



HIEILO September!

Happy September! This is my most favorite month! I love everything about it, pumpkin spice lattes, football games, and of course all the colors of Fall. Make sure you get outside and go for a walk or sit out and watch the trees turn their beautiful fall colors.

Thank you to everyone that donated school supplies to our neighboring school. The teachers at Franklin Elementary were very appreciative.

Please welcome our new residents: Doug Sparks in apartment 317 and Carol Hadley in apartment 336.

The Ocktemberfest parade will be Saturday, September 26th at 10am. Our King Larry and Queen Diana will be riding in the parade. If you would like to walk with us in the parade let us know.

Abby feels overwhelmed with gratitude from the support of all of you guys. She wants to thank you all and hopefully she is on the mend.

I hope all of you have a Happy fall!

State Fair Fun



Can you guess who these residents are?



STAY WELL THIS FALL AND WINTER

There are many viruses going around this season. Be aware of the signs for COVID-19, Influenza, (flu), and Respiratory Syncytial Virus (RSV).

SIGNS AND SYMPTOMS

- Fever
- Cough
- Bodyaches
- Runny nose
- Headache
- Sore throat
- Fatigue
- Loss of taste or smell
(not common with COVID-19)



PREVENTION

- Wash your hands with soap and water. If soap and water are not readily available, use hand sanitizer.
- Vaccines protect you from getting very sick and from giving the virus(es) to others. Vaccines for COVID-19, flu, and RSV are available.
- Masks protect you and protect others. You especially should wear a mask if you:
 - Need to leave your home when you are sick.
 - Are taking care of someone who is sick.
 - Near people in danger of getting very sick.
 - Indoors with a large group of people, especially when these



HyVee will be coming to give FLU and COVID vaccinations on Friday, September 18th from 2pm-3pm in the Community Room. Abby and Linsey will be signing up the residents that want to do this a week prior. You will need to bring us your Medicare card when we sign you up.



Resident Birthdays

Cindi Davies "" September 2nd

Joan Fry "" September 5th

Carrol Menter "" September 5th

Mary Alman "" September 9th

Jerry Wilhelm "" September 10th

Don Underwood "" September 13th

Ellen Johnson "" September 18th

David Nuese "" September 19th

Pat Clark "" September 19th

Laurie Kasal "" September 21st

John Detrich "" September 21st

Case Hegeman~september 22nd

Jane Halleck "" September 23rd

Audrey Harms "" September 27th

Terry Weismann "" September 29th

Staff Birthdays

Josi~september 10th

Birthday Party in the Community Room, 2:30PM on September 4th

Regular Weekly Activities

Monday

Medical Appointments Van Runs 8am-12pm

- 8:00AM Exercise in the Pool
10:00 AM Catholic Communion 1st Monday of the month in Chapel
12:45 PM Book Club 1st Monday in the 3rd Floor lounge
6:30PM Game Night in The Perk Coffee Shop

Tuesday

Medical Appointments Van Runs 8am-12pm

10:00AM Exercise Class in the Community Room

1:15 PM Alternating grocery stores

September 1st- Fareway

September 8th- HyVee

September 15th- Walmart

September 22nd- Fareway

September 29th- HyVee



Wednesday

Medical Appointments Van Runs 8am-12pm

- 8:00AM Exercise in the Pool
10:00AM Lutheran Communion 3rd Wednesday
12:50PM Bible Study in the 3rd Floor Game room
2:45 PM Bags in the Community Room

Medical Appointments Van Runs 3pm-12 pm

Thursday

10:00AM Exercise Class in the Community Room

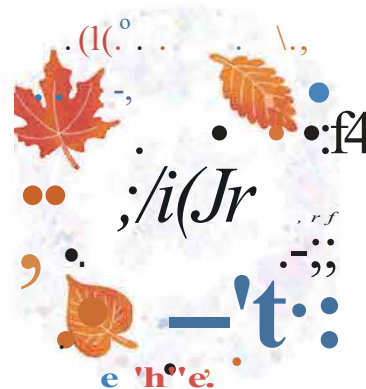
Friday

No Medical Appointments

- 8:00AM Exercise in the Pool
9:30AM Kings in the Corner (Perk)
6:00PM Movie in the Theater

