

October 2026



STEWARTVILLE

CareCenter Stewartville Care Connection

HAPPENINGS AT SCC

Hello friends, family, and residents.

August flew by. We had a couple new games on last month that we found that the residents enjoyed. So we will be doing them again. I would like to thank Our Saviors Church for coming and doing a sing-a-long with the residents. September we will have Murette back with us. She plays the piano. She also tells a lot of fun stories. September brings Labor Day and fall. It will be nice to see the changing colors. We have still been having our Lunch Bunch group every month. The residents really like being able to have pizza.

That's all I have for now. Stay safe. Tammy Wuerflein AD

RESIDENT COUNCIL UPDATES

Resident Council meeting was held August 10th at 2:00. Residents discussed concerns and they were reviewed. The next Resident Council Meeting is on September 8th at 2:00.

HALLOWEEN TRICK-OR-TREAT

SCC will be participating in the Trick-Or-Treat event sponsored by the Stewartville Area Chamber of Commerce on **Friday, October 30th, 2026 from 2pm-5pm**. If you or your residents would like to dress up and enjoy the fun, we welcome you to join us. Start planning your costumes; we will provide the treats!

Did You Know? – October is the 10th month, but its name comes from the Latin word octo, meaning eight. It was originally the eighth month of the ancient Roman calendar.



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**THE BEAUTY SHOP WILL
BE OPEN ON MONDAY
OCTOBER 12TH**

**Stay Connected
(or Update Your Info!)**
Moved or no longer wish to
receive the newsletter?

Please contact **Activities** at
533-1393 to update your
address or be removed from
the mailing list.



WELCOMES & FAREWELLS

Our community is always changing. We warmly welcome those who join us and wish the very best to those moving on.

WELCOMING NEW RESIDENTS

We are pleased to welcome the following individuals to Stewartville Care Center. We look forward to getting to know you and supporting you as part of our community:

- Lucinda Murphy
- Kirsten Kuehl
- Carl Lowther
- Marlene Sabatke
- Janet Stevenson

Please take a moment to introduce yourself and help them feel at home.

TRANSITIONS & FAREWELLS

We wish residents moving on from our care comfort, happiness, and continued well-being:

Thomas Mear

- Justine Burzette
- Fred Nagle
- Bertha Maloney

IN MEMORIAM

With respect and remembrance, we honor those who have passed and cherish the time they shared with our community:

- Marsha Winch
- Delores Yenny

Laughter is the Best Medicine:

*Why did the skeleton stay home from the party?
He had no body to go with!*

RESIDENT BIRTHDAYS

We are excited to celebrate the birthdays of our residents this month! Each birthday is a special milestone, and we are honored to share in these moments.

HAPPY BIRTHDAY TO OUR RESIDENTS!

Please join us in wishing a very happy birthday to:

- Terrence Clement 9/10
- Linda Moody 9/10
- Shirley Fette 9/12
- Darlene Porter 9/21
- Doris Oehlke 9/26

We hope your day is filled with joy, laughter, and special moments!

Every birthday is a celebration of a life well-lived and the memories still being made.

NATIONAL DAYS IN OCTOBER

We love finding little ways to bring fun and connection into our days! Here are a few unique national days we're celebrating this month:

OCTOBER 1ST – INTERNATIONAL MUSIC DAY

Music has a remarkable way of bringing back memories. A familiar song can remind us of a special person, place, celebration, or time in our lives. International Music Day celebrates music in all its forms and the way it connects people across generations and cultures.

OCTOBER 4TH – NATIONAL CINNAMON ROLL DAY

Cinnamon rolls have been enjoyed for generations, especially in Scandinavian countries where sweet, cinnamon-filled breads are a favorite treat. Whether topped with icing or enjoyed warm from the oven, cinnamon rolls pair perfectly with a cup of coffee.

OCTOBER 15TH – NATIONAL GROUCH DAY

Even grouches get their own special day! National Grouch Day was inspired by Oscar the Grouch from Sesame Street. It's a lighthearted reminder that everyone has a grumpy day occasionally—and sometimes laughter is the best cure.

