

October Highlights

- 1, Live Music w/ Frank
- 2, Live Music w/ Kim
- 3, Flu Clinic
- 7, Resident Council Meeting
- 8, Dollar Tree Shopping
- 13, Fall Foliage Trip to Naples & Lunch
- 14, Food Council Meeting
- 15, Men's Club out to Lunch
- 15, Live Music w/ Joe M.
- 20, Live Music w/ Samuel D.
- 22, Fall Craft and Bake Sale
- 24, Live Music w/ Tom D.
- 27, Live Music w/ Frank
- 28, Theme Day- Chocolate Pie day & Trivia
- 29, Lunch Outing
- 31, Halloween Party w/ Live Music by Mike S.



Cynthia Machamer Administrator

As the crisp air settles in and the leaves turn vibrant hues of gold, amber, and crimson, we welcome October with open arms. This time of year always brings a comforting rhythm—seasonal traditions, cozy moments, and opportunities for connection.

It's also a time of transition: in the changing trees, in the brisk mornings, and in the

renewed energy across our community. Our residents are enjoying seasonal crafts, baking days with pumpkin spice treats, and autumn walks that remind us to slow down and appreciate nature's beauty.

October also marks the beginning of flu season, and we are being proactive. Flu shots will be available for all residents and staff on October 3. We continue to follow best practices for infection prevention and kindly remind all visitors to postpone their visit if they're feeling under the weather. Together, we can help protect one another. Let's make this October one of connection, celebration, and good health.



A Dose of Prevention

Vaccinations aren't just for kids. For adults, especially those over age 50, vaccines offer protection from disease and illness.





Happy Birthday!

Best wishes to everyone celebrating this month!

Residents Born in October

Jeanne K. 6th
Pat P. 8th
Ray S. 9th
Mary Ellen Z. 12th
Fred K. 20th
Theresa D. 21st
Nancy R. 22nd
Karen R. 27th

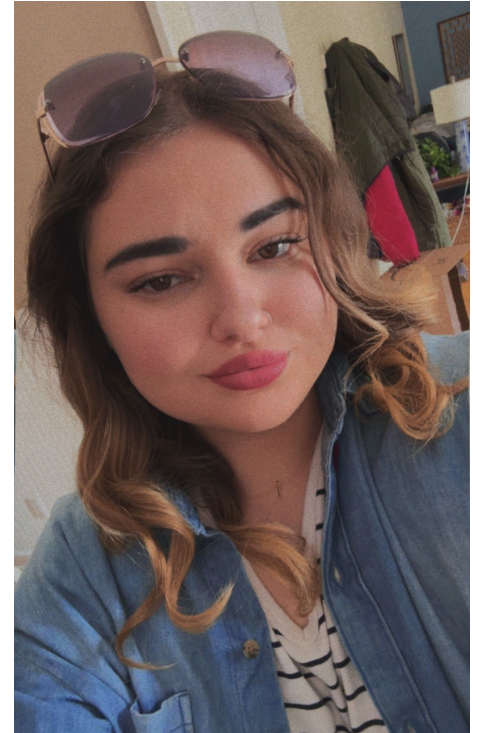
Famous Faces Born in October

Oct. 4, 1979: Caitriona Balfe
Oct. 5, 1972: Grant Hill
Oct. 7, 1959: Simon Cowell
Oct. 12, 1992: Josh Hutcherson
Oct. 18, 1951: Terry McMillan
Oct. 21, 1980: Kim Kardashian
Oct. 28, 1972: Brad Paisley
Oct. 31, 1993: Letitia Wright



Sheila Zur

She was born and raised in Liverpool, England. In the 1960s she came to America as a teenager to be a nanny for a family with 5 children. She has one daughter and one grandchild. Sheila worked for her local DSS office as a case-worker for many years. This led her to later become a foster parent for many years, helping a total of 22 children in her time. When she wasn't working or taking care of children she enjoyed performing in her local theater. Sheila loved to travel as a young woman, she has been to Dublin, Wales, Scotland, Australia, and France. Sheila loves to meet new people and try new things. If you see her around, be sure to ask her about her wonderful adventures!



