



## October 2020 Dates to Remember

- 1- Pumpkin Spice Day/International Coffee Day
- 2- World Smile Day
- 3- Poetry Day
- 4- Animal Day
- 5- Get Funky Day
- 6- Noodle Day
- 10- Angel Food Cake Day
- 11- Pass the Ketchup Day
- 12- Columbus Day/Pumpkin Pie Day/Farmers Day
- 13- M&M Day
- 14- Fossil Day
- 15- I Love Lucy Day
- 16- National Bosses Day
- 17- Pasta Day
- 18- Chocolate Cupcake Day
- 21- Pumpkin Cheesecake Day
- 22- Color Day
- 25- Art Day
- 26- Pumpkin Day
- 27- Potato Day
- 28- Chocolate Day
- 29- Oatmeal Day/Walking Halloween Parade @6:30 pm
- 30- Frankenstein Friday
- 31- Halloween

Happy Fall to All of you!

I have some **EXCITING** news to share...

We have been given new guidance that will allow us to provide indoor visits with your loved one! We are working out the details now and hope to have a plan in place in the next week or so. I envision our plan will be structured much like our outdoor face to face visits. When we have our plan ready to go, we will send out letters with these details, please be sure to share with your family and friends.

During the month of October, we celebrate Healthcare Foodservice Week, the 4<sup>th</sup>-10<sup>th</sup>! We have great dietary staff who go above and beyond to meet the dietary needs and wants of our residents and family members. Please be sure to say thank you when you see these awesome workers!

Keep your eyes out for updated visitation guidelines!

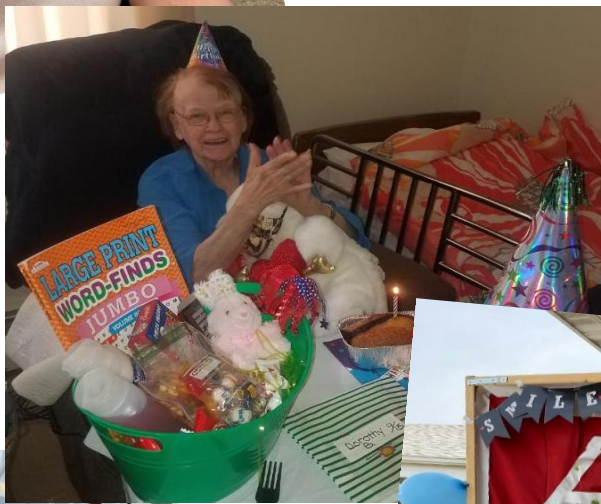
*Rose Saxton*

*What lies behind you and what lies in front of you, pales in comparison to what lies inside of you. ~Ralph Waldo Emerson*



September Birthdays

Hugging Booth



Just a reminder as weather gets cooler your loved ones will need hats, gloves, etc. for the outside visits.





## October Birthdays

### Residents

James Arndorfer 10/8

Kevin Perkins 10/9

Lena Hart 10/14

Josephine Johnson 10/24



### Staff

Sam Smith 10/8

Tasha Pace 10/9

Amy Davis 10/16

Paige Wasson 10/18

Addy Graham 10/21

## Names to Know

### Medical Director

Larry Richard, MD

### Administrator

Rose Saxton

### Director of Nursing

Malinda Graham

### MDS/Care Plan Coordinator

Heather Boswell

### QA Nurse

Carla McIntosh

### Office Manager

Rachel Klingston

### Activities Director

Tiffany Young

### Dietary Manager

Jessica Norman

### Environmental Services

Marlene Carlberg

### Maintenance

Barry Houk

### Social Services

Kelly Cozad

If you would like an email copy of the newsletter or know someone that would like a paper copy of the newsletter let us know at [socialworker@grm.net](mailto:socialworker@grm.net) or call the number below.

**Westview Acres Care Center**

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**641-446-4165**

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Thoughts and Prayers go out to friends and families of Elaine Albaugh, Mary Lou Schuldt, and Berniece Ross

Welcome to Charles Livesay!

Good Luck to Karen New!



### Guess Who???

This resident grew up in Dundee, Michigan with 1 sister and 3 brothers. After graduation she worked as a secretary in an office where she met her husband, who was in the Navy. After they married, she traveled with him in the service to California and Japan. They had 4 children. In addition to being a homemaker she worked as an insurance agent. Through the years she has traveled coast to coast. Loves crocheting, canning, and gardening.

Last month's **Guess Who** was: Donna Fulton  
And the **winner** was: Mackenzie Erlewine

thank you!

**Environmental Services Week was in September. We want to acknowledge all the hard-working Environmental Services staff and thank them for always being there for the staff and residents. We couldn't do it without you!!!!**

### Words for Thought by Glenna Hein:

Love is worth the special effort it sometimes takes. It hasn't been easy for us lately; it seems that there's always something holding us apart. I'm not sure what it is, but I think that beneath it all, we have something worthwhile. If we can sort through all the confusion, we can find the happiness we want. It isn't easy to do, but I think love is worth it. I know we are worth it.

