



Happy October! The leaves are starting to fall and the weather will be soon changing. Maintenance will be switching over to heating in the middle of the month. Lee and Marques will also be coming around later this month to change out your furnace filter.

A huge thank you goes out to HyVee for coming to us to give our residents the covid and flu shots. This is a very nice service they do for us!

October is National Fire Month. If you have any questions or concerns on where you exit from your apartment please come see me. Also, remember if your smoke detector in your apartment goes off do not open your door to the hallway. We have an emergency panel that shows which apartment is going off, so we will come help you.

For example, if your smoke detector goes off from something you are cooking like bacon you can stay in your apartment and open your window. If you see an actual fire you need to leave your apartment and shut the door behind you. Hope everyone has a great October!



JOAN REDALEN

Joan was born March 26, 1945 in Des Moines. She went to East Des Moines schools, graduating from there. She has 1 sister. She then went to UNI for education. Before her senior year at college, she and 2 friends went to Madison Beach, Connecticut, working as chamber maids, cleaning 30 rooms each day. Joan taught elementary classes in Cedar Falls, then went back to UNI laboratory school, teaching there. She also traveled around the state for staff development. She taught at AEA 7 in the Cedar Falls/Waterloo area as a language arts consultant. They moved to Marshalltown where she taught language arts for K-12 for 6 years. Joan then got the job of director of instruction working with staff with teaching materials. She retired from there in 2004.

Joan and Ed met at UNI, where he taught school counseling. They were married July 2, 1976. They have 4 children- Todd, Krisha, Jennifer, and Kirsten, who gave them 13 grandkids and 8 great grandkids. They had a lake home in Park Rapids MN, going there with their family every summer, sometimes going there in the winter to ski, and also going to CO to ski. Ed's sister lived in New Port Beach, CA, where they went often, and to Hilton Head, SC to golf. Ed passed away October 16, 2025.

Joan likes to read and be with her grandkids, going to many of their events. She moved here June 24, 2026. She likes the quietness of living here, enjoys the friends that she has made, loves her apartment, and is wanting to get more involved with card playing, swimming, and the exercise class. She is a member of Grandview Lutheran church in Des Moines.



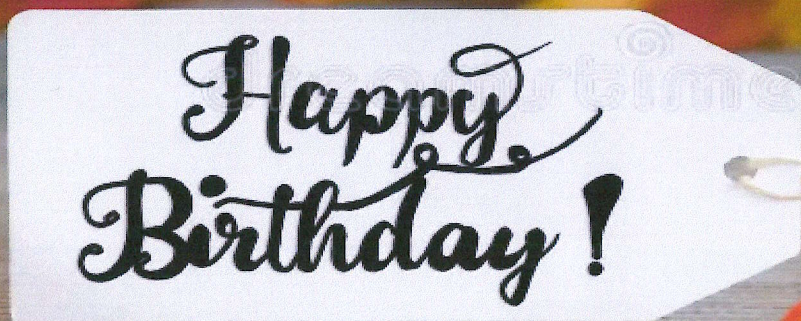
CASE HEGEMAN

Case was born Sept 22, 1953 in Bussen, Netherlands. He has 3 brothers and 3 sisters. His family moved here when he was 3 years old. He went to school in Souix City, Souix Center, and Orange City-graduating from there in 1972. After graduation, he worked for Diamond Vogel for 30 years. He moved to OH, where he worked at an ethanol plant, retiring from there. He moved back to Marshalltown in 2017. He then worked part time for Strand Paint, leaving that job in 2025. Case has 1 son, Michael.

His parents helped smuggle many Jews from Germany during the war. The Germans came to their home, looking for the book they kept for the people they helped, but never found it. His mother had hidden the book on top of the lamp shade.

Case enjoys cycling, photography, and is very involved in the Presbyterian church, where he is a deacon, and a member of the Mission's Committee. He is on the board of Grimes Farm and volunteers with activities there. Case has 1 sister that still lives in Holland, he has been there 17 times to visit his family. He has also been to Cancun, and to Haiti with the Mission Committee.

Case moved here July 2, 2026. He likes the sense of community, the good food and not having to cook. He said we have an excellent staff, who are all very helpful.



Resident Birthdays

Bev Metge~October 7th

Joyce Ring~October 7th

Marilyn Battles~October 13th

Wayne House~October 15th

Sheila Rawe~October 16th

Paul Alman~October 22nd

Doug Sparks~October 23rd

Marcia Burgess~October 26th

Theresa Brooks~October 28th



Happy Anniversary~October 20th

John & Maggie Catron

Staff Birthdays

Dusty~October 28th

Kylynn~October 29th

Micah~October 31st

Birthday Party in the Community Room, 2:30PM on October 2nd

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
 - October 6th - Fareway
 - October 13th- HyVee
 - October 20th- Walmart
 - October 27th- Fareway



