

Pumpkin Trivia

Pumpkins are grown on six of the seven continents, with Antarctica being the sole exception.



Thank you to all who participated in the “Boo” bag activity! This was so much fun! How the game works is one person gives a gift (a boo bag) and they leave it at their neighbors door and then the neighbor “boos” the next neighbor and so on and so forth. No one knows who “boos” who, that’s what makes this so much fun! :)



Crafts & more Crafts!!

Ranae (pictured right) was one of the many residents that joined in on this fun event! Jeanie Hopcus came in to teach everyone how to repurpose an old bottle for a decoration or night light or center piece, they really have numerous usages. :) We had a good time! Thanks so much Jeanie! We look forward to having you back in December for more fun crafts!



Scenic Trails Active Living

Scenic Trails



“Come as strangers, live as friends”

How virtual reality therapy may benefit people with Alzheimer’s and other types of dementia

The small study involved just eight patients between the ages of 41 and 88, living with various types of dementia, including Alzheimer’s disease and Huntington’s disease.

The study’s participants used a virtual reality headset to visit one of five virtual environments – a cathedral, a countryside, a forest, a sandy beach. and a rocky beach.

Over the course of 16 sessions, patients were monitored and feedback was gathered from patients and their caregivers.

The patients chose which environment they would visit each time. Some explored several different locales within a single session. Others returned to the same place over and over again.

Among the chief findings: The new stimulation provided by the virtual reality tours helped dementia patients tap into old memories.

According to the researchers, recalling buried memories gave participants positive mental stimulation and helped the caregivers learn more about their lives before. This, the caregivers said, improved social interactions between them and their patients.

One study participant with dementia referred to the VR event as “brilliant,” and enjoyed reminiscing about the experience. He was also inspired to draw a seascape in an art class several weeks later. The researchers suggest this may show a correlation between VR and a positive mood and motivation to engage in the art class.

Quote of the Month: “An act of kindness may take only a moment of our time, but when captured in the heart, the memory lives forever.” Molly Frieden Feld

COMMUNITY INFORMATION

COMMUNITY MANAGER: ARWEN CHAPLIN

CONNECT 55+ COORDINATOR:

KIM YEAGER

MAINTENANCE TECH:












SHAWN BRIGHT

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RENT IS DUE TO THE OFFICE ON THE 1ST OF EVERY MONTH. RENT CHECKS CAN BE MADE OUT TO . RM30 HOLDINGS LLC



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			 Alzheimer's Awareness Month	 	1 WEAR PURPLE 9AM COFFEE & DONUTS 9AM COMM. UPDATE MEETING 9AM FINANCIAL 930AM WESLEY LIFE 930AM ALZHEIMERS AWARENESS 1PM COLORING 3PM BOOK CLUB	
3 Daylight Savings Ends BIBLE STUDY (GAME ROOM) 	4 National Candy Day 10AM COFFEE 10AM CHAT 11AM PUZZLES 11AM SOCIAL HOUR 2PM BOOK CLUB 615PM PINOCHLE 630PM GAMES	5 Election Day 10AM BIBLE STUDY APT 241 11AM CHAIR EXERCISES 1PM MEDICAP FLU CLINIC 3PM COLORING 3:30PM LEAVES OF GRATITUDE TREE 4PM HAPPY HOUR 630 BILLIARDS	6 9AM COFFEE 9AM GAMES CHOICE 10AM SOCIAL SUPPORT GROUP 1130AM PIZZA RANCH SIGN UP 1PM MASSAGE CHAIR TRAINING 3PM COLORING 4PM WALK W/ FRIENDS	7 10AM COFFEE 10AM CHAT 11AM CHAIR EXERCISES 1PM SOCIAL SUPPORT GROUP 2PM COLORING 3PM SOCIAL HOUR 6PM CARDS CHOICE	8 WEAR PURPLE 9AM COFFEE & DONUTS 9AM WEEKLY UPDATE MEETING 930AM BRIGHT FOCUS 930 AM FINANCIAL 930AM ALZHEIMERS EVENT 1130AM COLORING 530PM PIZZA RANCH SIGN up	9
10 	11 Veteran's Day 9AM COFFEE 9AM CHAT 11AM YOGA 1PM HONORING VETS CAKE & COFFEE 3PM COLORING 615 PINOCHLE 630 GAMES <i>100th Anniversary of Veterans Day/Remembrance Day</i>	12 Full Moon/Beaver Moon 9AM CHAT 10AM NAPKINS FOR NURSING 1130 CHAIR EXERCISES 1PM COLORING 2PM GAMES 3PM CHAT WITH FRIENDS 4PM PURPLE HAT WINE AND CHEESE DAY	13 World Kindness Day 9AM GAMES CHOICE 9AM CHAT 10AM COLORING 1130AM CHILI COOK-OFF SIGN UP 2PM MASSAGE CHAIR TRAIN 3PM HAPPY HOUR 4PM KARAOKE	14 World Diabetes Day 9AM COFFEE 9AM CHAT 11AM CHAIR EXERCISES 1PM COLORING 2PM CRAFTS W/ JEANIE 4PM SOCIAL HOUR 6PM CARDS CHOICE 	15 WEAR PURPLE 9AM COFFEE & DONUTS 9AM WEEKLY UPDATE 930 NAPKINS FOR NURSING 930AM ALZHEIMERS EVENT 11AM CONNECT 55+ MEET 1PM COLORING 2PM CHAT 	16
17 BIBLE STUDY (GAME ROOM)	18 Mickey Mouse's 91st Bday 10AM COFFEE 10AM CHAT 11AM PUZZLES 1PM COLORING 1:30PM SISTER HOMESTYLE ENTREES PRESENTATION-TASTE TESTING 2PM NOVEMBER B-DAY CELEBRATION 615 PINOCHLE 630 GAMES	19 10AM BIBLE STUDY APT. 241 10AM CHAT 11AM CHAIR EXERCISES 1PM GAMES 2PM SOCIAL HOUR 3PM COLORING 630 BILLIARDS	20 9AM COFFEE 9AM CHAT 10AM PUZZLES 11AM GAMES 1PM MASSAGE CHAIR TRAIN 2PM PING PONG 4PM HAPPY HOUR	21 10AM GAMES 11AM CHAIR EXERCISES 1PM PUZZLES 2PM COLORING 3PM BOOK CLUB 4PM CHAT WITH FRIENDS 6PM CARDS 	22 WEAR PURPLE 9AM COFFEE & DONUTS 9AM WEEKLY UPDATE 930 AM ALZHEIMERS EVENT 930 AM FINANCIAL 1030 AM FITNESS RM TRAINING 1130 AM COLORING 1PM PING PONG	23
24	25 National Parfait Day 10AM COFFEE 10AM CHAT 1130 THANKSGIVING POTLUCK DINNER SIGN UP 1PM COLORING 3PM GAMES 615 PINOCHLE 630 GAMES 	26 10AM BIBLE STUDY APT 241 11AM CHAIR EXERCISES 1PM CHAT W/ FRIENDS 2PM WALK W/FRIENDS 3PM COLORING 4PM HAPPY HOUR 5PM GAMES	27 9AM COFFEE 9AM CHAT 10AM PUZZLES 11AM SOCIAL HOUR 1PM LEAVES OF GRATITUDE 330PM HYVEE BINGO 5PM MOVIE NIGHT 	28 Thanksgiving CLOSED FOR HOLIDAY	29 Black Friday CLOSED FOR HOLIDAY	30 Small Business Saturday