



## Fun Days for September 2021

3<sup>rd</sup> College Color Day

4<sup>th</sup> Macadamia Nut Day

6<sup>th</sup> Labor Day/Coffee Ice Cream Day

12<sup>th</sup> Grandparent's Day

12<sup>th</sup>-18<sup>th</sup> Housekeeping Week

14<sup>th</sup> Cream Filled Donut Day

17<sup>th</sup> Apple Dumpling Day

18<sup>th</sup> Cheeseburger Day

19<sup>th</sup> Butterscotch Pudding Day

20<sup>th</sup> String Cheese Day

22<sup>nd</sup> Autumn Begins/White Chocolate Day

25<sup>th</sup> National Foodservice Worker Day

28<sup>th</sup> Strawberry Cream Pie Day

Who doesn't enjoy fresh fruits and vegetables or homemade food? We all do, and we want to make sure residents are able to enjoy these simple pleasures. We do encourage you to visit with staff before bringing in food to ensure they may have the food items; some residents do have dietary restrictions or need thickened liquids or pureed food. In addition to making sure food is appropriate, we have a few rules that we need follow.

- Food either must be stored in the resident's refrigerator or one designated for residents, it can't be stored in the kitchen
- Food is only able to be reheated once
- Food must be labeled and stored in an airtight container with the following information
  - Resident's name
  - The date the food was prepared
  - The date the food was brought into the facility.

Thank you and have a great month!

*Rose Saxton*

*"Everything you can imagine is real." ~ Pablo Picasso*



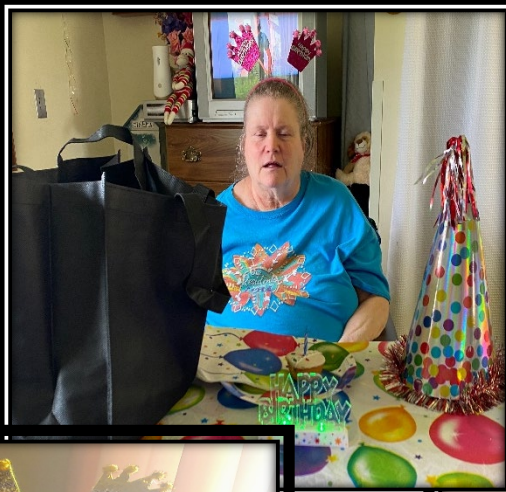
## Country Apple Dumplings

- 1 or 2 large Granny Smith Apples
  - 2 (10 ounce) cans Reduced fat refrigerated Crescent Rolls
  - 1 cup light butter
  - 1 1/2 cups sugar
  - 3 teaspoons cinnamon
  - 1 (12 oz.) can Mtn Dew™
- 1 Preheat the oven to 350°. Grease a 9x13 inch baking dish. Cut each apple into 8 wedges and set aside. Separate the crescent roll dough into triangles. Roll each apple wedge in crescent roll dough starting at the smallest end. Pinch to seal and place in the baking dish.
  - 2 Partially melt butter in a small bowl in microwave and stir in the sugar and cinnamon. Pour over the apple dumplings. Pour Mountain Dew over the dumplings.
  - 3 Bake for 35 to 45 minutes in the preheated oven, or until golden brown. Watch them to see how much they're browning. Depending on your oven it may take less time or more. If they seem to be browning too much but don't look done in the middle, cover with foil.



**August**

**Birthdays**



## September Birthdays

### Staff

Tia Campbell 9/4

Shannon Vanderflute 9/17

Jessica Norman 9/19

TerryAnn Bradford 9/28

### Residents

Linda Walsh 9/7



### Names to Know

**Medical Director** Nathan Allen, MD

**Administrator** Rose Saxton

**Director of Nursing** Malinda Graham

**MDS/Care Plan Coordinator** Tara Green

**QA Nurse** Carla McIntosh

**Office Manager** Rachel Klingston

**Activities Director** Tiffany Young

**Dietary Manager** Jessica Norman

**Social Services** Kelly Cozad

**Environmental Services** Marlene Carlberg

**Maintenance** Don Showers



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

203 SW Lorraine St

Leon, Iowa 50144

641-446-4165

<http://westview.leoncarecenters.com>





## Resident Spotlight

This month the spotlight shines on Betty Smith!! Betty was born at home on the farm in Pottawattamie County. She was the 2<sup>nd</sup> child born out of 7 children, with 2 sisters and 4 brothers. She graduated from Liberty Center High School and then moved to the Leon area where she met her husband. They moved around with his job before coming back to Leon. She has worked in daycare, at Tripp Nursing Home, O'Bryan Brothers, at Westview, and drove the Southern Iowa Trolley. Betty and her husband raised 4 children and now she has 12 grandchildren and 13 great-grandchildren.