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

Thursday

Medical Appointments Van Runs 8am-12 pm

- 10:00AM Exercise Class in the Community Room

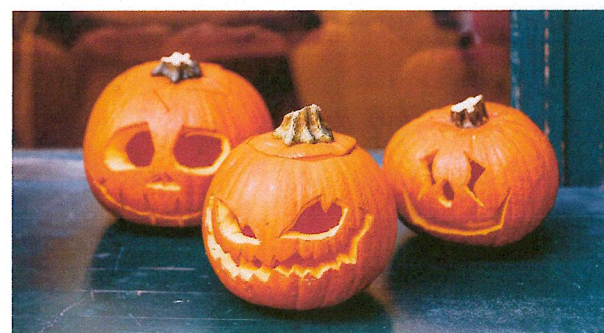
Friday

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



OCTOBER ACTIVITIES

Thursday, October 1st, Blood Pressure	1:30 PM	Perk
Friday, October 2nd, Resident Birthday Party	2:30PM	Comm Room
Monday, October 5th , Pumpkin Painting/ Decorating	2:00PM	Perk
Thursday, October 8th, Trip to TJ MAXX & Burlington	1-3PM	Sign Up
Friday, October 9th , Maid Rites	Sign Up	Perk Pick Up
Monday, October 12th, Easy Trivia Gameday	1:30PM	Perk
Wednesday, October 14th, Coffee With A Cop	8:00AM-10AM	Perk
Thursday, October 15th, Bingo with Bruni	1:30PM	Perk
Friday, October 16th, Carmel Apples and Apple Cider	2:00PM	Perk
Sunday, October 18th, Music with Mike and Joyce, Rearview Mirror	2:00PM	Community Room
Tuesday, October 20th, Cards	2:00PM	Perk
Wednesday, October 21st, Coffee and Rolls	9:00AM	Perk
Thursday, October 22nd, Crafts	2:00PM	Perk
Monday, October 26th, Jeopardy Gameday	1:30PM	Perk
Tuesday, October 27th, Bingo	2:00PM	Comm Room
Friday, October 30th, Halloween Party with Happy Hour	2:00PM	Comm Room



OCTOBER DINNER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MENU IS SUBJECT TO CHANGE				PORK CHOP 1 RED POTATOES BEETS RICE CRISPY	CREAM CHICKEN 2 O/BISCUIT CARROTS TART	TILAPIA 3 RICE MIXED VEGGIES ICE CREAM
BRISKET W/GRAVY 4 PEAS & CARROTS POTATOES PIE	BURNT ENDS 5 LOADED POTATOES PEAS ASSORTED DESSERT	HAMLOAF 6 AUGRATINS GREEN BEANS BAR	CHICKEN STIR FRY 7 RICE BELL PEPPERS & ONION COOKIES	FISH 8 CHEESY POTATOES MIXED VEGGIES CAKE	FRENCH DIP 9 FRIES BEANS FLIP	SPAGHETTI 10 W/MEATBALLS BROCCOLI GARLIC BREAD ICE CREAM
FRIED CHICKEN 11 RED POTATOES CORN PIE	12 BEEF & BROCCOLI OVER EGG NOODLES ASSORTED DESSERT	PORKCHOP 13 CHEESY POTATOES CAL. MED. VEGGIES BROWNIES	FISH 14 RICE SPINACH COOKIES	BAKED CHICKEN 15 SHAKE & BAKE POTATOES BRUSSELS CAKE	SWISS STEAK 16 POTATOES & GRAVY CORN BANANA BAR	TACOS 17 RICE BEANS ICE CREAM
RIBS 18 MAC & CHEESE GREEN BEANS PIE	HAM 19 SCALLOPED POTATOES MIXED VEGGIES ASSORTED DESSERT	RESIDENT 20 OF THE MONTH DAVID N.	SALISBURY STEAK 21 WHITE RICE CAL. MED VEGGIES COOKIES	CHICKEN LASAGNA 22 CORN GARLIC BREAD COBBLER	SALMON 23 RICE PEAS STRAWBERRY SHORT CAKE	LIVER & ONIONS 24 CARROTS POTATOES & GRAVY TURNOVER
HAWG WINGS 25 LOADED POTATOES BRUSSELS PIE	PEPPER STEAK 26 RICE ZUCCHINI BLEND ASSORTED DESSERT	SHRIMP 27 OBRIENS CAULIFLOWER SCOTCHEROOS	PORK LOIN 28 RED POTATOES CORN COOKIES	COUNTRY FRIED 29 STEAK POTATOES & GRAVY MIXED VEGGIES CAKE	BAKED CHICKEN 30 AUGRATINS CAL. MED VEGGIES ICE CREAM	PORK FRITTER 31 POTATOES & GRAVY GREEN BEANS POPCORN BALL



OCTOBER SUPPER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MENU IS SUBJECT TO CHANGE				1 GRILLED CHEESE CHICKEN NOODLE SOUP	2 NACHO BEEF PIE	3 BEEF STROGANOFF O/ EGG NOODLES ROLL
4 TUNA SALAD VEGGIE SOUP	5 BAGEL SCRAMBLED EGGS SAUSAGE	6 TURKEY CLUB CORN CHOWDER SOUP	7 FISH SANDWICH SLAW	8 HAM SALAD BROCCOLI & CHEESE SOUP	9 BRATWURST CHIPS	10 BAKED POTATO BUTTER, CHEESE, SOUR CREAM WISC. CHEESE SOUP
11 PHILLY CHEESESTEAK FRIES	12 QUICHE POTATO CAKE	13 BIG MAC SLIDER MINISTRONE SOUP	14 CHICKEN ALFREDO BREADSTICK	15 CLUB WRAP CHICKEN DUMPLING SOUP	16 CHEF SALAD	17 HOT DOG SAUERKRAUT CHIPS
18 BEEF STEW SOUP GARLIC BISCUIT	19 OMELETTE BACON	20 CHICKEN NOODLES MASHED POTATOES ROLL	21 HOT HAM & CHEESE TOMATO SOUP	22 TUNA NOODLES ROLL	23 HOT SLIDER POTATO SOUP	24 PULLED PORK SLAW
25 MAID RITE CHIPS	26 COUNTRY CLUB EGGS SAUSAGE PATTY	27 CHILI CORN MUFFIN	28 RIBWICH PASTA SALAD	29 POPCORN SHRIMP TATER TOTS	30 CORN DOG CAL. MED. SOUP	31 WALKING TACO