Director  
*Blake Olin*

Business Office Manager  
*Casandra Roberts*

Community Relations Director  
*Leah Yanega*

Director of Health & Wellness  
*Tammy Scott*

Director of Lifestyle & Leisure  
*Jess Watchie*

Director of Culinary Services  
*Art Herrera*

Maintenance Director  
*Mike Mosley*



[www.ChandlerSquare.com](http://www.ChandlerSquare.com)

[www.milestoneretirement.com](http://www.milestoneretirement.com)

## Notes from Blake

Greetings!

Fall has fallen, and the holidays are on their way. I'm sure some of you *love* the fall. *Love* to see the leaves turning and the mercury dropping. *Love* breaking out the sweaters and coats. *Love* the excitement and activity of the holidays. There are many reasons to enjoy this season. Personally, I like the fall. In fact, I like all the changing seasons; when the weather starts to change, I'm usually ready for it.

However, there are also some downsides to the season. Shorter days can bring on the blues. More time inside increases our risk of getting sick. As fun as the holidays are, they can intensify our stress and magnify our losses. And of course, all of these symptoms lead to feeling a bit more isolated.

So, if you're someone who gets the fall/winter blues, what can you do? There is lots of literature you can read about the physiological effects of the season on our health. We know we need exercise, healthy foods, the right amount of sleep, and as much sunlight as we can get. Those are all true; however, we should not lose sight of the fact that we also need people. We need each other. We need people to laugh with and sometimes to cry with. We need spontaneity and excitement and meaning.

We share an activity calendar each month that is full of opportunities to get together with others. We try to include a variety of activities, but it doesn't really even scratch the surface of all the personal interests that you all have.

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My challenge to each one of you (myself included) is to think about what truly brings you joy. How can you share it with your neighbor, caregiver, family, server or friend? How well do you know the inter-



September Birthdays



**Birthday Party**  
**Tuesday, October 1**

**In the Dining Room at 2:30 p.m.**  
Cake and ice cream.  
Raffle of awesome things.  
Don't miss out.

OCTOBER  
BIRTHDAYS

Residents

Rosemay O.	10/11
Erma P.	10/12
Cecil T.	10/14
Phyllis W.	10/14
Dorothie C.	10/18
Gloria Z.	10/25

Staff

Mona, Caregiving	10/06
Casandra, Office Mgr.	10/06
Rosalia, Caregiving	10/20

Famous People born in October

Jimmy Carter, US President	Oct 1
John Lennon, The Beatles	Oct 11
Margaret Thatcher, UK Prime Minister	Oct 13
Pablo Picasso, Spanish Painter (b.1881)	Oct 25
Theodore Roosevelt (b. 1858)	Oct 27
Mahatma Ghandi, (b. 1869) <i>Leader of Indian Independence</i>	Oct 29

Goodbye to Terri from Colours Salon

Terri has retired from her salon and moved to Nevada with her husband. We had a party and wished her a fond farewell.

Stay tuned for updates on our new stylist.



immediately recalled to the main floor and automatically lock open to ensure no one uses it.

The fire department is alerted automatically when our alarms go off. Additionally, the alarms are also monitored by a fire alarm company watching the system 24 hours per day. The fire department will arrive and assess the situation quickly to determine whether or not to evacuate any or all areas of the building. Our staff has protocol in place to work with the fire department in the event of a real fire. We will assist in evacuations if needed.

The most important thing for you to know is to only evacuate your apartment if the fire is inside your apartment. We know it is difficult to wait and not know what is happening right away, but it is vitally important that you do not come out into the hallways to ask what is happening. If we need to evacuate, you will know because we will be unlocking your doors and getting you out.

For residents living upstairs or downstairs that need assistance in evacuating, there are “Areas of Rescue” throughout the building that the Fire Department has designated as the rescue areas. First Responders, Fire Department and possibly even Chandler’s Square staff will be assisting in getting all residents who need assistance to the Area of Rescue. Please do not try to take the stairs if you use a cane or a walker because you could seriously injure yourself in a fall.

Whether it is a real fire event or a false alarm, it may take some time to get the alarm turned off and re-set to monitor again. Please be patient while everyone does their job and gets things done.

