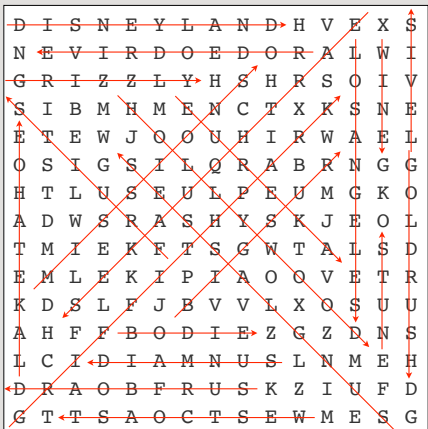
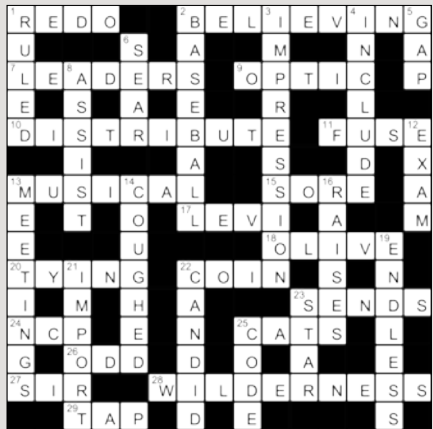




Life. Love. Legacy.™
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Stanardsville, VA 22973



Beth Murphy, LPN
Executive Director



RENAISSANCE ASSISTED LIVING NEWSLETTER | OCTOBER 2025

Bringing you closer to the heart of Renaissance Assisted Living—
through stories, updates, and shared moments.

Life. Love. Legacy.™



As the leaves start to change and the air turns crisper, it seems like life speeds up for everyone. Around here, fall is a season bustling with activity—festivals, family events, and traditions both old and new. For many, this time of year is a juggling act: kids settling into the school routine, calendars filling up with sports and lessons, and workplaces picking up the pace after summer. If you're part of the "sandwich generation," you know better than anyone what it means to be pulled in all directions at once, balancing the needs of growing children and supporting aging parents or grandparents, often while still managing careers and everything else life throws your way.

We know that when a loved one moves into our community, it's usually because families need a helping hand. What might come as a surprise is how often you'll hear from us, too, inviting you to join in for a meal, a festival, a musical performance, or just a moment to connect. We do this not to add to your already-full plate, but because we believe that staying connected, even in small ways, means everything to the people who live here—and to those who love them.

Still, we understand that you can't be everywhere at once. Sometimes, you're running from a school bake sale to a weekend tournament, and there just isn't enough of you to go around. Please know: we see you, we appreciate you, and we're grateful for every moment you share with us, even if it's just a phone call or a note sent in.

This month, as we roll out fall celebrations and family-friendly events, we hope you'll find a few minutes to join us when you can. Our doors are always open, and there's nothing better than seeing families come together, whether for a pumpkin craft, a game night, or just to laugh and swap stories. Maybe, just maybe, our little gatherings will make it a bit easier to spend time with your loved ones, all in one place.

Thank you for trusting us with someone so important to you. We're honored to be part of your extended family.

Sincerely,
Beth Murphy
Beth Murphy, LPN
Executive Director



Celebrations & Milestones

RESIDENT ANNIVERSARIES
• Jan Pelletier – 1 year

TEAM ANNIVERSARIES
• none in October

Here's to new friends, special milestones, & more memories together!

TALKING TIDBITS

October is a month packed with fun and fall spirit! The trees show off their brightest colors, pumpkins are everywhere, and the crisp air makes it perfect for cozy gatherings.

Did you know the full moon in October is called the Hunter's Moon? It's been shining bright for centuries to light up autumn nights.

October is also National Book Month, a great excuse to grab a blanket, a hot drink, and a favorite story.

With its sparkling birthstones—opal and tourmaline—and cheerful flowers like marigolds and cosmos, October reminds us of creativity, warmth, and joy.

And of course, it all ends with Halloween fun, where sweet treats, costumes, and laughter bring smiles to every age!



GET TO KNOW BETH: 20 Questions Edition

Ever wonder what makes Beth tick? IFor **National Boss's Day**, we put her in the hot seat and asked 20 fun and revealing questions. Whether you've known her for years or you're just joining our community, here's your chance to get to know Beth!