Sunday

6:00PM Vespers in the Chapel



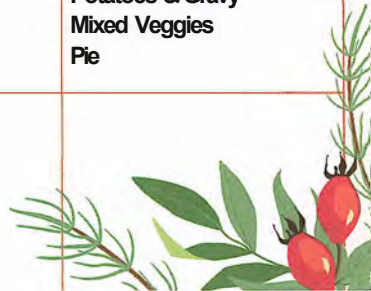
SEPTEMBER SUPPER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Club Wrap Corn Chowder Soup	2 Cheddarwurst Fries	3 TatorTot Casserole Roll	4 Pasta w/ Meat Sauce Garlic Bread	5 Frnch Bread Pizza Wings	6 Chef Salad
7 Sausage Gravy Over Biscuit Scrambled Eggs	8 Pulled Pork Slaw	9 Brat Burger Chips	10 Pinwheel Minestrone Soup	11 Sloppy Joe Fries	12 Chicken Parmesan Garlic Knot	13 Loaded Chicken Salad Chips
14 Pancakes Fried Egg Yogurt	15 Ham & Bean Soup Corn Bread	16 Patty Melt Tator Tots	17 Grilled Cheese Tomato Soup	18 BLT Chips	19 Manicotti w/Meat Sauce Breadstick	20 Egg Salad Broccoli & Cheese Soup
21 Breakfast Sandwich Potato Cakes	22 Scalloped Potatoes & Ham Roll	23 Subs w/ Lettuce, Tomato & Onion Chips	24 Hot Slider Chicken Noodle Soup	25 Lasagna Roll Up Roll	26 Goulash Garlic Bread	27 Chili Corn Muffin
28 Waffles Strawberries Smokies	29 W/ Grilled Chicken Chips	30 Cheese Burger Fries				



SEPTEMBER DINNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Carolyn H Resident of The Month	2 PorkChop Loaded Potatoes Green Beans Cookies	3 Shrimp Rice Creamed Peas Ice Cream	4 Tenderloin Baked Beans Fries Fried Apples	5 Smoked Sausage Sauerkraut Scalloped Potatoes Brussel Sprouts Cheese Cake	6 Baked Chicken Loaded potatoes Mixed veggie Pie
7 Hamburgers & HotDog Labor Day Rice Crispy Treat	8 Swiss Steak Potatoes & Gravy Cauliflower Assorted Dessert	9 White Fish Rice Peas Cookies	10 Hamballs AuGratins Brussels Cobbler	11 French Onion Meatballs Stuffing Sweet Potato Cake	12 Shrimp Foil Pack Roll Ice Cream	13 Porkchop Red Potatoes Corn Pie
14 Meatloaf Potatoes & Gravy Green Beans Assorted Dessert	15 Cod Scalloped Potatoes Mixed Veggies Pumpkin Dessert	16 Baked Chicken Baby Bakers Zucc. Blend Cookies	17 Swedish Meatballs Potatoes & Gravy Carrots Flip	18 Dried Beef Over Biscuit Cabbage Ice Cream	19 Pork Cutlet Potatoes & Gravy Green Beans Cake	20 AsainBeef Snap Peas Rice Pie
21 Orance Chicken Asian Veggie Egg Roll Assorted Dessert	22 Porkchop Cheesy Potatoes Carrots Cake	23 Tilapia AuGratins Squash Cookies	24 Ham Steak Stuffing Sweet Potatoes Crisp	25 Cubes Steak w/ Onion Potatoes & Gravy Calif.Med Cake	26 Caprese Chicken Baby Bakers Broccoli Ice Cream	27 Pork Roast Potatoes & Gravy Mixed Veggies Pie
28 Broccoli Stuffed Chicken Rice Green Beans Assorted Dessert	29 Porcupine Meatballs Potatoes & Gravy Asparagus Turnover	30 Salmon Patty Seasoned Potatoes Spinach Cookies				



Septemoer ACTIVITIES

Tuesday, September 1st Pen Pal Project	2:00PM	Perk
Thursday, September 3rd Blood Pressure	1:30PM	Perk
Friday, September 4th Birthday Party	2:30PM	Community Room
Monday, September 7th Field Trip To Hobby Lobby	1:15 PM	Sign Up
Tuesday, September 8th Bingo	2:00PM	Community Room
Thursday, September 10th Crafts	2:00PM	Perk
Friday, September 11th Field Trip To Appleberry Farm	1:15PM	Sign Up
Saturday, September 12th Foot Clinic	Sign Up	Salon
Monday, September 14th More or Less	1:30PM	Perk
Tuesday, September 15th Pepper Tournament	1:00-3:00PM	Perk
Wednesday, September 16th Tie Dye	2:00PM	Perk Deck
Thursday, September 17th Bingo W/ Bruni	1:00 PM	Perk
Thursday, September 17th Kevin Morgan	3:00PM	Community Room
Friday, September 18th Hy-Vee Flu & Covid Shots	2:00-3:00PM Sign Up	Community Room
Monday, September 21st Jeopardy	1:30	Perk
Tuesday, September 22nd Pepper Tournament	1:00-3:00PM	Perk
Wednesday, September 23rd Coffee & Rolls	9:00AM	Perk
Thursday, September 24th Cards w/ Mary	2:00PM	Perk
Friday, September 25th Happy Hour	2:00PM	Perk
Saturday, September 26th Oktoberfest Parade	10: 00AM	
Monday, September 28th I should of Known	1: 30 PM	Perk
Tuesday, September 29th Bingo	2 00PM	Community Room