We will do our best to get everyone informed when we can. If it is after office hours, it may be the next business day before we can get information to you. If you have concerns about your apartment or anything in the building, please let us know. We can plan to have some educational lectures on the topic of fire safety. *End*





## Inflammation: A Swell Subject

I have always found it amazing how quickly the skin will swell up after I hit my head against something hard. It swells up much faster than if I hit my elbow or hip against something. I find that fascinating. Have you ever asked yourself why your head swells up so fast?

Inflammation is our entire bodies healing response. If that is true, and it is, why are we are fighting against inflammation so often? We take anti-inflammatory pills and put ice on a swollen area so that it won't get so inflamed. Why do that if inflammation is a healing process? The answer is that there is an upside and a downside to inflammation. I have found that when you understand the inflammation process, and learn what to do when there is too much or too little, it can help you learn how to take better care of yourself in many parts of your body.

The more I learn about inflammation the more fascinating it becomes. At the next Healthy Living Talk I hope to share the fascinating things I've learned and help you understand your entire body better by helping you see the benefits and problems of the inflammation process on Oct 7<sup>h</sup> at 10:30 in the Captains Crossing.

By Martin Iverson, PTA, PM **Select Outpatient Services**  
Tel. 360-755-3399 [sos.chandler@selectrehab.com](mailto:sos.chandler@selectrehab.com)

### Conversation Starters



*Start a conversation at your table during a meal and learn something new:*

- 1) If your life was a meal, what kind of meal would it be?
- 2) What is the most awe-inspiring place you have ever traveled to?
- 3) Who are the three greatest athletes of all time?



**LOST & FOUND** Have you misplaced something? If you lost something at Chandler's Square, we have a lost and found!

Come to the front desk and ask Susie or Susan. If you don't claim your stuff we are going to sell it on Ebay! (Just kidding).

## October Music Mondays in the Captain's Crossing



Join us for music, coffee and light snacks

7th Trish Hatley  
14th Ward McCary  
21st Frank Orr  
28th Nick & Judy

*In three words I  
can sum up every-  
thing I've learned  
about life...*

***It goes on. –***

Robert Frost



**Don't wait for an injury or a doctor's referral to find out**

how Physical  
Rehabilitation can  
benefit your health.

Martin Iverson, PTA  
Program Manager

Telephone  
360-755-3399

Email  
[sos.chandler@selectrehab.com](mailto:sos.chandler@selectrehab.com)



## Naughty October

By Peggy Stone

The outdoors in October is a balancing act.  
The seasons are changing,  
the weather is iffy.

Nature can't seem to make up its mind;  
Blazing colors explode all around us.

Temperatures are a balancing act:  
Will it be warm, will it be coolish?  
Should I bring my coat?  
Dare I wear shorts?  
Nature hasn't decided,  
but I must.

The date is sedate;  
The day is raging.

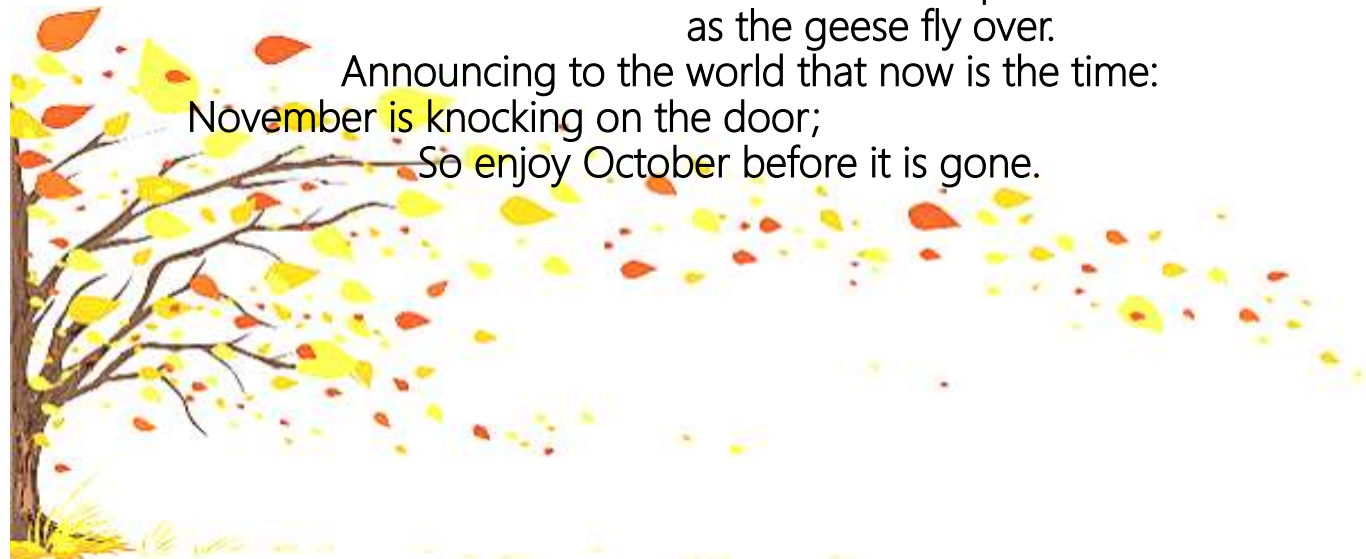
Strong winds blow in  
From the Salish Sea.