1. If you could only eat one food for the rest of your life, what would it be? **Cinnamon rolls!**

2. If you were a cartoon character, who would you be? **Buttercup from Powerpuff Girls**

3. Which mythical creature would you adopt as a pet? **A dragon**

4. If you could have dinner with any fictional character, who would it be? **Stack from the movie Sinners <3**

5. If you had to give yourself a new name, what would you pick? **Lorraine**

6. Which emoji do you use way too much? **The laughing crying emoji**

7. What's your guilty pleasure song? **Iffy by Chris Brown**

8. Would you rather fight one horse-sized duck or a hundred duck-sized horses? Please explain. **100 duck sized horses. Because I can punt them if they're the size of a duck, but I would be defenseless against a humongous one**

9. If you woke up tomorrow as an animal, what animal would you hope to be? **A tiger**

10.What's your go-to comfort food? **Tacos**

11.If you could have any superpower, what would it be? **Telepathy!**

12.What's the strangest thing you've ever collected? **I collect rare rocks and gemstones**

13.What song always makes you dance or sing along? **I wanna dance with somebody!**

14.Morning person or night owl? **Night owl, definitely not a morning person**

15.What's your favorite way to relax on the weekend? **Playing video games**

16.Who was your childhood hero? **My dad**

17.What's one thing you can't live without? **My son**

18.If you could time travel, would you go to the past or the future and why? **2022, When my son was born, and my dad was still alive, so I could bring my son around my dad more before he got diagnosed with cancer**

19.What's something that always makes you laugh? **Myself. I laugh at myself all the time. lol**

20.If you could instantly master any skill, what would it be? **Dancing!**



Peeling Back THE Good Times

Around the table, a few ladies peeled ripe bananas and swapped stories—just like their moms and grandmas did.

Here's a recipe passed down through generations. It's the best because it's made with love. And by "love," we mean the bananas and walnuts called for below were more of a suggestion—Mema always added extra.

MEMA'S OLD FASHIONED BANANA NUT BREAD

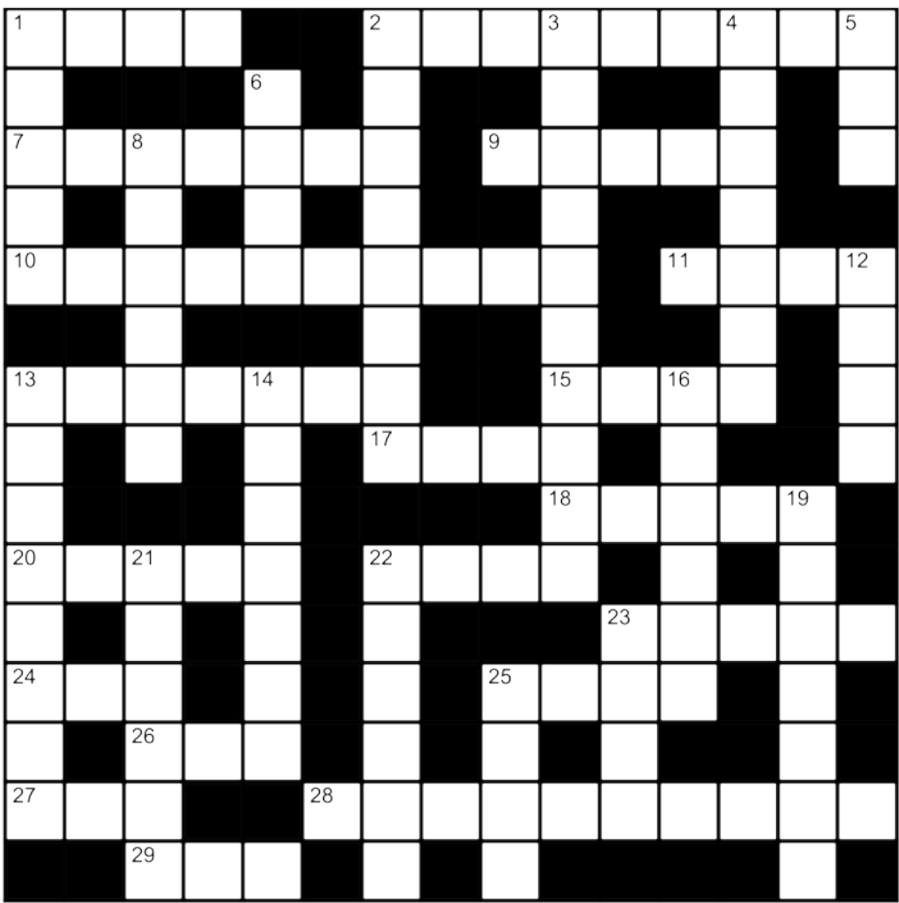
2 c All Purpose Flour	1. Preheat oven to 350°
2 tsp baking soda	2. Grease & flour two 9x5 loaf pans
2 c white sugar	3. In a medium bowl, combine dry ingredients.
4 eggs, beaten	4. In a large bowl, cream together butter & sugar. Add & incorporate beaten eggs 1 at a time.
1 tsp salt	5. Mix in mashed banana.
1 c butter, room temp	6. Mix dry ingredients into the wet in 3 batches.
2 c mashed overripe bananas	7. Stir in nuts
1 c chopped walnuts	8. Bake for 60-70 minutes.

