

Care Center Courier

Skilled Nursing • Respite Care • Rehabilitation Services

Healthcare Food Service Workers Week is Oct 2-8

During this week we want to take time out to recognize and give a huge 'Thank You' to our awesome dietary staff including our cooks, aides & others who use their talents to create delicious and nutritious meals and snacks for our residents. Dietary and kitchen staff make each day special by creating tasty meals as well as engaging in conversation and companionship which is always a big part of mealtime here in our community.



Letter from our Activity Director

With beautiful fall leaves turning colors and much cooler temperatures, we say goodbye to September and hello to October.

Activities and our very own decorator, Joanne, have been putting up fall decorations on all floors. It's always so much fun putting up decorations for the next season.

The activity department has been busy with small group activities,

nails, walks, 1-1 visits and as many outdoor visits as possible.

Mary and Teresa are trying to squeeze in one more outdoor picnic before the weather gets too chilly.

We wish a big thank-you to everyone for all you do. Wishing you all a hauntingly good month.

**Teresa Fye and
the ECC Team**

CIRCLE THE 10 DIFFERENCES!



Activities to exercise your brain

We always hear about the health benefits of adding physical exercise into our daily routine, but what about exercising our brains?

Keep your mind sharp by challenging yourself with brain teasers, trivia, and trying new activities. Here are some suggestions for staying sharp: Learn a new language, Read a book about an unfamiliar topic, Start a journal, Try a new hobby, Complete a jigsaw puzzle, Purchase activity books with crosswords, word searches, word jumbles and other paper-pencil games.

Edgerton
CARE CENTER

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Like Us On Facebook

As a non-profit 501c3 community, we thank you for supporting our mission of service to seniors through tax-deductible donations of cash or useful items.
Please call our office.



Wisconsin Illinois
SENIOR HOUSING INC.