The trees gyrate in frenzy,  
Discarding their unessential parts,  
Sometimes losing the battle  
And succumbing in whole.

Soon there will be white on the mountains  
and the earth will calm.

Meantime we will stretch our arms and dance with the wind,  
Stand still and look up  
as the geese fly over.

Announcing to the world that now is the time:  
November is knocking on the door;  
So enjoy October before it is gone.



## Notes from Blake

*Continued from page 1*

ests of those around you? Have you asked them what makes them tick?

It is inspiring to see the love and camaraderie that exists in this community. You do all truly care about and for each other. I am excited to head into this next season with you all. I believe that we have many fun and meaningful experiences to share. This is the perfect season to get active and stay in touch with people – we need to keep busy and we need each other.



### “In the Amber Glow”

By Casandra Roberts

It's a quiet Sunday afternoon in the cul de sac. I can see my neighbor's one strand of Christmas lights hanging in the August sun across the street. Soon, I imagine everything will be in the amber glow of Fall. The hummingbirds are fighting over what's left of the nectar in my feeder. Just love those little guys, for some reason they represent hope to me. The deer would have lingered longer if the bunnies hadn't taken over their stash of apples. My bluegrass looks more like wheat and back to school commercials are invading pre-season football. I even saw one for Halloween already, which brings me back to that amber glow. And I'm not just talking about the burnt orange that takes residence around us... I'm talking about the orange lights I buy at Rite Aid every year.

I just plugged last year's in... four strands... all working. Will I buy more? You bet I will. It's now early September. I have the first regular season

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Remember  
this?

## 1930's



Fireside Chats with President Franklin D. Roosevelt. He was the only President in American history to be elected to four consecutive terms. Roosevelt led the nation through two of the greatest crises in its history—the Great Depression of the 1930s and World War II (1939-45)—and would exponentially expand the role of the federal government through his New Deal reform program and its legacy. From March 1933 to June 1944, Roosevelt addressed the American people in some 30 speeches broadcast via radio, speaking on a variety of topics from banking to unemployment to fighting fascism in Europe. Millions of people found comfort and renewed confidence in these speeches, which became known as the “fireside chats.”

[www.history.com](http://www.history.com)



## 1940's

Marvel Comics introduces Captain America in 1941.

After nearly 14 years, carving at Mount Rushmore concludes in October 1941.

Diarist Anne Frank and her family go into hiding in the "Achterhuis" on July 6, 1942, in Amsterdam.

## 1970's

Secretariat wins the Triple Crown in horse racing at age three; and he set speed records in all three of those races!



## 1950's

Gas cost 20 cents gallon.

The color television set is introduced.

Smokey the Bear becomes a household name.



## 1980's

President Jimmy Carter authorizes legislation giving \$1.5 billion in loans to bail out the Chrysler Corporation.

Chrysler lost \$52M in 1974, and a record \$259.5M in 1975 as smaller, less expensive and more fuel-efficient from Japan and Europe gained market share.

## 1960's

The Organization of Petroleum Exporting Countries (OPEC) is created.