ACROSS

- 1. Make over
- 2. "Seeing is _____."
- 7. Team captains are some
- 9. Vision-related
- 10. Hand out; dispense
- 11. Needed to ignite dynamite
- 13. Common Broadway offering with lots of singing
- 15. "I have ____ muscles after my workout."
- 17. ____ Strauss & Co. (jeans magnate)
- 18. Popeye's gal
- 20. ____ the knot; marrying
- 22. Piggy bank jingler
- 23. "That ____ shivers up my spine!"
- 24. North Celestial Pole, abbrev.
- 25. Felines
- 26. Peculiar
- 27. Knight's title
- 28. An untouched forest
- 29. Pub fixture

DOWN

- 1. Reigned
- 2. Sport at which Willie Mays excelled
- 3. Comedic imitation
- 4. "Please ____ payment with your order."
- 5. Generation ____ (difference between ages)
- 6. Burn the surface of



- 8. Provide help
- 12. Test
- 13. Encounters
- 14. Cleared one's throat
- 16. Elevates
- 19. Infinite
- 21. Ship in from abroad
- 22. Straightforward in speech
- 23. "When You Wish Upon a ____"
- 25. Secret message

D I S N E Y L A N D H V E X S
N E V I R D O E D O R A L W I
G R I Z Z L Y H S H R S O I V
S I B M H M E N C T X K S N E
E T E W J O O U H I R W A E L
O S I G S I L Q R A B R N G G
H T L U S E U L P E U M G K O
A D W S R A S H Y S K J E O L
T M I E K F T S G W T A L S D
E M L E K I P I A O O V E T R
K D S L F J B V V L X O S U U
A H F F B O D I E Z G Z D N S
L C I D I A M N U S L N M E H
D R A O B F R U S K Z I U F D
G T T S A O C T S E W M E S G

California Dreamin'

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.

- | | | |
|-------------|---------------|-------------|
| BIG SUR | GRIFFITH PARK | NUTS |
| BODIE | GRIZZLY | RODEO DRIVE |
| DISNEYLAND | HOLLYWOOD | SUNGLASSES |
| EARTHQUAKES | LAKE TAHOE | SUN-MAID |
| EUREKA | LEVI'S | SURFBOARD |
| FRUITS | LOS ANGELES | WEST COAST |
| GOLD RUSH | MISSIONS | WINE |



The Joyful Journey of Dorothy Lewis: Faith, Dance, & a Helping Hand

Born on a crisp November day in 1939 in Culpeper, Virginia, Dorothy Lewis has lived a life marked by dedication, joy, and a heart wide open to others.

For 38 years, Dorothy poured her energy and care into her role as a records clerk at the Federal Reserve Bank. Her commitment wasn't just about the job—it was about the quiet impact of reliability and hard work that left a lasting impression on everyone around her.

But Dorothy's story isn't confined to the office walls. Her adventurous spirit has carried her across the globe and around the country, with cherished memories from Germany's historic streets, the sun-soaked beaches of Hawaii, the heartland of Missouri, and the wide-open skies of Texas.

What truly defines Dorothy, though, is her servant's heart. Always ready with a helping hand

or a comforting word, she brings light and laughter wherever she goes. Her deep love for worship and singing hymns fills the air with a sense of peace and inspiration, touching the lives of many who share in her faith.

And don't let her gentle nature fool you—Dorothy loves to dance. Whether it's a lively tune or a quiet melody, her energy and laughter have a way of making any room come alive. She has a gift for making everyone feel at home with her warm smile and genuine kindness.

Dorothy's presence at Renaissance is a daily blessing. Her sweet soul and joyful spirit remind us all that kindness and faith are the threads that weave a strong, loving community. She's cherished not just for the life she's lived but for the love she shares every day.

To know Dorothy is to feel the beauty of a heart that gives endlessly.