Zoe Hanga

My name is Zoe; I have been an RA (Nursing Department) here at Heathwood for 5 months now. I live in Greece, NY with my boyfriend Joey and my family. I have a cat named Nala whom I love like a child. When I'm not here at work I enjoy being outside and taking walks. I also really enjoy cooking, swimming and just being with my family and friends. I really love working here at Heathwood. All the residents and staff have become a second family to me! If you see me around, make sure you say hi. I love hearing about your day!



Car Show



Our residents enjoyed seeing classic cars and listening to live music.



Pictionary Game W/ Residents



Wit & Wisdom

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

"A man is a very small thing, and the night is very large and full of wonders."
—Lord Dunsany

"The night walked down the sky with the moon in her hand."
—Frederic L. Knowles

"The cloud shadows of midnight possess their own repose."
—Percy Bysshe Shelley

"The heights by great men reached and kept were not attained by sudden flight, but they, while their companions slept, were toiling upward in the night."
—Henry Wadsworth Longfellow

"So the darkness shall be the light, and the stillness the dancing."
—T.S. Eliot

"To me, every hour of the day and night is an unspeakably perfect miracle."
—Walt Whitman

"Give light, and the darkness will disappear of itself."
—Desiderius Erasmus

LR

Living Room

C

Café

L

DR

Dining Room

TB

AR2

AR1

Excursion

(Meet in Lobby)