The United States decides to send 3,500 U.S. troops to Vietnam.

TIROS-1, the first weather satellite, is launched by the U.S.



A brand new Ford Mustang 2 door hardtop cost \$2,368



## How to cure the flu in 1919 - 100 years ago



Editorial written in the Seattle Star on October 27, 1919

Mr. Editor: I know that you will forgive an unlettered man like me for writing to you, but I know if you would give your word, it would go a long way with the public. All the papers are asking us to do all we can to stop the flu. Just let the government take a hand, and let all heads of families have one quart of whisky once a month and it will be 'goodbye flu!'"

Yours, J.H. Green



## Halloween Party and Social

Dress up in your Halloween costume and have fun.  
Halloween candy, social time and lots of fun.



Wednesday October 30th @ 2:30 p.m.  
Captain's Crossing

Watch the TV and look for announcements when the time gets closer. All the details are coming together.





# Mindful Corner with Joe

Joe Arellano, is a licensed massage therapist and certified mindfulness teacher with an office at Chandler’s Square

Research is showing that there is profound benefit of meditation for reducing stress, pain, and boosting emotional well-being. I have had the privilege to witness the practicing ‘YOGIS’ who grace the Monday morning class leaves with calm smiling faces. These practices are fun in a way, but in essence they become genuine life skills that can guide us through our journey in aging. It is possible that we can age mindfully and meditation can help us. What are the benefits? Well aside from the release of tension through body awareness it can also help us:

- ♦ Have a different *relationship* with physical pain. As we know, physical pain can make us cower under the weight of it’s power and impact. But we can learn to meet pain differently so the power is within our control. Mindfulness and meditation can help.
- ♦ Elevate the opportunity to shift out of moods from levels of frustration, worry, and anger.
- ♦ To honor personal humility and know that others are having struggles too.

These are just only but a few of the benefits of becoming *mindfully* aware. It’s never too late! And with this I am pleased to announce that The Chair Yoga group will be renamed **Mindful Movement**. Come by and join us. Please check your monthly calendar for dates.

Wishing you well,  
Joe Arellano



See Page 12 for more Information

## A Note on Newspapers in the front lobby...

Several residents receive newspapers here at Chandler’s Square. Unfortunately many newspapers do not have address labels on them. The delivery person just drops them on the table in the front. When that happens, the papers are picked up and read by people just waiting in the chairs there because it looks like they are complimentary papers for everyone.

We have been trying to watch for the deliveries to keep the papers behind the desk and give them to the correct person, but we have missed them recently. Please don’t take newspapers from the front unless you have paid a subscription for that paper and know that it is yours.

If you would like a newspaper please contact the publisher and order what you would like to have delivered to you. Thank you.

## Resident Council Meeting

**Tuesday, September 17, 2019**

Meeting called to order: 2:30 pm ~ Meeting adjourned: 3:00 pm.  
Respectfully submitted by Jess W., Interim Secretary

### In Attendance:

Harry Buckner	Marge Sargent	Noel Johnson	Maureen Beddall
Lorraine Patmore	Cork McDanold	Maxine Lang	Dwayne Stewart
Jim Johnson	Sandy Kennedy	Harvey Osterhouse	

### Old Business:

Old Business was read. No comments.

### New business:

Cork McDanold expressed concern about not being able to get down in the stairs in case of a fire. Clarification was asked for as to how that would be performed. It was also requested that some directions could be placed near stairwells explaining fire procedure

New washing machines were discussed next. It was requested that we host a class for those that are struggling with using them. Various questions were asked about operating different cycles.

It was commented on that the glass in the exit doors around the community are smudged and dirty. The windows in the back of the dining room are dirty as well.

Carpet stains throughout the community were brought up a well.

It was requested that the piano in the lobby be moved back to its normal home. (That was accomplished this morning)

It was also request that the hanging plants outside the dining room that are dying be removed. (Also accomplished this morning)



## Winning Contests and Spending Money

*Things everyone should know before they give their personal information or their money*

There are many sweepstakes, contests and mega-giveaways for people to enter. Everyone who enters a contest believes they have a chance to win, and there is always a “chance.” The most popular contest around is the Publisher’s Clearinghouse. While Publisher’s Clearinghouse is not a scam, it is legitimate; it is also extremely difficult to win. In fact, the odds of you actually winning are about **2.4 Billion** to one to win their SuperPrize. You have a much better chance of winning the Powerball lottery with their odds of 292 Million to one.