A Walk Down
MEMORY
LANE
with
Letha Hansen



Gardener of Stories
& Keeper of Quiet Joy

Born on a summer day in 1933 in the small town of Canaan, Missouri, Letha grew up learning what grit and grace really mean. One of five siblings—three brothers and a sister—her early years weren't always easy, and sometimes that strength can come across as a little reserved. But that's exactly why we make it our mission to wrap her in a little extra love whenever we can.

Letha's work life carried her far beyond the quiet streets of Canaan. Her suitcase holds stories from across the country—Missouri, Florida, Ohio, Virginia, California, Texas, Arizona, Colorado, Arkansas, North Carolina, and even Washington, D.C. Yet, of all the places she's been, her heart belongs to Nags Head, North Carolina, where the salty breeze whispers of possibility and freedom.

She once sailed the Great Lakes, reading the water with the patience of a poet—each wave a story, each

gust of wind a secret understood only by those who listen closely.

Home, for Letha, has always been a place of growth and nurture. Her gardens were her pride, where she coaxed life from the soil with steady hands and quiet care, proving that beauty thrives when tended every day. That same gentle attentiveness shines through in how she greets neighbors, remembers names, and lights up a room with a simple smile.

If you catch Letha lounging by a sunlit window or chatting in the common room, say hello and ask about her favorite beach day at Nags Head or a breezy afternoon on the Great Lakes. Watch her eyes sparkle as she tells her tales. And if you happen to share a flower clipping, she'll know just how to make it bloom again.