LR




Theater

Café

Library

Dining Room

TBD- Daily Sheet

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div> <div>5</div> <div>10:30 T Catholic Communion 📺 10:30 LR Presbyterian Church Services on YouTube (LR) 🎵 11:00 A1 Card Making w/ Lacey 🧵 1:30 C Euchre Game ☕ 2:30 A1 Dime Bingo w/ Lacey 🎲 8:20 LR Buffalo Bills vs New England Patriots (NBC) 🎵</div>	<div></div> <div>6</div> <div>10:00 A2 Monday Movement w/ Tom 🚶 10:45 A1 Pokeno Game w/ Tom 🎲 2:00 LR Root Beer Float and Music on TV 🎵 3:15 T Story Time w / Dian 📺 4:15 C Uno Game w/ Friends ☕</div>	<div></div> <div>7</div> <div>10:15 A2 Movement with Denise 🚶 10:45 A1 White Board -Jeopardy w/ Lacey 🎲 1:30 T Bible Hour w/ Ashton 📺 2:00 A1 Resident Council Meeting 🎲 3:30 A1 Nail Painting - Manicure w/ Lacey 🧵</div>	<div>1</div> <div>10:00 A2 Exercise w/ Tom 🚶 10:45 A1 Painting w/ Tom 🎲 2:00 LR Live Music w/ Frank 🎵 3:00 T Catholic Communion 📺 3:30 T Rosary Prayer w/ Friends ☕</div>	<div>2</div> <div>10:00 A2 Fitness Exercise w/ Tom 🎲 10:45 A1 How Much It Cost - 1980 w/ Lacey 🎲 2:00 LR Live Music w/ Kim 🎵 3:00 A1 Quarter Bingo w/ Lacey 🎲 4:15 C Chimes Playing ☕</div>	<div>3</div> <div>9:30 A1 Flu Clinic 🧑 2:00 C Crocheting Group ☕ 3:00 C Social Hour w/ Friends ☕ 4:00 L Book Club 📖</div>	<div>4</div> <div>10:00 A2 Fitness Exercise w/ Marcia 🚶 11:00 C Coffee Chat ☕ 1:30 C Euchre Game w/ Friends ☕ 2:00 T Movie Matinee 📺 2:30 A1 Cookies Making and Tasting w/ Marcia 🧵 4:15 C Games in Café ☕</div>
<div>12</div> <div>10:30 T Catholic Communion 📺 10:30 LR Presbyterian Church Services on YouTube (LR) 🎵 11:00 A1 Fuse Beads w/ Lacey 🧵 1:30 C Euchre Game ☕ 2:30 A1 Dime Bingo w/ Lacey 🎲 7:00 T Night at the Movies 📺</div>	<div>Columbus Day</div> <div>13</div> <div>10:00 A2 Monday Movement w/ Tom 🚶 10:45 A1 Pokeno Game w/ Tom 🎲 11:00 E Fall Foliage Trip & Lunch Naples 🚶 3:15 T Story Time w / Dian 📺 7:15 LR Bills vs Falcons (ESPN) 🎵</div>	<div>14</div> <div>10:00 A2 Fitness Exercise w/ Tom 🚶 10:45 A1 White Board Games- Hangman w/ Lacey 🎲 1:30 T Bible Hour w/ Ashton 📺 1:30 A1 Food Council Meeting 🎲 3:30 A1 Posh and Pampered - Manicure w/ Lacy 🧵</div>	<div>15</div> <div>10:00 A2 Exercise w/ Tom 🚶 10:45 A1 Art Studio w/ Tom 🎲 11:30 E Men’s Club- Out to Lunch 🚶 2:00 TB Live Music w/ Joe M. 🎵 3:00 T Catholic Communion 📺 3:30 T Rosary Prayer w/ Friends ☕</div>	<div>16</div> <div>10:00 A2 Fitness Exercise w/ Tom 🎲 10:45 C Pictionary Game w/ Lacey & Edina ☕ 2:00 A2 Stability Class w/ Lacey 🚶 3:00 A1 Quarter Bingo w/ Lacey 🎲 4:15 C Chimes Playing ☕</div>	<div>17</div> <div>10:00 A2 Friday Fitness w/ Edina 🚶 10:45 A1 Jewelry Making w/ Edina 🎲 2:00 C Crocheting Group w/ Edina ☕ 3:00 C Social Hour w/ Friends and Edina & Marcia ☕ 4:00 L Book Club 📖</div>	<div>18</div> <div>10:00 A2 Fitness Exercise w/ Marcia 🚶 11:00 C Coffee Chat w/ Friends ☕ 1:30 C Euchre Game w/ Friends ☕ 2:00 T Movie Matinee 📺 2:30 A1 Tea party and Snack w/ Marcia 🧵 4:15 C Yahtzee Game w/ Friends ☕</div>