EdgertonCareCenter.org

WE ACCEPT CREDIT CARDS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 9:15 Table tennis 2&3 10:30 Trivia 2&3 1:15 Grip toss 3 3:15 Reminisce 2 6:00 Bags 3
2 9:15 Spiritual hour 2&3 10:30 Memories 2&3 1:15 Table hover ball 3 3:15 Grip toss 2 6:00 Uno 3	3 9:15 Morning stretches 2&3 10:30 Fun facts 2&3 1:15 Basketball 3 3:15 Horse shoes 2 6:00 Yahtzee 3	4 9:15 Bowling 2&3 10:30 Trivia 2&3 1:15 Horse shoes 3 3:15 Basketball 2 6:00 Fun facts 3	5 9:15 Morning stretches 2&3 10:30 Reminisce 2&3 1:15 Table hover ball 3 3:15 Grip toss 2 6:00 Disc throw 3	6 9:15 Ring toss 2&3 10:30 Did you know 2&3 2:00 Bingo 2&3 3:00 Resident council 2&3 6:00 Grip toss 3	7 9:15 Morning stretches 2&3 10:30 Disc throw 2&3 1:15 Team noodle ball 3 3:15 Wheel toss 2 6:00 Giant connect four 3	8 9:15 Balloon ball 2&3 10:30 Fun facts 2&3 1:15 Wheel toss 3 3:15 Table hover ball 2 6:00 Bean bag toss 3
9 9:15 Spiritual hour 2&3 10:30 Reminisce 2&3 1:15 Wheel toss 3 3:15 Pizza toss 2 6:00 Sorry 3	10 9:15 Morning stretches 2&3 10:30 Trivia 2&3 1:15 Disc throw 3 3:15 Per-plunk 2 6:00 Trouble 3	11 9:15 Ring toss 2&3 10:30 Memories 2&3 1:15 Grip toss 3 3:15 Disc throw 2 6:00 Uno 3	12 9:15 Morning stretches 2&3 10:30 Horse shoes 2&3 1:15 Bag toss 3 3:15 Balloon ball 2 6:00 Fun facts 3	13 9:15 Bowling 2&3 10:30 Fun facts 2&3 1:15 Disc throw 3 3:15 Grip toss 2 6:00 Basketball 3	14 9:15 Morning stretches 2&3 10:30 Ring toss 2&3 1:15 Pizza toss 3 3:15 Bags 2 6:00 Trivia 3	15 9:15 Table tennis 2&3 10:30 Trivia 2&3 1:15 Grip toss 3 3:15 Reminisce 2 6:00 Bags 3
16 9:15 Spiritual hour 2&3 10:30 Memories 2&3 1:15 Table hover ball 3 3:15 Grip toss 2 6:00 Uno 3	17 9:15 Morning stretches 2&3 10:30 Fun facts 2&3 1:15 Basketball 3 3:15 Horse shoes 2 6:00 Yahtzee 3	18 9:15 Bowling 2&3 10:30 Trivia 2&3 1:15 Horse shoes 3 3:15 Basketball 2 6:00 Fun facts 3	19 9:15 Morning stretches 2&3 10:30 Reminisce 2&3 1:15 Table hover ball 3 3:15 Grip toss 2 6:00 Disc throw 3	20 9:15 Ring toss 2&3 10:30 Did you know 2&3 2:00 Bingo 2&3 3:15 Bean bag toss 2 6:00 Grip toss 3	21 9:15 Morning stretches 2&3 10:30 Disc throw 2&3 1:15 Team noodle ball 3 3:15 Wheel toss 2 6:00 Giant connect four 3	22 9:15 Balloon ball 2&3 10:30 Fun facts 2&3 1:15 Wheel toss 3 3:15 Table hover ball 2 6:00 Bean bag toss 3
23 9:15 Spiritual hour 2&3 10:30 Reminisce 2&3 1:15 Wheel toss 3 3:15 Pizza toss 2 6:00 Sorry 3	24 9:15 Morning stretches 2&3 10:30 Trivia 2&3 1:15 Disc throw 3 3:15 Per-plunk 2 6:00 Trouble 3	25 9:15 Ring toss 2&3 10:30 Memories 2&3 1:15 Grip toss 3 3:15 Disc throw 2 6:00 Uno 3	26 9:15 Morning stretches 2&3 10:30 Horse shoes 2&3 1:15 Bag toss 3 3:15 Balloon ball 2 6:00 Fun facts 3	27 9:15 Bowling 2&3 10:30 Fun facts 2&3 1:15 Disc throw 3 3:15 Grip toss 2 6:00 Basketball 3	28 9:15 Morning stretches 2&3 10:30 Ring toss 2&3 1:15 Pizza toss 3 3:15 Bags 2 6:00 Trivia 3	29 9:15 Table tennis 2&3 10:30 Trivia 2&3 1:15 Grip toss 3 3:15 Reminisce 2 6:00 Bags 3
30 9:15 Spiritual hour 2&3 10:30 Memories 2&3 1:15 Table hover ball 3 3:15 Grip toss 2 6:00 Uno 3	31 HALLOWEEN 9:15 Morning stretches 2&3 10:30 Fun facts 2&3 1:15 Basketball 3 3:15 Horse shoes 2 6:00 Yahtzee 3	Happy Birthday! Lavern L. October 05 Ruth W. October 13 Carolyn T. October 21	2 = Floor 2 3 = Floor 3 C = Cafeteria	Please Note: The calendar is subject to change. It is sent to print weeks in advance of the actual dates. There will be additions and corrections. Please look for postings and listen for the announcements. Thank you!		

Brain Game

How many words can you make from the letters: B – R – A – I – N
Do not include "brain." Give yourself one point per word. Challenge your friends and family.

National Physical Therapy Month

Inpatient/outpatient physical therapy services available. Contact us to learn how our physical therapists can help you or a loved one today.



What is Physical Therapy

Physical Therapists work to restore strength, mobility and promote greater independence, either unassisted or with assistive devices. Licensed physical therapists focus on improvement, coordination, balance, strength and endurance of their patients.

Physical therapy may require a lot of work, time, and dedication, but with the help of certified physical therapists, people all around the world have seen improvements in their daily lives. Be sure to talk to your physician today to see if physical therapy might be right for you!

Resident of the Month

Our Resident of The Month is Ruth W. It is a pleasure having Ruth in our home. Ruth loves to talk about the good old days, growing up and working on the farms with her family. Ruth enjoys going for walks and socializing with staff and other residents. Thank you, Ruth, for choosing to be a part of our family.



Did you know that physical therapy may be a safe, effective alternative route to treat chronic pain conditions?

According to the APTA (American Physical Therapy Association) physical therapy is "the safer way to manage pain," without using potentially harmful and addictive medication.



Your gift today makes a brighter tomorrow.

Did you know Medicaid doesn't fully cover senior care costs in nursing homes? Help us support seniors when they need it most.

Please give

Donate online: bit.ly/give2ecc



We're a nonprofit WISH senior care community

