



<https://www.facebook.com/GardenViewPlace/>

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Birthday Club



Oct. 1st— *Dorla*

Oct. 11—*Anna Mae*

Oct. 17—*Masa*

**Oct. 26th—"2 beauties",
*Ruth & Susan***

"Around the Garden" Oct. 2020

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*We're approaching the last three months of
2020!*

Yay or Nay?

It's true, we're on the last quarter of 2020, which could be the most challenging, or most hopeful to see all that's going on come to an end? Just be assured we will be doing everything we can to maintain FUN activities and perhaps different ways to celebrate with our loved ones for the upcoming holidays.

*We will be starting the 1st week of October off with **ACTIVE AGING WEEK!** There are some FUN and educational things planned for the week!*

Garden View is currently planning a drive through "Trick-'O-Treat" for the youngsters. We want to provide a safe and fun way for the children to get some goodies traditional to Halloween! Get more information on October events inside the newsletter!



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<https://www.seniorhousingcompanies.com> Page 8

Embracing Every Moment

Contact us for a virtual Tour!



This photo was taken 2 yrs ago as we took an adventure on the Mississippi and then took in a WONDERFUL lunch in McGregor. So much FUN!

About Active Aging Week

October 5 - 11, 2020

Initiated in 2003 by the International Council on Active Aging®, the weeklong campaign calls attention to and wholeheartedly celebrates the positivity of aging today. It showcases the capabilities of older adults as fully participating members of society and spotlights the role models that lead the way.

Active Aging Week challenges society's diminished expectations of aging by showing that, regardless of age or health conditions, adults over 50 can live as fully as possible in all areas of life—physical, social, spiritual, emotional, intellectual, vocational and environmental. The objective of the annual health-promotion event is to give as many older adults as possible the means to experience wellness activities and exercise in a safe, supportive environment. It also promotes the benefits of healthier, more active lifestyles across the life span.

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Active Aging Week; Education and Fun!

Monday Oct. 5th: Sara presenting “Good Nutrition and Hydration”, “Stress through the Pandemic”; “Enhancing emotional wellness during the pandemic.”

****Tuesday Oct. 6th:** Those able to walk the Butterfly Trail are asked to join Sara at 10:00am as we support *Walk to #ENDALZ!* We'll try to make the loop with those that can! Should be beautiful time of year for this walk. (weather permitting)

Wednesday Oct. 7th: Todd, RN will be doing a presentation in the Sunroom at 3:15pm on Fall Prevention.

Thursday Oct. 8th: We're planning a drive to Gays Mills! Get out and see some beautiful leaves and the WI/IA bluffs.

Friday Oct. 9th: Marnie, Admin asst. will present an educational topic at 1:30pm in the Sunroom.



****#ENDALZ** is the annual observance of the continuing effort to end Alzheimer's Disease and find that “first WHITE FLOWER~ survivor”



RESIDENT REFERRAL

A RESIDENT REFERRAL CARD IS WORTH A FULL MONTH'S RENT!

Ask any of the Garden View Team for a RESIDENT REFERRAL CARD, fill out your name and contact information on the card before sharing someone you know who may be interested in Assisted Living, Memory Care or Respite Care at Garden View Place.

“Caring to share” how much you enjoy living here is the highest compliment we could ever receive! And when you choose to share that with family and friends, well~ “Thank You! And let us show YOU how much we appreciate it!”

When your referral card is presented with someone you referred and they move in, we'll THANK YOU for your thoughtfulness with a FREE MONTH'S RENT!

If you have ANY questions, just call us ~ **563-539-4528**



Residents at Garden View Place know better than anyone in town, what it means to give up the little things this crazy covid year. Well, they've decided to do what they can to still provide a little "Trick 'O Treat" fun this year.

On Saturday October 31st 5:00-6:00pm, we would like to have a "drive through" here at Garden View Place. Our residents plan to make some trick-o-treat bags for our little kiddos who enjoy sharing their costumes with us each year.

Parents, drive through and let us hand out candy to your little ones—and we sincerely hope we will be able to be traditional with all the children next year!

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We will be making goodie bags a couple weeks prior to Halloween. If you would like to donate a bag of candy, THAT WOULD BE GREAT! Give to Sara!

We welcome any other local groups to participate with us; call Sara with questions at 563-539-4528.

SHARE with your family!



Resident Wellness Newsletter

Fall Prevention

October

IS FALLS PREVENTION AWARENESS MONTH

The probability of falling increases with age and physical fitness decline. According to the Centers for Disease Control and Prevention (CDC, 2002), one out of every 3 adults, 65 years or older, falls every year. Falls can be costly and debilitating, but they are NOT a natural part of aging, and can be avoided.

Choosing a lifestyle that includes regular cardiovascular, flexibility and strength training will help maintain not only overall general health, but balance health as well. Strong muscles improve the ability to respond to external disturbances in a positive manner, and improve posture. Flexible and strong joints allow further movement through a range of motion so that we are able to correct a loss of balance more easily. And regular cardiovascular training ensures a strong heart that can endure the normal activities of daily living.



THINGS YOU CAN DO TO PREVENT FALLS:

- Exercise regularly to maintain strength, balance and flexibility Improve household lighting and replace burnt-out light-bulbs promptly
- Have your eyes professionally checked every year to maximize vision
- Install grab bars in bathrooms and railings along both sides of stairways
- Review your prescriptions and over-the-counter medications with your provider or pharmacist to identify medicines that may cause dizziness or drowsiness
- Limit alcohol use, which may increase the risk of falling and/or serious injury.



To locate FREE local senior fitness classes in your area, please visit:

<https://franchise.live2bhealthy.com/class-schedule/>

Enter your zip code to find locations near you.



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PIZZA PARTY!

SATURDAY, October 3rd
we are having a pizza
party sponsored by
Mary Lou Thompson!

She's providing TJ's Pizza
for supper that evening
downstairs AT 5:30PM –
so let Sara know if you're
interested so the correct
number of pizzas are
ordered!

And, to Mary Lou~



Making Trick -O-Treat Bags

If you want to
help make our **trick
or treat** goodie
bags, we'll begin on
October 20th. Get
the word out to an-
yone who would like
to donate candy.
Then we can put
bags together and
Sara will hand out
to the children on
Halloween. We will
welcome any other
groups in town that
would care to join
us!



"HALLOWEEN TRIVIA"

Question: How many pounds
of candy corn are produced
each year?

Answer: A whopping 35
million pounds of candy corn
is made every year—
amounting to about 9 billion
pieces.

Question: What vegetable is
part of a tradition on the night
before Halloween?

Answer: Cabbage is often
used in pranks on Mischief
Night, sometimes referred to
as Cabbage Night. People
would sometimes leave
stinky, rotten cabbage near
neighbors' doors.

Question: How much did
Americans spend on
Halloween in 2019?

Answer: \$2.6 billion

Question: What was the
original title for
Disney's *Hocus Pocus*?

Answer: *Hocus Pocus* was
initially called *Halloween
House*—and it was more
horror than comedy.

Question: Only one holiday
surpasses Halloween in
annual consumer sales.
What is it?

Answer: Christmas actually
takes the cake!

Find 7 differences in these pictures...

How Do You Like Them Apples?

We hope picking out the differences between these photos proves fruitful.



Answers on page 172.