<div>19</div> <div>10:30 T Catholic Communion 📺 10:30 LR Presbyterian Church Services on YouTube (LR) 🎵 11:00 LR Balloon Ball w/ Lacey 🎵 1:30 C Euchre Game ☕ 2:30 A1 Dime Bingo w/ Lacey 🎲 7:00 T Night at the Movies 📺</div>	<div>20</div> <div>10:00 A2 Monday Movement w/ Tom 🚶 10:45 A1 Pokeno Game w/ Tom 🎲 2:00 TB Live Music w/ Samuel Deleo 🎵 3:15 T Story Time w / Dian 📺 4:15 LR You Tube Concert / TV 🎵</div>	<div>21</div> <div>10:00 A2 Fitness Exercise w/ Tom 🚶 10:45 A1 Apple Baking w/ Lacey 🧵 1:30 T Bible Hour w/ Ashton 📺 2:00 LR Apple Tasting w/ Lacey & Edina 🎵 3:30 A1 Manicures w/ Lacey 🧵</div>	<div>22</div> <div>10:00 A2 Exercise w/ Tom 🚶 11:00 C Fall craft and Bake Sale ☕ 3:00 T Catholic Communion 📺 3:30 T Rosary Prayer w/ Friends ☕</div>	<div>23</div> <div>10:00 A2 Fitness Exercise w/ Tom 🎲 10:45 A1 Alphabet Game w/ Lacey 🎲 2:00 A2 Better Balance w/ Lacey 🚶 3:00 A1 Quarter Bingo w/ Lacey 🎲 4:15 C Chimes Playing ☕</div>	<div>24</div> <div>10:00 A2 Friday Fitness w/ Edina 🚶 10:45 A1 Art and Craft w/ Edina 🎲 2:00 TB Live Music w/ Tom D. 🎵 3:00 C Gathering with Friends w/ Edina & Marcia ☕ 4:00 L Book Club 📖</div>	<div>25</div> <div>10:00 A2 Fitness Exercise w/ Marcia 🚶 11:00 C Coffee Chat ☕ 1:30 C Euchre Game w/ Friends ☕ 2:00 T Movie Matinee 📺 2:30 C Root Beer Float and Trivia ☕ 4:15 C Uno Game w/ Friends ☕</div>
<div>26</div> <div>10:30 T Catholic Communion 📺 10:30 LR Presbyterian Church Services on YouTube (LR) 🎵 11:00 A1 Word Game w/ Lacey 🧵 1:00 LR Bills vs Panthers (FOX) 🎵 2:30 A1 Dime Bingo w/ Lacey 🎲 7:00 T Night at the Movies 📺</div>	<div>27</div> <div>10:00 A2 Monday Movement w/ Tom 🚶 10:45 A1 Pokeno Game w/ Tom 🎲 2:00 LR Live Music w/ Frank 🎵 3:15 T Story Time w / Dian 📺 4:15 A1 Grief Support Lacey 🎲</div>	<div>28</div> <div>10:00 A2 Fitness Exercise w/ Tom 🚶 10:45 A1 Chocolate Pie Making w/ Lacey 🧵 1:30 T Bible Hour w/ Ashton 📺 2:00 C Theme Day - Chocolate Pie Day w/ Lacey & Edina ☕ 3:30 A1 Nifty Nails- Manicures w/ Lacey 🧵</div>	<div>29</div> <div>10:00 A2 Exercise w/ Tom 🚶 10:45 A1 Painting w/ Tom 🎲 11:30 E Lunch Outing 🚶 2:00 LR Virtual Tours and Ice Cream 🎵 3:00 T Catholic Communion 📺 3:30 T Rosary Prayer w/ Friends ☕</div>	<div>30</div> <div>10:00 A2 Fitness Exercise w/ Tom 🎲 10:45 A1 Halloween Costume Fittings 🎲 2:30 A2 Stability Class w/ Lacey 🚶 3:00 A1 Quarter Bingo w/ Lacey 🎲 4:15 C Chimes Playing ☕</div>	<div>Halloween</div> <div>31</div> <div>10:00 A2 Friday Fitness w/ Edina 🚶 10:45 A1 Halloween Craft 🎲 12:00 DR Halloween Lunch and Costume Contest 🎵 2:00 C Halloween Party w/ Happy Hour ☕ 2:00 LR Live Music w/ Mike 🎵 2:00 A1 Lost and Found Laundry 🎲 4:00 L Book Club 📖</div>	<div>All activities are subject to change. Please see Daily Activity sheet for changes. If you have any questions, please feel free to see Edina Hamzic (585) 425-9663.</div>

