JOIN US THIS MONTH FOR

the employee appreciation spook-o-rama

It’s that time of year again when cobwebs become holiday decor and candy becomes a nationally recognized food group! Join us all month long as we prepare for the Halloween Spook-o-Rama Carnival. Residents will have an opportunity to organize and create fun carnival booths for staff family members to enjoy. The goal is to say a big thank you to our employees for all that they do for our community (and to send the kids home with a sugar rush).

THIS MONTH’S silver star

DOUBLE FEATURE ADDITION: LEROY AND FLORIECE

It’s been nearly 60 years since LeRoy and Floriece first met each other at a community card party hosted by LeRoy’s parents to celebrate the Fourth of July. At the time, Floriece was working in Southern California as a beauty operator and was invited to the event by her boss. LeRoy, a logger in the northern part of the state, was simply home to visit his family for the holiday.

One year later, almost to the day (July 20), the couple made it official with a Las Vegas wedding. They’re still enjoying each other’s company today and are known around Wildflower for creating lots of laughs!

TRAIN YOUR BRAIN search for insects

ANT
APHID
BEE
BEETLE
CICADA
CRICKET
EARWIG
FLEA
FLY
GNAT
HORNET
KATYDID
LOCUST
MOSQUITO
MOTH
ROACH
SILVERFISH
TERMITE
WASP
WEEVIL

Employee Appreciation Carnival 2016

WILDFLOWER LODGE | ASSISTED LIVING | a Senior Lifestyle community | LAGRANDE, OR 97850 | 541-663-1200
### OCT 2018 Calendar & Activities

#### Locations
- Activity Area – AA
- Courtyard – CY
- Dining Room – DR
- Education Room – ER
- Front Entry – FE
- Front Office – FO
- Library – LR
- Living Room – LR
- Out of Community – OC

#### Transportation Schedule
- **Tuesday** 8 a.m. Scheduled Doctor Day
- **Thursday** 8 a.m. Scheduled Doctor Day

#### Birthdays This Month
- **Steve H.** – 10th
- **Debbie S.** – 15th
- **Leroy P.** – 21st
- **Rachel O.** – 26th
- **Joseph A.** – 26th
- **Steve B.** – 29th

#### Brain Health University
- **Diagnostic and Treatment Centers**
- **BHU Course Days**

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**COLUMBUS DAY**
- **8:15** Mini Word Search | DR
- **9:30** Sittercise | AA
- **10:30** Ensampla Home Health Blood Pressure Clinic | LR
- **1:30** Piano by Dorothy Carson | LR
- **3:00** Jack-O-Lantern Bingo | AA
- **6:30** Ernie paint Night | AA

#### Sunday Schedule
- **8:15** Mini Word Search | DR
- **9:30** Sittercise | AA
- **10:30** Ensampla Home Health Blood Pressure Clinic | LR
- **1:30** Piano by Dorothy Carson | LR
- **3:00** Jack-O-Lantern Bingo | AA
- **6:30** Ernie paint Night | AA

#### Monday Schedule
- **8:15** Who What When Clue | DR
- **9:30** Sittercise Plus | AA
- **10:00** Food Committee Meeting | AA
- **1:00** Blue Mountainers | LR
- **2:30** First Christian Church | LR
- **3:30** Spooky Stories to Tell in the Dark | AA
- **5:45** Bible Study | AA

#### Tuesday Schedule
- **8:15** Spooky Trivia | DR
- **9:30** Sittercise | AA
- **10:30** Paper Pumpkins | AA
- **1:30** Community Bingo | AA
- **3:00** Resident Council Meeting | AA
- **5:30** Spooky Movie Night | LR

#### Wednesday Schedule
- **8:15** Sittercise | AA
- **9:30** Spooky Trivia | DR
- **10:30** When Clue | DR
- **1:30** First Christian Church | LR
- **3:00** Spooky Stories to Tell in the Dark | AA
- **5:45** Bible Study | AA
- **8:15** Sittercise | AA
- **9:30** Spooky Trivia | DR
- **10:30** When Clue | DR
- **1:30** Blue Mountainers | LR
- **3:00** First Christian Church | LR
- **5:30** Spooky Movie Night | LR

#### Thursday Schedule
- **8:15** Sudoku | DR
- **9:30** Sittercise with Stretch Bands | AA
- **10:30** Spooky Pretzels | AA
- **1:30** October Birthday Party | AA
- **3:00** Nail Care | AA
- **6:15** Bible Study | AA

#### Friday Schedule
- **8:15** Sittercise | AA
- **9:30** Spooky Trivia | DR
- **10:30** When Clue | DR
- **1:30** Community Bingo | AA
- **3:00** Spooky Door Decor | AA
- **5:30** Spooky Movie Night | LR

#### Saturday Schedule
- **8:15** Spooky Game Night | LR
- **9:30** Sittercise with Stretch Bands | AA
- **10:30** Spooky Trivia | DR
- **1:30** Sittercise | AA
- **3:00** Sittercise | AA
- **6:15** Bible Study | AA

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**LDS Church**
- **8:15** Who What | DR
- **9:30** Sittercise Plus | AA
- **10:30** Paper Pumpkins | AA
- **1:30** Community Bingo | AA
- **3:00** Resident Council Meeting | AA
- **5:30** Spooky Movie Night | LR

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**First Christian Church**
- **8:15** Spooky Trivia | DR
- **9:30** Sittercise | AA
- **10:30** When Clue | DR
- **1:30** First Christian Church | LR
- **3:30** Spooky Stories to Tell in the Dark | AA
- **5:45** Bible Study | AA