Here's to Letha: a traveler at heart, a gardener by soul, and a treasured friend to us all.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Jaba 9:15 Opening/ Brain Teasers 9:30 Exercise w/ Minna 10:00 Site Council Meeting 10:30 Word Wednesday 12:00 Lunch 12:30 Word Search and Crosswords <u>Renaissance Alternative Activity</u> 9:00-11:00 Arts and Crafts 3:30-4:00 Reverand Dan Yom Kippur Begins	Jaba 9:15 Opening/ Brain Teasers 9:30 Exercise 10:00 BINGO 12:00 Lunch 12:30 Ring Toss/ Corn Hole/ Word Search <u>Renaissance Alternative Activity</u> 9:00-10:00 Adult Coloring 1:30-3:00 Activities with the Honor Society	Renaissance 8:00-9:00 Rise and Shine with inspirational music and devotionals 12:00 Lunch 2:00-4:00 BINGO!	Renaissance 8:00-9:00 Rise and Shine with inspirational music and devotionals 12:00 Lunch 2:00-3:00 Board Games
Renaissance 8:00-9:00 Rise and Shine with inspirational music and devotionals 11:00-12:00 Pedro Thompson with Nortonsville Church of God- Preaching, Devotionals, and Prayer 12:00 Lunch 2:00-3:00 JENGA!	Renaissance 8:00-9:00 Rise and Shine with inspirational music and devotionals 12:00 Lunch 2:00-4:00 Movie and Popcorn Sukkot Begins	Jaba 9:15 Opening/ Brain Teasers 9:30 Exercise/Walking Cub 10:00 Music With Joe Tucker 11:30 Visit with ASC 12:00 Lunch 12:30 Word Search and Crosswords <u>Renaissance Alternative Activity</u> 9:00-10:00 Nail Spa 1:30-3:00 Activities with the Honor Society	Jaba 9:15 Opening/ Brain Teasers 9:30 Exercise w/ Minna 10:00 Word Wednesday/ Cards 11:00 Food Crafting with Silke Caramel Apple Bark 12:00 Lunch 12:30 Adult Coloring <u>Renaissance Alternative Activity</u> 9:00-11:00 Arts and Crafts 3:30-4:00 Reverand Dan	Jaba 9:15 Opening/ Brain Teasers 9:30 Exercise 10:00 Whatchamacallits and Doohickies 11:00 "Seeing Orange" What you may not know 12:00 Lunch 12:30 Ring Toss/ Corn Hole <u>Renaissance Alternative Activity</u> 9:00-10:00 Tricky Puzzle Hour 1:30-3:00 Activities with the Honor Society	Renaissance 8:00-9:00 Rise and Shine with inspirational music and devotionals 12:00 Lunch 2:00-4:00 BINGO!	Renaissance 8:00-9:00 Rise and Shine with inspirational music and devotionals 12:00 Lunch 2:00-3:00 Board Games
Renaissance 8:00-9:00 Rise and Shine with inspirational music and devotionals 11:00-12:00 Pedro Thompson with Nortonsville Church of God- Preaching, Devotionals, and Prayer 12:00 Lunch 2:00-3:00 JENGA!	Renaissance 9:00-10:00 Coffee Social and "Tea Talk" 12:00 Lunch 2:00-3:00 Whack a Mole! (with balloons) 3:00-4:00 Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (U.S.)	Jaba 9:15 Opening/ Brain Teasers 9:30: Exercise/ Walking Club 10:00 Visit with Spring Hill Baptist Church 11:30 Nutrition Jeopardy 12:00 Lunch <u>Renaissance Alternative Activity</u> 9:00-10:00 Nail Spa 1:30-3:00 Activities with the Honor Society Simchat Torah Begins	Jaba 9:15 Opening/ Brain Teasers 9:30 Exercise w/ Minna 10:00 Word Wednesday 11:00 Scarecrow Popsicle Stick Craft 12:00 Lunch <u>Renaissance Alternative Activity</u> 9:00-11:00 Arts and Crafts 3:30-4:00 Reverand Dan	Jaba 9:15 Opening/ Brain Teasers 9:30 Exercise 10:00 Visit with Tech Center Students 11:00 Jeopardy 12:00 Lunch <u>Renaissance Alternative Activity</u> 9:00-10:00 Adult Coloring 1:30-3:00 Activities with the Honor Society	Renaissance 8:00-9:00 Rise and Shine with inspirational music and devotionals 12:00 Lunch 2:00-4:00 BINGO!	Renaissance 8:00-9:00 Rise and Shine with inspirational music and devotionals 12:00 Lunch 2:00-3:00 Board Games
Renaissance 8:00-9:00 Rise and Shine with inspirational music and devotionals 11:00-12:00 Pedro Thompson with Nortonsville Church of God- Preaching, Devotionals, and Prayer 12:00 Lunch 2:00-3:00 JENGA!	Renaissance 8:00-9:00 Rise and Shine with inspirational music and devotionals 12:00 Lunch 2:00-3:00 Whack a Mole! with balloons) 3:00-4:00 Baking Club	Jaba 9:15 Opening/ Brain Teasers 9:30: Exercise/ Walking Club 10:00 Work Life Reminisce 11:00 Intergenerational Fun with Piper Ivy 12:00 Lunch 12:30 Wordsearch and Crosswords <u>Renaissance Alternative Activity</u> 9:00-10:00 Nail Spa 1:30-3:00 Activities with the Honor Society	Jaba 9:15 Opening/ Brain Teasers 9:30 Exercise w/ Minna 10:00 Word Wednesday 11:00 Visit with UVA Nursing Students 12:00 Lunch 12:30 Word Search and Crosswords <u>Renaissance Alternative Activity</u> 9:00-11:00 Arts and Crafts 3:30-4:00 Reverand Dan	Jaba 9:15 Opening/ Brain Teasers 9:30 Exercise 10:00 BINGO 12:00 Lunch 12:30 Ring Toss/ Cornhole <u>Renaissance Alternative Activity</u> 9:00-10:00 Baking Club 1:30-3:00 Activities with the Honor Society	Renaissance 8:00-9:00 Rise and Shine with inspirational music and devotionals 12:00 Lunch 2:00-4:00 BINGO!	Renaissance 8:00-9:00 Rise and Shine with inspirational music and devotionals 12:00 Lunch 2:00-3:00 Board Games
Renaissance 8:00-9:00 Rise and Shine with inspirational music and devotionals 11:00-12:00 Pedro Thompson with Nortonsville Church of God- Preaching, Devotionals, and Prayer 12:00 Lunch 2:00-3:00 JENGA!	Renaissance 8:00-9:00 Rise and Shine with inspirational music and devotionals 9:00-10:00 Coffee, snacks, and "Tea Time!" 12:00 Lunch 2:00-4:00 Movie and Popcorn	Jaba 9:15 Opening/ Brain Teasers 9:30: Exercise/ Walking Club 10:00 Music with 4 Hits and a Miss 11:30 Who am I? 12:00 Lunch 12:30 @ord Search and Crosswords <u>Renaissance Alternative Activity</u> 9:00-10:00 Nail Spa 1:30-3:00 Activities with the Honor Society	Jaba Trip to Yoders! <u>Renaissance Alternative Activity</u> 9:00-11:00 Arts and Crafts 3:30-4:00 Reverand Dan	Jaba 9:15 Opening/ Brain Teasers 9:30 Exercise 10:00 Halloween Fun! 12:00 Lunch <u>Renaissance Alternative Activity</u> 9:00-10:00 Adult Coloring 1:30-3:00 Activities with the Honor Society	Renaissance 8:00-9:00 Rise and Shine with inspirational music and devotionals 12:00 Lunch 2:00-4:00 BINGO!	