



Upcoming Event >>>

Tue 1: Beauty Shop/ 10:00 Cribbage Dice / 2:00 Bingo

Wed 2: 10:00 Manicures / 2:00 High Sticker

Thu 3: 10:00 Courtyard/ 2:00 Happy Hour

Fri 4: 10:00 Hangman / 2:00 Bowling

Sat 5: 2:00 Bingo

Sun 6: 2:00 Activity Staff

Mon 7: Barber/ B/B 10:00 Crafts/ 2:00 Duck Hunt

Tue 8: Beauty Shop/ 10:00 Cribbage Dice/ 2:00 PoKeNo

Wed 9: 10:00 Bean Bag Twister / 2:00 Catapulting Frogs

Thu 10: B/B/ 10:00 Horseshoes/ 2:00 Happy Hour

Fri 11: 10:00 Trivia / 2:00 Remembrance Service

Sat 12: 2:00 Bingo

Sun 13: 2:00 The Refuge church

Mon 14: 10:00 Table Hockey/ 2:00 Jumbo Dice

Tue 15: 10:00 Cribbage Dice / 1:15 Resident Council

Wed 16: 10:00 Coffee with Veterans/ 2:00 Birthday Party

Thu 17: 10:00 Giant Kerplunk / 2:00 Happy Hour

Fri 18: 10:00 Bowling/ 2:00 Magazine Hunt/ 6:00 Resident

Sat 19: 2:00 Bingo

Sun 20: 2:00 Faith Baptist Church

Mon 21: Barber/ 10:00 Scrabble/ 2:00 Jack Gorski

Tue 22: Beauty Shop/ 10:00 Cribbage Dice / 2:00 Bingo

Wed 23: 10:00 Manicures / 2:00 Catapulting Frogs

Thu 24: 10:00 Baking (cupcakes)/ 2:00 Happy Hour

Fri 25: 10:00 Trivia/ 2:00 Noodles & Balloons

Sat 26: 2:00 Bingo

Sun 27: 2:00 Christ Lutheran church

Mon 28: 10:00 Exercises / 2:00 Steve Midboe

Tue 29: Beauty Shop/ 10:00 Coffee & Reminisce / 2:00 PoKeNo

Wed 30: Inservice/ 10:00 Bean Bags / 2:00 Table Hockey

Calendar Subject to Change

Newsletter

Caring for Vision and Hearing as We Age



Our vision and hearing play an important role in helping us stay safe, independent, and connected with the world around us. As we age, it is common to experience changes in eyesight and hearing that can sometimes make everyday activities more challenging.

Changes may happen gradually, making them easy to overlook. Difficulty reading

small print, seeing clearly in low light, following conversations, or understanding speech in noisy environments may be signs that it is time for an eye or hearing check.

Why It Matters

Good vision and hearing help older adults stay engaged in daily activities, communicate with others, and maintain their independence. When vision or hearing changes go unnoticed, they may lead to frustration, misunderstandings, social isolation, or an increased risk of falls.

Residents and families should notify a healthcare provider about changes such as blurred or double vision, difficulty recognizing faces, frequent headaches, sudden hearing changes, ringing in the ears, or increasing difficulty following conversations.

Tips for Healthy Vision

- Schedule regular eye exams and report any sudden changes in vision.
- Keep eyeglasses clean and make sure prescriptions are up to date.
- Use good lighting when reading, walking, or participating in activities.
- Keep walkways clear of clutter to help prevent trips and falls.
- Wear sunglasses outdoors to help protect your eyes.

Tips for Healthy Hearing

- Have your hearing checked regularly.
- Keep hearing aids clean, charged, and in good working condition.
- Reduce background noise when having conversations.
- Face the person you are speaking with and speak clearly.
- Let a healthcare provider know about sudden hearing changes, ringing in the ears, or difficulty understanding conversations.

Small steps can make a big difference. By caring for our vision and hearing, we can stay safer, communicate more easily, and remain connected to the people and activities we enjoy.

Let's play! Word Scramble: Cookout



1. LAOHCRCRCA _____
2. BQB IGLRL _____
3. CNPCII _____
4. HKOMCMSA _____
5. KECA _____
6. LEOTRWEMNA _____
7. EBAKD BASNE _____
8. ETA _____
9. PATOOT ALSDA _____
10. MRNCOAAI SAALD _____
11. THO GDSO _____
12. MUHEAGRBR _____
13. IPOLSH GASSSAUE _____
14. SOMERS _____
15. LUPCAENTOA _____

Meet our Team >>>

Hometown: Saint Paul, MN

Job Overview.

I am a physical therapist.

Tell us about your Family.

I have my wife, two cats, and a dog.

What are your outside Interests?

I like walking on the beach, reading, and gardening.

Something not everyone may know about you.

I enjoy broccoli.

Favorite sports team.

Washington County Blazing Stars

Adam
Physical Therapy



Employee Birthdays

Alexis R., Sep 05

Elyssa D., Sep 05

Chelsea L., Sep 15

Heather K., Sep 15

Kendall E., Sep 15

Richard L., Sep 26



2026 Fun & National Holidays!

- | | |
|----------|------------------------------|
| ▶ Sep 3 | World Beard Day |
| ▶ Sep 3 | Skyscraper Day |
| ▶ Sep 4 | Eat an Extra Dessert Day |
| ▶ Sep 4 | College Color Day |
| ▶ Sep 5 | Be Late for Something Day |
| ▶ Sep 5 | Cheese Pizza Day |
| ▶ Sep 5 | Intl. Day of Charity |
| ▶ Sep 6 | Fight Procrastination Day |
| ▶ Sep 6 | Read a Book Day |
| ▶ Sep 7 | Labor Day |
| ▶ Sep 7 | Salami Day |
| ▶ Sep 8 | Pardon Day |
| ▶ Sep 9 | Teddy Bear Day |
| ▶ Sep 10 | Swap Ideas Day |
| ▶ Sep 11 | Patriot Day |
| ▶ Sep 12 | Chocolate Milkshake Day |
| ▶ Sep 13 | Grandparents Day |
| ▶ Sep 13 | Positive Thinking Day |
| ▶ Sep 13 | Boss Day |
| ▶ Sep 16 | Cinnamon Brad Day |
| ▶ Sep 16 | World Guacamole Day |
| ▶ Sep 17 | Intl. Country Music Day |
| ▶ Sep 18 | Rice Krispie Treat Day |
| ▶ Sep 19 | National CleanUp Day |
| ▶ Sep 19 | Intl. Talk Like a Pirate Day |
| ▶ Sep 20 | Punch Day |
| ▶ Sep 21 | Pecan Cookie Day |
| ▶ Sep 22 | Hobbit Day |
| ▶ Sep 23 | Checkers Day |
| ▶ Sep 23 | Native American Day |
| ▶ Sep 25 | Comic Book Day |
| ▶ Sep 27 | Crush a Can Day |
| ▶ Sep 28 | Good Neighbor Day |
| ▶ Sep 29 | Coffee Day |
| ▶ Sep 30 | Health & wellness Day |

Also, September is...

Hispanic Heritage Month

National Assisted Living Week, Sep 13-19

Healthcare Environmental Services &

Housekeeping Week Sep 13-19



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