

October 2024

Talk of The Town

Loren on Park | 2625 Park Ave | 612-871-4574



Celebrating National Assisted Living Week

Thank you to all the residents and staff who participated in our dress up days. Inspiring Generations was the theme and we are proud that we were able to give back to the community during our Inspiring Generations Bingo by providing school supplies to Hope Academy in Minneapolis.

PJ Day



Hat Day



Red, White & Blue Day



October Birthdays

Celebrate October Birthdays on Thursday October 3rd with the Rockin Flora's.

- Randy M 5th
- Wilma S 6th
- John E 10th
- Pandora G 11th
- Arcie G 14th
- Kevin R 17th
- Wally W 21st
- Pam S 24th
- Judy S 24TH
- Dale N 29th



TWIN DAY



Boston's Beat

October has arrived, and with it, the crisp fall air and vibrant colors that make this time of year so special in Minnesota. The days are getting cooler, and the golden leaves are starting to paint our landscape. It's the perfect time to enjoy a cozy sweater, a hot cup of cider, and the beauty that surrounds our community.

Weather in Minnesota

As we settle into autumn, it's important to be mindful of the changing weather. Minnesota's October can be unpredictable—some days are filled with sunshine and mild temperatures, while others remind us that winter is not far off. Please make sure to dress in layers when heading out, as mornings and evenings tend to be cooler. Additionally, the heat will be turned on in our building this month. The maintenance team will be around to insulate around air conditioners and address any heating issues in your apartments.

Upcoming Flu Vaccine Clinic and COVID-19 Booster

As we enter flu season, protecting our health is a top priority. We are pleased to offer an **on-site flu vaccine clinic and COVID-19 booster on October 29th in the afternoon**. The clinic will be available to all residents who wish to get vaccinated. Consent forms are available in the business office.

Absentee Ballots

If you've requested an absentee ballot, they will be arriving soon. We ask for your patience as the process unfolds. If you need assistance or have any questions regarding your ballot, please attend one of the scheduled sessions this month.

As always, we are here to support each of you in making this season comfortable, healthy, and full of joy. If you have any suggestions or need assistance, don't hesitate to reach out.

Wishing you all a wonderful October!
Sincerely,

John Boston
Executive Director

Celebrating October

Halloween Safety Month

Yelloh (Schwan's Delivery)

October 11 & 25

October Birthday Party w/ Entertainment by the Flora's

October 3

Octoberfest Day

October 9

UP Courtesy Cart

October 16

Inspirational Music and Stories

by Jamela P.

October 17

Interim Health Talk

October 23

Flu & COVID Vaccine Clinic

October 29

All Saints Day Remembrance Service

October 29

Halloween Party

October 31

LOP Happenings

- Reminder that LOP will be hosting a COVID and FLU clinic on October 29th from 1-4PM. We are requesting that you enroll by October 14th to ensure the pharmacy has an adequate supply to vaccinate everyone wanting to participate. Please see Maria or home care to sign up if you have not done so yet.
- It's that time of the year to start preparing for the cold. Environmental services will start winterizing your apartments by adding insulation around your cooling units. Due to the extreme temperature changes we experience in the fall it is challenging to regulate the inside temperature of our building. Thank you for your patience during this transition.

Chalk Board Wall Decorations



Upcoming Art Classes in October:

- Holiday Wreath Contest Ideas and Card Making - 10/4
- Northern Clay Classes - 10/8 & 10/22
- Watercolor Painting Class – 10/9
- Art History Talks by Gary – 10/11 & 10/25
- Creative Mask Making w/ Anne – 10/30

Out of No Where

Loren On Park

**It's true I didn't want to come here
 Post-heart attack and triple bypass
 Three years ago seemed like a bad year
 Until I left behind the morass
 Of self- pity, knowing I must leave
 That dwelling where I isolated
 So with my mended heart on my sleeve
 I became to change
 Dedicated
 But I learned I didn't need to roam
 When I found a place to write this poem
 Perhaps it found me: I call it home**

-deke-



Many of you have submitted your absentee ballot request and will receive them in the mail over the next few weeks. Assistance in navigating the absentee voting process will be available the first 3 Fridays of October from 1:30-2PM in the MacNabb room.



Pine Tree Apple Orchard

We enjoyed a beautiful drive to White Bear Lake to visit Pine Tree Apple Orchard where they grow and harvest 22 varieties of apples. We learned about the history of this family owned orchard. We ended our outing with freshly baked apple donuts and pressed apple cider. What a treat! We also took home a bag of Sweet Tango Apples which were developed right here at the University of MN. How much does a half peck of Sweet Tango apples go for? \$19.00! Those better be some good tasting apples



Loving Lucy

On October 15, 1951, Lucille Ball brought her sitcom *I Love Lucy* to television audiences. The show's plot was relatively simple: the naïve and ambitious wife of a popular bandleader strives for attention despite her obvious lack of talent. Luckily, the actor who played this character, the inimitable Lucille Ball, had plenty of talent. Her comedic genius propelled the show to the top of the charts. *I Love Lucy* was America's most-watched show for four of its six seasons. It won five Emmy Awards and a George Foster Peabody Award for excellence.

I Love Lucy was the first television show to be filmed using multiple cameras in front of a live studio audience, though many said such a production could not be done. This live audience proved vital, as it provided a real-life laugh track for the sitcom. Most episodes were filmed in just 30 minutes. Production didn't stop for actors' mistakes. If an actor forgot a line, it was up to the other actors to bail them out. Just about the only time production did slow down was for Lucy's big costume changes. But the comedy kept on coming, and *I Love Lucy* became a sensation.

Yellow! formally Schwan's is closing

If you have not heard, Yellow! will be closing their doors in November. Per the company's statement to the public the last day to order their products will be November 8th. They did state they will start winding down operations over the next few months so we are unsure how this will impact their delivery to LOP. As we get more information, we will let you know.