

# October Newsletter

## Halle's Headlines

Family is such a blessing. I think that our residents here at Country Meadows have some of the BEST family members there are and I feel truly blessed that I have gotten to know so many of these wonderful people!

In October, we are going to have another opportunity to be together as a family! On **Wednesday, October 31st at 1:30 we are going to have a HARVEST PARTY!** This is basically just a chance to enjoy time together, music by Marie Grundberg, and OF COURSE there will be plenty of treats!

Along with this party there will also be plenty of other things going on around here! Here are a few highlights for the month:

**-Making Autumn Wreaths**—October 1st at 1:00  
*If you enjoyed doing the spring wreaths in May, you will love this!*

**-Happenings in History**—October 3rd at 12:30

**-Service Project**—October 9th and 30th at 12:30  
*We have the chance to help New Life Church out with a project for their Christmas Giving Tree!*

**-Universal YUMS**—October 10th at 12:30  
*We will be taking a look at some snacks from INDIA this month! YUM!*

There is plenty more where that came from! Pumpkin decorating, baking, pumpkin judging, handing out candy to trick-or-treaters and so much more!

**Happy Fall! -Halle Bolduc**

## Director's Notes

Recently, I overheard a few residents discussing their absolute amazement regarding how old they were.

*"Did you ever think you would live to be this old? 93!!!"* she exclaimed!

*"My dad was only in his 50's when he was called home. Hard to believe I'm still here!"* chimed in another.



When I heard the words of their conversation, I pondered the concept of age as a number. What an absolute blessing it is to live life on this earth for as long as the "number" allows. We each are awarded a certain number

of days to do the Lord's work. Some of us seek out the intended work, while others respond and react when asked. Either way, we each reach out to do our part.

As I reflect on all who call Country Meadows of Milaca home, I want you to know our staff cherishes the family we've become and look forward to ministering to your mind, body and spirit for many years to come!

You have a choice of where to live. Thank you for choosing to call Country Meadows home... let's continue to **Create Family Moments together!**

**Serving you in the spirit of Christ's Love,**

**-KathyAnn**

## Nurse's Notes

**Proper Handwashing is Key to Keeping Germs at Bay.** Bacteria can spread and may infect anyone. It's important that seniors, their families, and caregivers, and healthcare professionals think about sepsis as a possibility. Sepsis is a medical emergency and time matters. Anyone can get an infection and almost any infection can lead to sepsis. Sepsis more commonly occurs in adults 65 and older, people with weakened immune systems, or chronic conditions. Please contact the nursing staff or your physician immediately if you have one or more of the following signs or symptoms:

- **Confusion or Disorientation**
- **Fever, shivering, or feeling very cold**
- **Shortness of breath**
- **Extreme pain or discomfort**
- **High heart rate**
- **Clammy or sweaty skin**



Keep washing those hands often! Take the time to remind the ones you love to also follow good hand hygiene, especially during this cold and flu season!

**Here's to your health!**

**-Jeune, Jenny & Vicki**

## Pastor Dale's Passage



There's a certain courthouse in Ohio that stands in a unique location. Raindrops that fall on the north side of the building go into Lake Ontario while those falling on the south side go into the Mississippi River and the Gulf of Mexico. At precisely the point of the peak of the roof, just a gentle puff of wind can determine the destiny of a raindrop. **The spiritual application is this:** the smallest deed or choice of words we might set in motion influences that could change the course of other's lives. So...before you speak or act, examine your motives. 1) Is it helpful or hurtful? 2) Will it be constructive or destructive? 3) Are your words true or are they gossip? The Bible gives good counsel *"Let no unwholesome word come from your mouth, but only such a word as is beneficial according to the need of the moment, so that it will give grace to those who hear. Eph 4:29*

**-Pastor Dale**

# October Birthdays



**Jack Robinson**

October 15th



**Ivy Nelson**

October 18th



**Bob Hines**

October 20th



**Diana Olsen**

October 2nd



**Patty Lawrence**

October 12th