



WELCOME TO OUR

MONTHLY NEWSLETTER

Welcome to our October Newsletter! As the leaves begin to change and the cooler weather arrives, we're looking forward to a month filled with fall fun, festive activities, and time spent together. There will be plenty of opportunities to laugh, connect, and enjoy everything this beautiful season has to offer. We hope you'll join us in making wonderful memories all month long!



Mark your calendar

October 2nd	Autumn Melodies- Name that Tune
October 7th	Painting Pumpkins
October 12th	Homeschool Hangout
October 14th	Through the Decades- School Concert
October 28th	Halloween Party
October 29th	Trick or Treat at 6:00PM
October 30th	Trick or Treat at 9:00AM

Resident & Employee Birthdays

October 12th	Marian Winkelmann
October 18th	Joyce Steen
October 18th	Dorothy Stamp
October 19th	Marlene Alltop
October 20th	Judy Luett
October 31st	Jan Klinkner
October 5th	Elaina Wyatt- Employee
October 24th	Chrissy Kohl- Employee

Resident Socials

You are invited. Join us every Friday for Happy Hour.
Enjoy drinks, snacks, and live entertainment to kick off the weekend.

Happy Hour is held every Friday at 2:00 PM in the dining room, unless otherwise noted below.

Week 1: Pat Jones at 9:45AM & Name that Tune at 2:00PM

Week 2: Janet Lieb

Week 3: Doug Kutzli

Week 4: Lester Wilson

Week 5: Ron Cook



Bingo in Memory of Berniece

Berniece Bolte was a well-loved member of our Park Vista family, and Bingo was one of her favorite activities. After her passing, her family made a generous donation toward activities. We used their gift to purchase new Bingo supplies and prizes, then gathered for a game in Berniece's memory. It was especially meaningful to have her daughter, Christie, join us and help with the game. Thank you to Berniece's family for helping us remember her through an activity she enjoyed so much.



Shining Together Community Day

During Assisted Living Week, we welcomed residents, employees, and community members to Park Vista for a fun-filled Community Day! Everyone enjoyed visiting the petting zoo, watching balloon animals come to life, and choosing treats from the food trucks. It was wonderful to spend the day together and see so many familiar faces.



Dolly Parton Day

We had a "Dolly" good time celebrating Dolly Parton Day! In the morning, residents made their own colorful coats inspired by Dolly's "Coat of Many Colors." Then Brooke Byam brought Dolly's music to life with a wonderful afternoon show. It was a day full of creativity, singing, and smiles!



Resident Spotlight

Diane Smithburg has called Park Vista home for two years. Originally from Aurora, Illinois, she later moved to Clinton, Iowa, before choosing Park Vista because she had heard it was a good place to live. Diane enjoys collecting antiques, shopping, and spending time with friends at Happy Hour. She also appreciates being able to come and go as she pleases and having time to herself when she wants it. Diane and her husband raised four children and owned five apartment houses, which they fixed up and rented out. Her favorite memory is marrying her husband 70 years ago, when she was just 15. People told them their marriage wouldn't last, but Diane says they proved them wrong by working together through the difficult times. Her advice to others is to get a good education, and her advice for a lasting marriage is to remember that no one is perfect and keep working together.



Staff Feature

Chrissy has been part of the Park Vista team for eight years. She started as an aide and medication aide and now works in housekeeping. Chrissy is always willing to lend a hand in another department when she's needed, and we appreciate how much she does for our team. She loves seeing smiles on residents' faces and working alongside coworkers who support one another. We're grateful to have her at Park Vista!

Tip of The Month

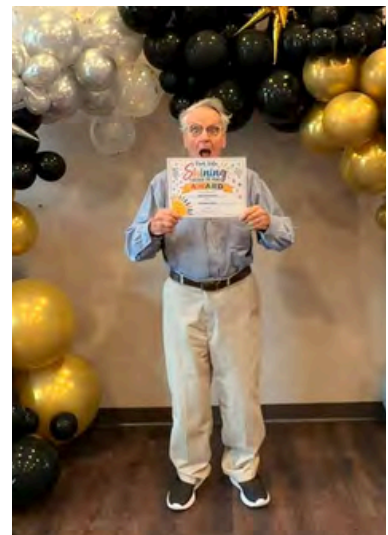
October Wellness Tip:

Notice the moment, don't wait for the occasion. Joy often shows up in the ordinary: a laugh at the table, a familiar song, or a quiet conversation. This month, try starting one visit or meal with a simple question: "What made you smile today?"



October Fun Facts

- **October Birthstones: Opal & Pink Tourmaline** — Opal symbolizes hope and creativity, while pink tourmaline represents love and compassion.
- **October Birth Flowers: Marigold & Cosmos** — Marigolds symbolize warmth and creativity, while cosmos represent peace and harmony.





SEE YOU NEXT MONTH!

Contact Us

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A Note from Our Team

We are grateful for the trust you place in us.
Please reach out anytime with questions or feedback.

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