When you enter the Publisher’s Clearinghouse (PCH) contest, you are giving your personal information and you are purchasing products to increase your odds of winning. The more you purchase, supposedly – the better your odds of winning. But, is that true? The answer is no. Your money is being spent to purchase products over and over again which means that money you could be investing or saving is disappearing with little chance of recovery. And, to make it even more difficult to win, your odds continually decrease as more people participate in these contests and lotteries.

Additionally, there are scam companies that steal the PCH logo and mail out prize winning letters that are a complete lie. Their scheme is to get more money from you and steal your identification. They will claim you won, but they request your personal information and a credit card number or a cash advance to get your prize to you. Don’t fall for it. If you participate in the PCH contest and get a letter that says you won, please call the Publisher’s Clearinghouse office line 1-877-3377 Monday through Friday, 8:30 a.m. to 5:30 p.m. to check if you've really won.


Ultimately it is up to you to decide if it is worth entering all of these contests with your hard-earned money. But to keep it in perspective here is a scenario for you to consider: Let’s say you spend \$100 per month purchasing items for the PCH contest over the course of a year. Of course, that means you have spent \$1,200 for the “chance” to win a big monetary prize.

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With your odds of winning at one in 2.4 Billion it is not likely you will win and that \$1,200 is gone forever. Over the course of that same year your neighbor deposited \$100 per month into a traditional Roth IRA. By investing \$100 per month your neigh-

<b>Ladies Coffee &amp; Donuts</b>  <b>9:00 a.m. Captain’s Crossing</b>	<b>COFFEE HOUR Thursdays</b> 	<b>Men’s Coffee &amp; Donuts</b>  <b>9:00 a.m. Conference Room</b>
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### LIBRARY NOOK



**BOOKS    BOOKS    BOOKS    BOOKS**

**October Book Recommendation:** 4.4 Stars ★★★★★

**Strength in What Remains**  
(Random House) by Tracy Kidder Pub. 2010

Tracy Kidder gives us the story of one man’s inspiring American journey and of the ordinary people who helped him, providing brilliant testament to the power of second chances. Deo arrives in the U.S. from Burundi in search of a new life having survived a civil war and genocide. He lands at JFK airport with two hundred dollars, no English, and no contacts and ekes out a precarious existence delivering groceries, living in Central Park, and learning English by reading dictionaries in bookstores. Then Deo begins to meet the strangers who will change his life, pointing him eventually in the direction of Columbia University, medical school, and a life devoted to healing. Kidder breaks new ground in telling this unforgettable story as he travels with Deo back over a turbulent life and shows us what it means to be fully human.

**Reviews:**

Eileen A.  
The beauty and power of this book is enormous; words cannot describe its stunning power, nor can I recommend it highly enough. One feels changed having read it. It is a true, harrowing story of one young man's against-all-odds escape and survival from unspeakable violence and atrocities. The book reads like a novel from which one cannot tear oneself away. It is chilling, yet uplifting. and reaffirms one's belief in generosity, kindness, and the resilience of the human spirit and heart. It is even more timely now than when it was written. A must-read.



In the Amber Glow *continued from page 3*

football game on television. Something feels so familiar about this time of year. When I was living alone in Los Angeles I used to turn the game on just to hear my childhood in the background. And some-time along the way, after I moved up to Washington, I started basking in the amber glow. All year. I couldn't give it up. Rite Aid also sells purple lights at Halloween. Those live in the enclave above my fire-place. All year. I call them the twinkles. They're all still working, but will I buy more? You bet. I've had glass Jack o Lanterns for years but didn't even think to buy those little fake LED candles until this year. They are amazing. But I can only put them in the one whose face doesn't freak me out. Now it's September 16. I just saw an almost blood moon rising. It wasn't red enough but it was trying. Funny thing, it had the face of a bandit, a pumpkin wearing a mask like the plastic one my sister used to trick or treat with. I still have it. I think I'll go pull it out of the hope chest.