OCTOBER 31ST – HALLOWEEN

Halloween has been celebrated in many ways over the generations. In the United States, trick-or-treating became especially popular during the 20th century. Costumes, carved pumpkins, spooky stories, and neighborhood celebrations have made Halloween a favorite fall tradition for generations.



HEART OF OUR HOME—RESIDENT SPOTLIGHT

This month we talked to Linda Frost. Linda was born in Rochester, Minnesota. Linda has two sisters and one brother. She lived in Rochester her whole life. Linda went to school at Northrup in Rochester, she then went to Central High School and graduated from John Marshall. After school Linda got a job at a Theater selling tickets. She then joined the military where was at Fort MacLenn Alabama and Fort Sam Houston in Texas. She went to West Point and became a dental x-ray technician. She did that for 3 years. She moved back to Rochester and became a nursing assistant. Linda did this work for many years. Linda had some health issues which brought her to us. Linda loved to garden and ride bike. In her spare time Linda likes to read and work on puzzle books. Everyday Linda makes sure to read a couple of Bible verses.

FROM THE DESK OF THE ADMINISTRATOR

Hello residents, staff, family, and friends.

It has been a busy summer, and we were able to enjoy being outside. We have beautiful hanging baskets on our patio. And we enjoyed ice cream, music and shucking corn too. We are now looking forward to the fall season and can't wait to see the colors change and to place our mums on the patio. Our reminder for this time of the year is to look through your clothing choices you have at the facility and make sure you have things that will be needed to go out and enjoy the fall and the cooler weather. We do also ask that, if possible, you swap out some things that will not be needed during the fall and winter seasons because the closet and dresser space is limited in our rooms. We hope to continue to see you all here for our activities if you are able to come. As always, we thank you for entrusting us with you or your loved one's care. If you have any questions, concerns or comments please call, email, or come and see me.

Jen Nogosek, LNHA, C-DON,
BSN, RN
Administrator

Stewartville Care Center

Chuckle Corner:

What do you get when you drop a pumpkin? Squash!



LEADING THE FIX-IT FORCE – MEET KYLE!

Kyle grew up in Rochester, Minnesota, where he graduated from Mayo High School and played competitive hockey throughout his school years. He spent nearly 20 years working in a family business before attending Riverland Community College, where he earned a degree in Industrial Maintenance.

Kyle went on to work as a Chief Engineer and Facility Director for multiple buildings in Rochester. Today, he brings that experience to our campus, where he leads the Maintenance Department and helps keep our buildings and grounds safe, comfortable, and welcoming.

Kyle is also the proud father of three sons, ages 11, 19, and 22.

What He Enjoys About Senior Care

One of Kyle's favorite parts of working in a skilled nursing facility is getting to know the residents.

He enjoys seeing the care provided each day and appreciates the little conversations, smiles, laughs, and unique personalities he encounters while making his rounds. Kyle believes laughter is an important part of a happy day and enjoys opportunities to share a chuckle with residents and staff.

He also appreciates the more personal atmosphere of senior care. Unlike many of the buildings he has maintained throughout his career, this isn't simply a workplace, it is our residents' home.

Behind the Scenes

There is a lot more to maintaining our campus than fixing things when they break! One part of Kyle's job that may surprise people is managing computerized HVAC systems that help keep temperatures comfortable throughout the building.

With a campus operating around the clock, heating, cooling, plumbing, equipment, building systems, preventative maintenance, and everyday repairs all require ongoing attention.

Kyle especially enjoys working on upgrades and improvements that make our campus better for residents, staff, and visitors.

Kyle's pick for the one maintenance skill everyone should have? Mastering the trusty toilet plunger—it's a skill you never appreciate until you need it!!

And the most unusual thing he has ever repaired? A mechanical dumbwaiter in one of Mayo's historic buildings!