## State Fair Pet Parade







## Pet Parade



## State Fair Treats





## Guess Who???

This resident was born in Ottumwa with 1 sister. He went to country school thru 8<sup>th</sup> grade and then on to high school at Packwood. The family farmed while he was growing up and he continued to farm as an adult. His mother was a hairdresser, and he met his wife at the beauty shop. They married and they had 2 boys. When he retired from farming, he mowed lawns and drove a school bus for many years. He has 9 grandchildren.



Last month's **Guess Who** was **Don Collins**

And the **winner** was **Donna Flummer!!**

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After the lazy summer days, September is a great month for welcoming the cooler weather. September begins the back –to – school session for the students and a return to normal work routines for others. The autumnal equinox and the fall season begin on September 22. Bubbling August temperature settles into crystal clear days of September that are great for outdoor activities. The greenery of summer starts to fade to the brilliant oranges and yellows in late September.





Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# SEPTEMBER

## 2021

<b>CHURCH SERVICE 5</b> OSCEOLA COMMUNITY OF CHRIST HISTORIC LAUNCH DAY				<b>ROOM VISITS 1:1</b> 3:00 September Birthday Bash BUDDY HOLLY BDAY		<b>10:30 GROUP 1</b> FALL WREATHS 3:30 PATIO Past Times MUSIC & MAKING SMORES' Welcome to September		<b>8:30 Books on Wheels 2</b> 9:00 Catholic Mass 1:30 BIBLE STUDY 3:00 FALL TREE ART Rock-N-Roll Hall of Fame Ann.		<b>10:30 GROUP 3</b> 1:30 BINGO GENERAL STORE CART ACTIVITY PACKET COLLEGE COLOR DAY		<b>ALL DAY... 4</b> FIND FRIENDS & ENJOY THE BORDEM BUSTER TABLES	
<b>CHURCH SERVICE 12</b> LEON SALEM 		<b>10:30 GROUP 13</b> 1:30 BINGO 3:00 MUSICAL ENTERTAINMENT WEEKLY CRONICAL		<b>2:00 MOVIE &amp; TREAT 14</b> TOOTSIE ROOM VISITS 1:1 TOOTSIE ROLL DAY		<b>10:30 GROUP 15</b> 1:30 PINE CONE SCARECROW 3:30 BALLOON VOLLEYBALL DOT DAY		<b>8:30 Books on Wheels 16</b> 1:30 BIBLE STUDY 3:00 CORN PUMPKINS ROOM VISITS 1:1 WORLD PLAY-DOH DAY		<b>9:00 CATHOLIC MASS 17</b> 10:30 GROUP 1:30 BINGO ACTIVITY PACKET SPIN-OFF FRIDAY		<b>ALL DAY... 18</b> FIND FRIENDS & ENJOY THE BORDEM BUSTER TABLES	
<b>CHURCH SERVICE 19</b> DAVIS CITY METHODIST A Sporty Day		<b>10:30 GROUP 20</b> 1:30 BINGO 3:30 MANICURES WEEKLY CRONICAL FULL HARVEST MOON		<b>1:30 LETS MAKE 21</b> HOME MADE ICECREAM ROOM VISITS 1:1 ICECREAM CONE DAY		<b>10:30 GROUP 22</b> 1:30 LEAF BOWL BOARD GAME Autumn Season Begins		<b>1:30 BIBLE STUDY 23</b> 3:00 PINE CONE PAINTING ROOM VISITS 1:1 INNERGIZE DAY		<b>9:00 CATHOLIC MASS 24</b> 10:30 GROUP 1:30 BINGO ACTIVITY PACKET FALL FOLIAGE FRIDAY		<b>ALL DAY... 25</b> FIND FRIENDS & ENJOY THE BORDEM BUSTER TABLES	
<b>CHURCH SERVICE 26</b> LEON CHRISTIAN FELLOWSHIP Poetic Day		<b>10:30 GROUP 27</b> 1:30 BINGO 3:30 MANICURES WEEKLY CRONICAL CHOCOLATE MILK		<b>2:00 MOVIE &amp; TREAT 28</b> DUMB & DUMBER ROOM VISITS 1:1 Stupid Question Day		<b>10:30 GROUP 29</b> 1:30 CANNING RING PUMPKIN 3:30 Residents Choice & MOCHA Cappuccino MOCHA DAY		<b>1:30 BIBLE STUDY 30</b> 3:00 HALLOWEEN PAPER CHAIN ROOM VISITS 1:1 STAPLE SOMETHING		<b>HOUSEKEEPING WEEK 12TH - 18TH</b>			