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Outside entertainment





## Resident Spotlight

This month's resident spotlight is Donna Johnson! Donna was born and raised in Leon with 1 sister and 3 brothers. After graduation she worked in Des Moines while taking care of her mom. She has had several jobs over the years, including working for Look Magazine, Sears Catalog store, cooking for the mealsite, and in retail at Place's and Pamida. She likes dogs and watching shows about Alaska. Donna enjoys doing genealogy, painting ceramics, and playing Bingo. Donna likes to visit with family and friends and has a good sense of humor.



## Easy Taco Pasta Salad

### Ingredients

- ½ lb ground beef
- ½ lb rotini pasta
- 2 Tablespoons Taco seasoning
- ½ sweet pepper, yellow, chopped
- ¼ small onion, diced
- ½ pint cherry tomatoes
- 1 cup cheddar, shredded
- ½ head iceberg lettuce, shredded
- ½ cup French dressing
- ¼ cup sour cream
- 1 1/2 cup nacho cheese Doritos, crushed roughly

### Instructions

1. Cook beef in a pan over medium high heat. Once meat starts to brown, add in the taco seasoning. Once cooked, drain excess grease and set aside.
2. Meanwhile, in a pot, cook the rotini according to package directions. When pasta is cooked drain and run cool water over it to cool.
3. In a large bowl, add together all ingredients and mix until well combined.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>October 2020</b>						
<b>NATIONAL FOOD SERVICES WEEK 4</b> 6:30 Church Service Coffee, Hot Choc, & Cookie National Animal Day *	10:30 Small Group Exercise 1:00 BINGO 3:00 Craft **Manicure Monday National Get Funky Day *	10:30 Small Group Activity 1:00 Craft Activity - Boo-tiful Wall Decor 2:30 Treat Cart Tuesday Boo-nilla Gost Milk Shakes **Activity Packet **Beauty Shop	10:30 Small Group Exercise 1:00 Craft Activity- Halloween Wreath **Resident Council 3:00 Trivia With Tonya National Fossil Day *	10:30 Catholic Mass 1:00 Small Group Exercise 2:30 Thirsty Thursday Cart **Activity Packet	10:30 Small Group Exercise 1:00 Craft- Spooky Treat Boxes 3:00 Game in West Dining Room Dice Game: Farkel *National World Smile Day Sukkot Begins	1:00 Movie & Treat **Activity Packet National Poetry Day *
<b>11</b> **Activity Packet 6:30 Church Service Coffee, Hot Choc, & Cookie National Pass The Ketchup Day *	10:30 Small Group Exercise 1:00 Columbus Day Party Crafts, Snacks, & Fun **Manicure Monday National Farmers Day * Columbus Day (US) Thanksgiving Day (Canada)	10:30 Small Group Exercise 1:00 Activity - Make M & M People for kids in Parade 2:30 Treat Cart Tuesday Candy Corn Cup Jello **Activity Packet **Beauty Shop Day National M & M Day *	10:30 Small Group Exercise 1:00 Craft Activity- Halloween Wreath Cont. **Resident Council 3:00 Trivia With Tonya National Fossil Day *	10:30 Catholic Mass 1:00 Small Group Exercise 2:30 Thirsty Thursday Cart **Activity Packet	10:30 Small Group Exercise 1:00 Popsicle stick craft Halloween Critters 3:00 Game in West Dining Room National Boss Day *	1:00 Movie & Popcorn **Activity Packet Simchat Torah Begins
<b>NATIONAL HEALTHCARE QUALITY WEEK 18</b> 6:30 Church Service Coffee, Hot Choc, & Cookie	10:30 Small Group Exercise 1:00 BINGO 2:00 Craft Activity- String Pumpkins **Manicure Monday	10:30 Small Group Exercise 1:00 Craft Activity- Scarecrow **Activity Packet 2:30 Treat Cart Tuesday Spooky Spider Rice Krispies Treats **Beauty Shop Day	10:30 Small Group Exercise 1:00 Our Octoberfest- Treats, Crafts, & Fun **Beauty Shop Day	10:30 Catholic Mass 1:00 Small Group Exercise 2:30 Thirsty Thursday Cart **Activity Packet National Color Day *	10:30 Small Group Exercise 1:00 Craft Activity- Woven Coaster 3:00 Roll a Pumpkin Game & Roll a Story Game National Boss Day *	**Play on Tablets **Activity Packet
<b>25</b> **Activity Packet 6:30 Church Service Coffee, Hot Choc, & Cookie National Art Day *	10:30 Small Group Exercise 1:00 Craft Activity Decorate Pumpkins **Manicure Monday National Pumpkin Day *	10:30 Small Group Exercise 1:00 Craft Activity Decorate Pumpkins Cont. 2:30 Treat Cart Tuesday Pumpkin Cinnamon Rolls **Beauty Shop Day	10:30 Small Group Exercise 1:00 Craft Activity- Owl Treat Holder 2:30 Treat- Dracula Donut 3:00 Fill & Make Candy Bags for Parade	10:30 Catholic Mass 1:00 Small Group Exercise **Activity Packet 2:30 Thirsty Thursday Cart Hot Choc. with parade 6:30 Walking Halloween Parade National Cat Day	10:30 Small Group Exercise 1:00 Popsicle Stick Craft Turkey 3:00 Monster Mash Game Frankenstein Friday	1:00 Movie & Treat **Activity packet Halloween

Church Services are weather permitting