When He's Not at Work

When Kyle isn't busy keeping things running around campus, you might find him on the golf course, hitting the ski hill, or kayaking the backwaters.

As Kyle celebrates his first anniversary with us, we appreciate the experience, humor, and dedication he brings to our campus. Thank you, Kyle, for everything you and your team do behind the scenes to help make our residents' home a safe and comfortable place to live!

STAFF BIRTHDAYS

We're excited to celebrate the team members who have birthdays this month!

HAPPY BIRTHDAY TO OUR TEAM!

Please join us in wishing a wonderful birthday to:

- Jennifer Nogosek—October 2nd
- Alexis Malone—October 8th
- Renika Coe—October 8th
- Tammy Start—October 9th
- Michelle King—October 14th
- Jaydon Atwood—October 14th
- Nicole Ringel—October 21st

We hope your birthday is filled with joy, laughter, and maybe even a little extra cake!



"You may not realize the difference you make, but your kindness becomes part of someone else's story."

STAFF ANNIVERSARIES

We are proud to recognize the dedication and commitment of our team members celebrating work anniversaries this month.

CELEBRATING YEARS OF SERVICE

Please join us in congratulating:

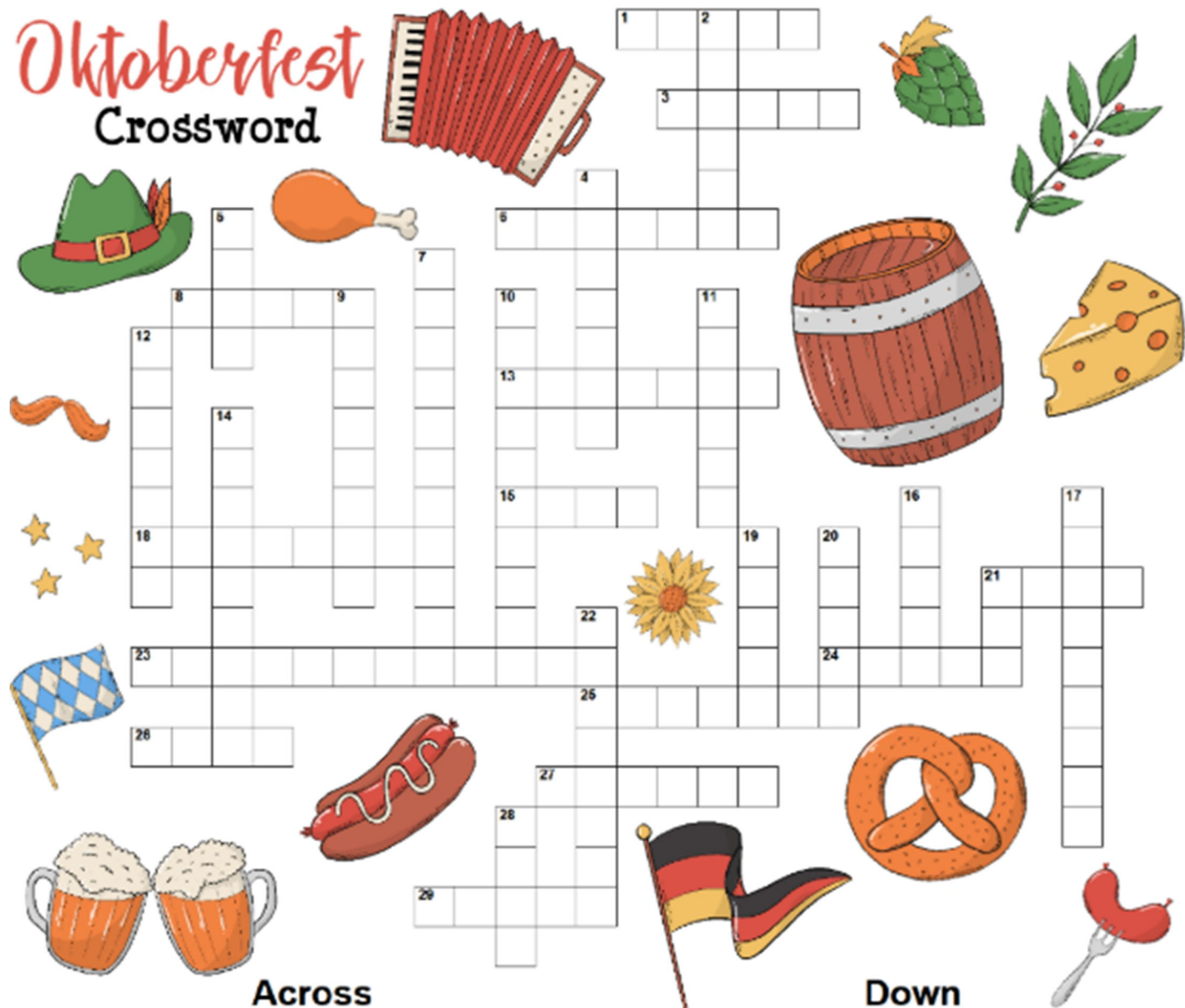
Thank you for the dedication and commitment you bring to our residents and team each day.