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**Mountaineers**
- **8:15** Sittercise | AA
- **9:30** Spooky Trivia | DR
- **10:30** When Clue | DR
- **1:30** Blue Mountainers | LR
- **2:30** First Christian Church | LR
- **3:30** Spooky Stories to Tell in the Dark | AA
- **5:45** Bible Study | AA

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**Bible Study**
- **8:15** Spooky Trivia | DR
- **9:30** Sittercise | AA
- **10:30** When Clue | DR
- **1:30** First Christian Church | LR
- **3:30** Spooky Stories to Tell in the Dark | AA
- **5:45** Bible Study | AA

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**Tell in the Dark**
- **8:15** Who What When Clue | DR
- **9:30** Sittercise Plus | AA
- **10:00** Food Committee Meeting | AA
- **1:00** Blue Mountainers | LR
- **2:30** First Christian Church | LR
- **3:30** Spooky Stories to Tell in the Dark | AA
- **5:45** Bible Study | AA

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**Spooky Stories to Tell in the Dark**
- **8:15** Who What When Clue | DR
- **9:30** Sittercise Plus | AA
- **10:30** When Clue | DR
- **1:30** Blue Mountainers | LR
- **2:30** First Christian Church | LR
- **3:30** Spooky Stories to Tell in the Dark | AA
- **5:45** Bible Study | AA

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**Resident-Run Church**
- **8:15** Sittercise | AA
- **9:30** Spooky Trivia | DR
- **10:30** When Clue | DR
- **1:30** Blue Mountainers | LR
- **2:30** First Christian Church | LR
- **3:30** Spooky Stories to Tell in the Dark | AA
- **5:45** Bible Study | AA

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**Spooky Selfies**
- **8:15** Spooky Trivia | DR
- **9:30** Sittercise | AA
- **10:30** When Clue | DR
- **1:30** Blue Mountainers | LR
- **2:30** First Christian Church | LR
- **3:30** Spooky Stories to Tell in the Dark | AA
- **5:45** Bible Study | AA

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**Spooky Selfies**
- **8:15** Spooky Trivia | DR
- **9:30** Sittercise | AA
- **10:30** When Clue | DR
- **1:30** Blue Mountainers | LR
- **2:30** First Christian Church | LR
- **3:30** Spooky Stories to Tell in the Dark | AA
- **5:45** Bible Study | AA

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**Spooky Selfies**
- **8:15** Spooky Trivia | DR
- **9:30** Sittercise | AA
- **10:30** When Clue | DR
- **1:30** Blue Mountainers | LR
- **2:30** First Christian Church | LR
- **3:30** Spooky Stories to Tell in the Dark | AA
- **5:45** Bible Study | AA

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**Spooky Selfies**
- **8:15** Spooky Trivia | DR
- **9:30** Sittercise | AA
- **10:30** When Clue | DR
- **1:30** Blue Mountainers | LR
- **2:30** First Christian Church | LR
- **3:30** Spooky Stories to Tell in the Dark | AA
- **5:45** Bible Study | AA

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"I often think that the night is more alive and more richly colored than the day."
—Vincent Van Gogh
EVENT RECAP

active aging in september

The month of September was all about moving. We worked on finding ways to walk more, roll more and dance more. We learned that something as simple as moving a bit every day can prevent us from falling and help us avoid common health problems that many seniors in America face. Some of our favorite exercises were Zumba Gold with Gianninna Price, Sittersise Plus (a new twist on an old favorite) and of course the Fourth Annual Forget Me Not Trot where we got moving and helped a good cause.

EDUCATIONAL EVENTS AT wildflower

Diagnosis, research, relief: When you or a loved one are faced with health complications, questions tend to surface faster than answers. We encourage you to share your personal experiences with a caring and experienced team. Our Support Group Meetings are open to everyone. We meet from 12 to 1 p.m., at Wildflower Lodge and a free lunch is provided. RSVP is appreciated. Space is limited.

OCT. 3: Open Forum
OCT. 16: Cancer Support Group, Your Health Care Team
OCT. 17: Successful Conversations and Dementia

AND ON THURSDAYS IN OCTOBER, FROM 3 TO 4:30 P.M.: Powerful Tools for Caregivers. Please register with Kathy at 541-963-3186 ext 1019.

THIS MONTH’S heart hero

HOSPITALITY, EXCELLENCE, APPRECIATION, RESPECT, TEAMWORK

Congratulations, COURTNEY!

Courtney is a Medication Aide in our Assisted Living at Wildflower Lodge and was selected by her fellow employees, Wildflower residents, family members and our care partners as this month’s HEART Hero. HEART actions of Courtney include: “She is always willing to lend a hand, super sweet, positive to everyone and a very hard worker.” Thanks Courtney for all that you do (even if one of the things you do is make it impossible to take your picture)!

IT’S OUR PLEASURE TO SERVE YOU ...

word from your executive director

OCTOBER EAT AND GREET

Dear Family and Friends,

Fall seems like the perfect time to slow down, take a breath and remember the things that are most important. Wildflower Lodge is a busy place and lately it seems even more so. We hope you know, that as residents in our community, you are our first priority and we are so thankful that you chose us! On Oct. 25, I’ll be joining you in the Dining Room for a simple Eat and Greet, with the hope of getting back to the basics and getting to know you better. Feel free to bring questions, concerns, family and friends!

Sincerely,
Anthony Swales, Executive Director

MANAGEMENT TEAM

Anthony Swales, Executive Director
Amie Blackman, Business Office Manager
Jenna Wright, Director of Sales & Marketing
Landi Busey, Dining Services Director
Brian Avila, Director of Plant Operations
Suzanne Skvarch, Assisted Living Director
Melissa Smith, Memory Care Director
Tish Quintanilla, Resident Program Director

TRAIN YOUR BRAIN solution

SENIOR LIFESTYLE your life, your style