



### Notable Quotable

“Forward time travel is no big deal, being in reality nothing but slow aging.”

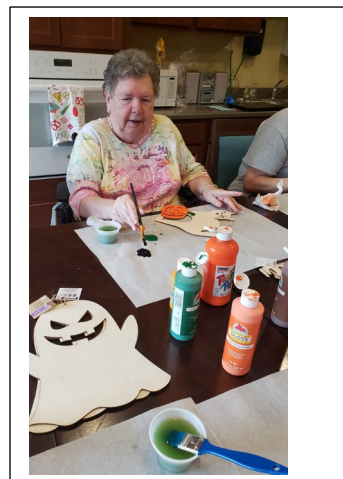
~ Katinka Ridderbos, researcher and author

## October Horoscopes and Birthdays

In astrology, those born from October 1–22 balance the scales of Libra. Libras strive for equilibrium and symmetry and flourish in harmonious partnerships. Libras surround themselves with balanced environments. Those born from October 23–31 are Scorpios. Scorpios cherish the truth and are not afraid to go to extraordinary lengths to uncover mysteries and get what they want.

Shirley Thomas- October 7<sup>th</sup>

Bev Kubicek- October 8<sup>th</sup>



# Newsletter Title

October 2022

**Celebrating October**

**Go on a Field Trip Month**

**Learn to Bowl Month**

**Country Music Month**

**International Day of Older Persons**  
*October 1*

**Dick Tracy Day**  
*October 4*

**Sukkot**  
*October 9–16*

**Indigenous Peoples' Day**  
*October 10*

**Silly Sayings Day**  
*October 13*

**Senior Health & Fitness Day**  
*October 26*

**Halloween**  
*October 31*

**Edencrest Green Meadow** | 6750 Corporate Drive  
Johnston, IA 50131 |  
515-207-5662 | [jaybirdseniorliving.com](http://jaybirdseniorliving.com)



## Clocking Into October

*Autumn colors remind  
Us we are all one  
Dancing in the rain*

*-Lorin Morgan Richards*

AUTUMN LEAVES DON'T  
FALL, THEY FLY.  
THEY TAKE THEIR TIME  
AND WANDER ON  
THIS THEIR ONLY CHANCE  
to soar.

DELIA OWENS

GH



### Fall Planning

The time of year has come where we are switching seasons. We will be feeling the cooler temperatures come in, the leaves start to fall and shorter days happening more and more. Time of year that we all start pulling jackets and long sleeves out of their summer homes. We soak up what we can of the left-over warmth from summertime before it gets to cold to be outside. Let's all enjoy this time before it goes away.



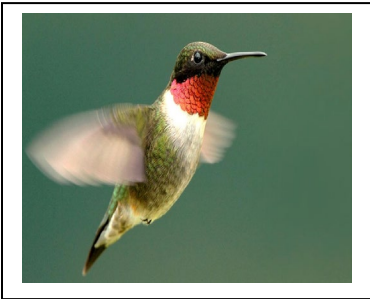
Saying Goodbye to Our Feathered Friends

It’s the middle of September and time to say goodbye to our Hummingbird friends. We have come to know and love these little balls of energy and hijinks. We have admired all of them and even made special friendships with some of them.

By Mid-September the male ruby throated hummingbird of which 95% of all Iowa hummingbirds belong leave Iowa, to make the 3000-mile trip to southern Mexico or Central America. The females stay around Iowa till the end of the month. But the males leave two weeks early to stake out new territory. Averaging only 26 miles of flight per day. Their trip will take around 116 days. That’s almost four months of flight time. In the Spring they will return home to us here. As long as we continue to feed them, they will return to the same spot year after year.

I recently enjoyed a visit with my sister and brother-in-law in southern Illinois. They have been feeding their hummingbirds for years and years. Currently they have eighteen feeders full of feeding birds. Each new generation of young joins with the adult in an ever-larger flock of hummingbirds. One evening we counted over fifty birds at their feeders! Going out in their back yard dodging, dive bombing, and buzzing birds, is like reliving the arial battle of Britain.

And so, we say “Farewell” to our friends, wishing them safe travel and God speed. And like hotel commercial always says, “We’ll keep the lights on”  
-Bob



Don’t Pick this Iowa Weed

Recently we have been warned that there are dangerous weeds out in our meadows! Iowa Wild Parsnips a lovely tall yellow flowing wildflower, have taken up residence around us. Growing about five feet tall with small yellow flowers that cluster in a float-topped array approximately 8” across.

This is an invasive weed that spouts quickly if not destroyed. It is not a wild flower but a poisonous weed which causes sever burns and blistering to exposed skin. Please report this if you see it in our meadow! Thank you,

Noticeboard

Entertainment

10/4 Geoff Lorenzo  
10/14 Chico’s Fashion Show  
10/15 Grace Ballet & Acrobatics  
10/23 LuAnn’s Photography  
10/24 Jim Tell

Bean Bag Baseball

Come cheer on our team....The Swingers....We play every Wednesday at 2pm

10/5- Home against Illahee Hills

10/12- Away at Wesley Acres

10/19- Home against Edgewater

10/26- Away at Meadowview of Johnston

Come out and wear your Green to support us!!!!

Welcome To The Community!  
No one has come in  
This month!!

Meet Your New Life Enrichment Coordinator

Hello! As many of people have met me and some have not, I am your new LEC, Brittany! I started my career as a certified nurse’s aide in 2015 and from their I have worked at few different long term and skilled homes and in customer service. I started working at my previous long term and skilled home in 2020 and was an aide there until May 2022 when I switched to activity assistant. I am currently taking an Activity Director course to get certified as a director.

I am currently living in Newton, IA with my significant other of 6 years. I do not currently have kids but do hope in the future to have one or two kids. I only have a fish for a pet that my residents at my last LTC home named Bingo. I have a big family with two brothers and two sisters. I am also a very proud aunt to two amazing nephews and an amazing niece; I do love to talk about them so feel free to ask! 😊

Church Services on Thursday

10/6 Church with Steve Beeman  
10/20 Church with Bob Speirs  
10/ 27<sup>th</sup> Church with New Bridge