Fall never feels like a fresh start to me, there's a rich melancholy in it that rings of seasons past. They linger in its fog and wet and holidays. Even its name portends a demise. Yet there is something so comfort-ing in its arrival. Something that embraces days gone by with a warm hug full of forgiveness. Fall ushers in a winter that will bridge the gap between this year and next year. Maybe now I buy more amber glow and twinkles every year because I'm afraid the ones I have will burn out. Maybe I do it because they are 50% off at the end of October. Or maybe I just like the thought of always having something that re-minds me of football in the background.



## Study the Bible with Brad

**Everyone is welcome ~ This is a place for people of every denomination. Please join us.**

**Tuesdays @ 11:15 a.m. in the Library**



## Why Joining Activities is So Important And, I don't mean just going to "Happy Hour!"

*Adapted from Great Senior Living magazine with excerpts from the Journal of Humanities & Social Sciences, Vol. 19, issue 4*

Common sense would suggest that participating in recreation, exercise and ac-tivities throughout our lives would play a key role in our well-being. And, while it seems logical that people of all age benefit from involvement in exercise and activities, scientists have studied and continue to conduct studies to prove the

"theory" of said benefits. As I have always contended, if you want to know anything about the world and how it works, just ask your grandparents; they know eve-rything. Scientists should just check in with them when they want to "study" something – it would give them the answers they need and save them a lot of time...but I digress.

People of all ages involved in rec-reation, play, activities and exercise definitely satisfy a variety of the body's needs. The most obvious benefit with exercise is that of

*Continued on page 11*  
**Why Joining Activities Is So Important**



## MOVIES

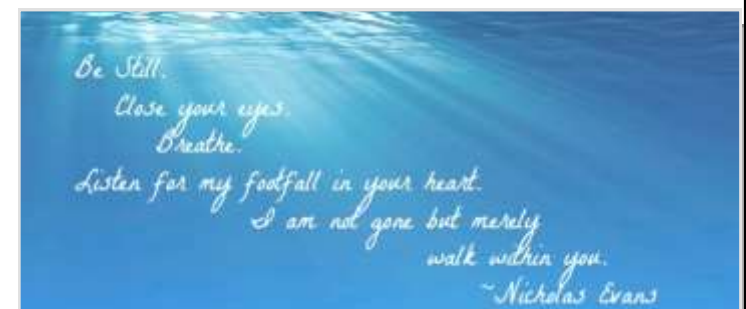
Always check the calendar for movie start times. Most movies are just about 2 hours long so it will begin at the regular time of 2:30 p.m.

If a movie lasts 2.5 hours or longer, then it will begin at 2:00 p.m.

Saturday & Sunday movies!

## Loss & Grief Share

Watch the TV for updates on day and time for our meeting. Thank you.







## Fire & Life Safety at Chandler's Square

Do you know the number one cause of fires in a retirement community like Chandler's Square? Cooking. 72% of all fires are caused by burners or ovens left on or toasters burning. To reduce the risk of fire, stoves and ovens must stay clean and free of debris and grease.

Always roll up your sleeves and pull back any loose clothing to ensure it does not catch fire while you are cooking and never leave the stove unattended.

Did you also know that most fire deaths in the United States occur during the winter months? As older adults, most of us have some sort of reduced sensory abilities, such as smell, touch, vision, or hearing. For example, reduced sense of smell can make smelling smoke difficult. Reduced sense of touch can make unlocking the door in case of fire difficult. Reduced sense of vision can make seeing flames or getting out in case of fire difficult. And reduced sense of hearing can make hearing smoke alarms difficult. Additionally, taking prescriptions and the use of alcohol may make you drowsy and not hear a smoke alarm. And finally, smoking cigarettes indoors substantially increases the risk of causing a fire. Smoking inside of Chandler's Square is strictly prohibited and smoking within twenty-five feet of any entrance is illegal (Chapter 140:7 RCW).

Do you know what to do in the event of an actual fire? First, every fire alarm you hear should be considered serious. Sometimes the fire alarm panel has an issue that may trigger a false alarm, but never ignore a fire alarm.