Wit & Wisdom

"In October, any wonderful unexpected thing might be possible."

—Elizabeth George Speare

"There is no season when such pleasant and sunny spots may be lighted on, and produce so pleasant an effect on the feelings, as now in October."

—Nathaniel Hawthorne

"October had tremendous possibility. The summer's oppressive heat was a distant memory, and the golden leaves promised a world full of beautiful adventures."

—Sarah Guillory

"Listen! The wind is rising, and the air is wild with leaves, We have had our summer evenings, now for October eves!"

—Humbert Wolfe

"What the light looks like in the pear trees, in October, is a hundred teardrops of gold, the whole orchard weeping."

—Carole Maso

"May you fall in love with October and all the beauty it brings,

May your life be as colorful as the turning of the leaves ..."

—Charmaine J. Forde

"October is the opal month of the year. It is the month of glory, of ripeness."

—Henry Ward Beecher

Magic Show With Marilyn

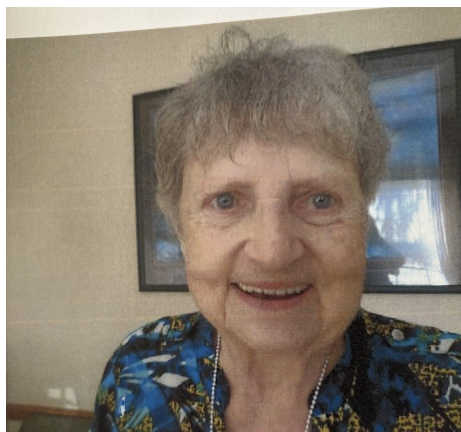


Music With Jon Miltsch

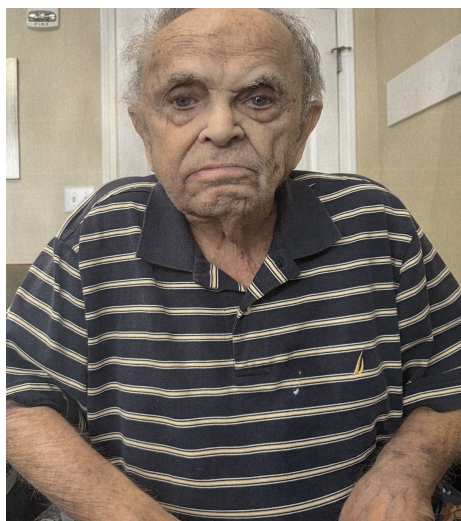


Welcome New Residents

We would like to welcome these new residents to our Heathwood Family.



Eleanor B.



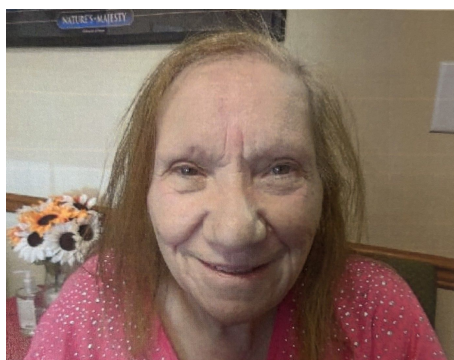
William N.



Sheila Z.



Patricia P.



Iole B.



Thomas B.

Help Your Loved One Adjust to Assisted Living

Moving from home to an assisted living facility can be difficult, regardless of whose decision it is. You can help ease the transition with the following tips:

Involve your loved one in the planning and moving process. If possible, let him or her decide which pieces of furniture will decorate the new home.

Stay positive and avoid voicing negative opinions, even if you don't agree with the decision to move to an assisted living facility.

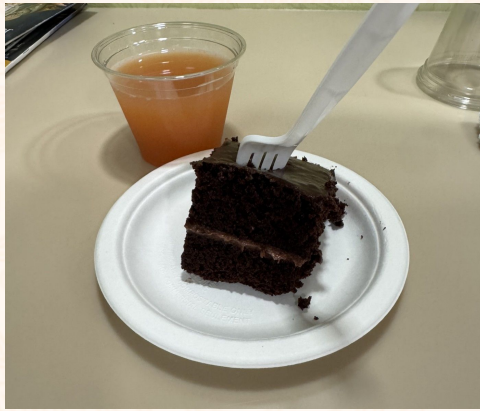
Visit frequently. Spend your visit in common areas so that you can both interact with other residents.

Lend an ear. Sometimes all your loved one needs to come to terms with a new living arrangement is the chance to talk it through.

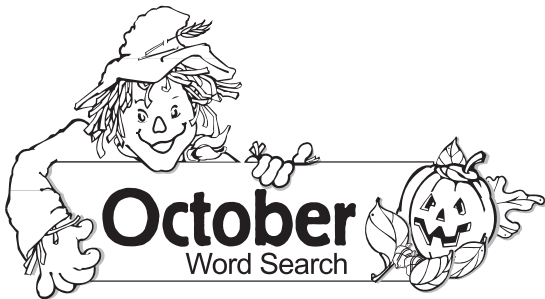
If you think your loved one is having a hard time adjusting, speak to the facility case manager and your loved one's close friends or clergy.



Theme Day
Peach pie sweetened our
theme day.



We celebrated August
residents' birthdays with
chocolate cake, punch and
live music.



- | | |
|---------------|--------------|
| 1. Candy | 9. Halloween |
| 2. Cat | 10. Harvest |
| 3. Costume | 11. Moon |
| 4. Dark | 12. Scary |
| 5. Dry Leaves | 13. Spider |
| 6. Football | 14. Treat |
| 7. Ghost | 15. Trick |
| 8. Goblin | 16. Witch |

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