- Kyle Williams—1 year
- Fe Crutchfield—2 years
- Bernadette Pratt—4 years
- Sandra Baxter—13 years



Oktoberfest

Crossword



Across

1. Fruit often used to make sweet desserts
3. Worn by the festival queen during parades
6. Salty snack often enjoyed at Oktoberfest
8. Something people listen to and enjoy at the festival
13. Fun activity often done to lively music
15. Traditional headgear often worn by men at the festival
18. Non-alcoholic drink for kids at Oktoberfest
21. Flown to represent the Bavarian region
23. Type of dance popular at Oktoberfest
24. Large mug used for drinking
25. Popular grilled food at the festival
26. Large structures where people gather to eat & drink
27. Traditional dress worn by women at Oktoberfest
29. Traditional style of singing heard at the festival

Down

2. Large public procession at Oktoberfest
4. Country where Oktoberfest originated
5. One of the colors of the Bavarian flag
7. Sweet treat sold in heart-shaped form
9. Type of ride found at Oktoberfest fairs
10. Traditional leather shorts worn by men
11. City where the original Oktoberfest is held
12. Common topping for sausages
14. Musical instrument commonly played at Oktoberfest
16. Other color of the Bavarian flag
17. Type of German sausage
19. Lively dance often seen at Oktoberfest
20. Animals seen in traditional Oktoberfest parades
21. What kids have at the Oktoberfest fair
22. Another word for a big celebration
28. Something you go on at the Oktoberfest carnival