If you hear a fire alarm, please look for flames and smell for smoke. If the fire or smoke is NOT coming from your apartment, stay where you are. Your apartment has a fire door that will protect you. Do not open your door or window because it could cause a draft and fuel a fire causing it to spread more rapidly.

Chandler's Square has fire doors in hallways that will close automatically, fire and smoke alarms that will alert staff to where the fire is located and sprinkler systems to douse out any flames.

In the event of a real fire, the first thing that happens is the fire doors throughout the building will close and the elevator

*Fire & Life Safety at Chandler's Square continued from Page 10*

in the wing where the fire is located will be

*Continued on Page 19*

## And, I don't mean just going to "Happy Hour!" *Cont.. from page 7*

improved health and fitness and a less obvious benefit, but equally important is maintaining and improving relationships and skills in socializing while participating.

According to recent scientific studies, play and activities also have powerful long term positive effects in mental health too. "Playing and having fun—on a regular basis—can help you avoid memory problems and enhance your creativity and mental sharpness."<sup>1</sup>

Spending time in nearly any type of activities has many other incredible benefits including:

- Establishing, healing and maintaining social relationships
- Improves optimism and minimizes depression
- Boosts the immune system and helps reduce risk of illness
- Gives you the opportunity to fully live in the present
- Adds fun and something to look forward to in your life
- Gives you a sense of progress and accomplishment
- Provides opportunities to share experiences with others
- Strengthens the relationship between good mental health and daily activities

This short article on a complicated subject was written to encourage you to participate in all of the activities at Chandler's Square for your physical, mental, creative and social health. And, while Happy Hour is my favorite activity here at Chandler's Square, that does not count as "exercise" so please get moving around. Then, stretch your other self (the creative, mental, social part of you). Find something that you enjoy doing and get started, then keep doing it. Let us know if there is something you would like to see us do here. We welcome your input.

<sup>1</sup> Great Senior Living.com

<https://www.greatseniorliving.com/articles/fun-activities-for-seniors>



## Notice of Change of Date for Nail Care in October

The Nail Care Clinic for October is changed to:  
Friday October 11th from 8:30 a.m. until 3:00 p.m.

Normally the date is on the third Friday of the month, but it needed to be changed just for October. It will go back to the third Friday in November. Please make a note of the temporary date change.

As usual, please sign up for nail care in the hallway near the Game Room and across from the Compass Room. Thank you!



## Mindful Movement

With Joe Arrelano

### From Chair Yoga to Mindful Movement

Join Joe Arellano on Monday October 21st for a new Mindfulness session. In class, we will take into consideration the whole notion of *embodiment*. We are not just moving our bodies, but encouraging *awareness* of body through movement, of intention, of slowing down, of observing busyness of mind.

We will focus on a few new things:

- Body and Breath centering Practice
- Mindful Movements
- Guided Meditation Practice
- Question & Answer Time

I have found that the participating residents valued the calming quality of the session through their collective expressive comments. I feel that including the meditation piece helps ground us not only in class but throughout the day. My wish is to help meet our days with less stress. Watch the TV in October for time and place.

*Joe Arellano, is a licensed massage therapist and certified mindfulness teacher with an office at Chandler's Square*

## About Winning Contests and Money

*Continued from page 8*

bor ends up with a tax deduction at the end of the year and can take tax-free withdrawals.

Plus, in a Roth account you have the option of withdrawing the original contributions (but *not* earnings) for any reason. And, your invested money compounds AND has no capital gains or dividend taxes each year. That \$1,200 during the year is earning from 4% to 8% which is also Compound Interest. Your investment dollars and the interest it is earning are both earning interest making it a win-win.

The point of this is to remind you to be cautious when spending your money – there is always the chance that it is a scam and the odds of winning are extremely low. Just always be careful with your money and your personal information.

CAUTION

## Speech Therapy with Lindsey Lail

Do you need help with speech, language, cognition, and swallowing. Problems can occur if adults have a stroke, traumatic brain injury, progressive diseases such as Alzheimer's, or neurological diseases such as Parkinson's disease or ALS (Lou Gehrig's disease).

Lindsey can provide treatment to help individuals who have difficulty with word-finding, trouble forming complete statements, changes in speech production, and cognitive difficulties.

If you have any questions or would like more information please call:

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