STEWARTVILLE CARE CENTER ACTIVITIES – OCTOBER 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 9:30 EXERCISE 9:15 ROSARY 9:30 MASS 10:15 SING-A-LONG 2:00 BINGO 6:30 LEXI	2 9:30 EXERCISE 10:00 BIBLE STUDY 2:00 SOCIAL HOUR WITH KENT	3 9:30 EXERCISE 10:00 ACTIVITY 2:00 TIM THE MUSIC MAN
4 8:00-9:30 CATHOLIC COMMUNION 9:30 EXERCISE 10:00 ACTIVITY 2:00 ACTIVITY	5 9:30 EXERCISE 10:00 WHEEL OF FORTUNE 2:00 PICTONARY 6:30 MADDY	6 9:30 EXERCISE 10:00 WORSHIP (CHRISTIAN) 2:00 WORD LINK 6:30 LEXI	7 9:30 EXERCISE 10:00 TRIVIA 2:30 REMINISCE 6:30 MADDY	8 9:30 EXERCISE 9:15 ROSARY 9:30 MASS 10:15 SING-A-LONG 2:00 BINGO 6:30 LEXI	9 9:30 EXERCISE 10:00 MARETTE 2:00 SOCIAL HOUR WITH RANDY	10 9:30 EXERCISE 10:00 ACTIVITY 2:00 ACTIVITY
11 8:00-9:30 CATHOLIC COMMUNION 9:30 EXERCISE 10:00 ACTIVITY 2:00 ACTIVITY	12 9:30 EXERCISE 10:00 CHAR 2:00 CRAFTS 6:30 MADDY	13 9:30 EXERCISE 10:00 WORSHIP (GRACE) 2:00 RESIDENT COUNCIL 6:30 LEXI	14 9:30 EXERCISE 10:00 YAHTZEE 2:30 FARKEL PARTY 6:30 MADDY	15 9:30 EXERCISE 9:15 ROSARY 9:30 MASS 10:15 SING-A-LONG 2:00 BINGO 6:30 LEXI	16 9:30 EXERCISE 10:00 BIBLE STUDY 2:00 SOCIAL HOUR WITH COLBY	17 9:30 EXERCISE 10:00 ACTIVITY 2:00 ACTIVITY
18 8:00-9:30 CATHOLIC COMMUNION 9:30 EXERCISE 10:00 ACTIVITY 2:00 ACTIVITY	19 9:30 EXERCISE 10:00 COMMUNION (ZION) 2:00 CRAZY PHRAZES 6:30 MADDY	20 9:30 EXERCISE 10:00 WORSHIP (ST. JOHN'S) 2:00 MONTHLY BIRTHDAY PARTY 6:30 LEXI	21 9:30 EXERCISE 10:00 JEOPARDY 2:30 BEAN BAGS 6:30 LEXI	22 9:30 EXERCISE 9:15 ROSARY 9:30 MASS 10:15 SING-A-LONG 2:00 BINGO 6:30 LEXI	23 9:30 EXERCISE 10:00 BIBLE STUDY 2:00 SOCIAL HOUR WITH GARY	24 9:30 EXERCISE 10:00 ACTIVITY 2:00 ACTIVITY
25 8:00-9:30 CATHOLIC COMMUNION 9:30 EXERCISE 10:00 ACTIVITY 2:00 ACTIVITY	26 9:30 EXERCISE 10:00 CARNIVAL 2:00 PASSWORD 6:30 MADDY	27 9:30 EXERCISE 10:00 WORSHIP (UMC) 2:00 KARAOKE 6:30 LEXI	28 9:30 EXERCISE 10:00 BOWLING 2:30 BRIAN TEASER 6:30 MADDY	29 9:30 EXERCISE 9:15 ROSARY 9:30 MASS 10:15 SING-A-LONG 2:00 BINGO 6:30 LEXI	30 9:30 EXERCISE 10:00 BIBLE STUDY 2:00 HALLOWEEN PARTY AND MUSIC WITH DUNNELL	31 9:30 EXERCISE 10:00 ACTIVITY 2:00 ACTIVITY HALLOWEEN!

CONTACT US

Care Center Main Line:
507-533-4288

Administrator:
507-533-1397

Director of Nursing:
507-533-1389

Human Resources:
507-533-1398

Social Services:
507-533-1395

Dietary Office:
507-533-1388

Activities Department:
507-533-1393

Maintenance:
507-533-1377

Environmental Services:
507-533-1394

HELP US MAKE A DIFFERENCE

VOLUNTEERS NEEDED

Volunteers truly brighten our residents' days, and there are many ways to help—activities, visits, events, and more.

Contact Tammy (Activities): 507-533-1393

ESCORT OPPORTUNITIES

We are also looking for individuals to serve as resident escorts for appointments.

Contact Social Services – Lauren: 507-533-1395

***Paid
opportunity
Must be 18+
Background study required***

FAMILY COUNCIL MEMBERS NEEDED

We are always looking for individuals to join our Family Council. This is a great way to stay involved, share feedback, and support our community.

Contact: Julie Hayes at (507) 533-6025 or (507) 993-7076

STEWARTVILLE CARE CENTER
120 NE 4TH STREET
STEWARTVILLE, MN 55976

Return Service Requested

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