

## News and Notes



436-6400.

**Carter Hearing Clinic** will be seeing clients in their office at GYH Nursing Care. If you need an appointment, call

**Reminder** – Available to you at GYH (on site) is outpatient therapy. You can contact the nursing department or the Therapy dept. if this service is needed. They can come to your apartment or you can come to the Therapy Center in the Core Building.

**A Lighter Step** foot clinic will be held on Tuesday, **October 24, 2017 at 8am.** If you would like to schedule an appointment, please contact the office and we will be glad to assist you in scheduling an appointment.



**Reminder** – If you have any suggestions, comments, or ideas for GYH, every **2<sup>nd</sup> Monday** of the month is our Resident Council Meeting. This meeting is where you can voice your concerns and/or suggestions. It will start at **2:00pm.**



We are looking for collections to feature each month in the Hutch. If you have any kind of collection that you would be willing to share, please call the front desk at 749-6725. There is help available for arranging your collection in the hutch.

Due to the decrease in items needing to be sewn, the sewing ladies will be here to do mending on an as needed basis **only.** They will not be here every first Wednesday of the month. The ladies will still mend seams, replace buttons, hem pants, and patch holes. Sorry, no detailed alterations. This mending is for Golden Years Homestead residents only.



## October Birthdays

Happy B-day, Y'all!!

10-2	George Timm	13D
10-3	Phyllis Fisher	20B
10-4	Mary Stoops	3004
10-4	LaDonna Reynolds	3044D
10-4	Esther Hunter	18A
10-10	Roberta Reese	16B
10-10	Mary Galvin	3009
10-16	DJ Hankey	3014
10-20	Vera Burnett	22A
10-23	Gwen Gerig	11A



Let's welcome our new residents to Golden Years Homestead:

Catherine Boschet, 3015  
Everett Beck, Apt. 19C  
Jim & Alice Pyle, 3014-D

**Golden Years residents and staff welcome you!**



GYH has a private dining room for those residents and family who would like to reserve it for family gatherings. It is free of charge but we ask that you would call the front office in advance to reserve the room. You may have lunch or dinner served to you at a cost of your meals. You may also bring in your own food.

# THE HOMESTEADER

Golden Years Homestead • 8300 Maysville Rd. • Phone (260)749-6725 • Fax (260)749-6873



## Never too late

Haven't been active in a long time? What good does it do to be physically active now that I am older? Is it too late to get active? These might be some questions that you are asking yourself. I say, "Get up, and get moving." For older people, it's not too late to start being active. Even after decades of inactivity, starting a regular program of exercises brings great health benefits, studies show.

Mobility is something that most of us take for granted until we begin to lose it. That's when we realize that even a simple, relatively uneventful day requires a great deal of physical stamina, strength, balance, coordination and range of motion.

The single most important thing you can do to remain mobile and independent is to engage in regular physical activity. You need to be active to stay active.

If you are older, out of shape, and have not exercised on a regular basis, you will need to start slowly at first and increase the exercise as you can stand it. Start by doing more physical activities throughout your day such as walking around your living room while talking on the phone, taking extra laps in the hallways, or doing exercises in a seated position while watching TV. Aim for 30 minutes a day of moderate aerobic exercise. Good options would be walking or riding a stationary bike. Walking stimulates all of your muscles and enhances your mental well-being, just to name a few.

Be sure to make balance exercises a part of your program. Better balance insures risk of falls, which can be disabling or even fatal in older adults. A little exercise a day goes a long way and you will benefit in the end.



## Celebrating October

### Emotional Wellness Month

### Music Memories Month

### Blue Jeans Month

### World Smile Day Oct. 8

### Columbus Day October 9

### World Arthritis Day October 12

### Sweetest Day October 21

### Pastoral/Clergy Week Oct 22 – 28

### World Series begins October 24

### Halloween October 31

### From the Maintenance Desk .....



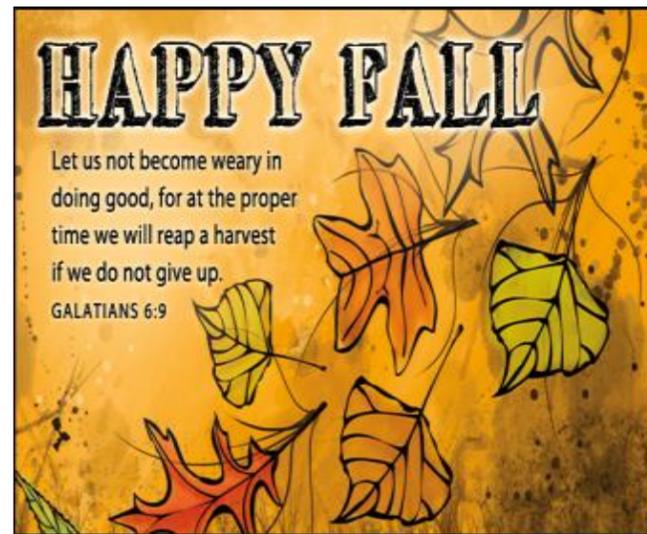
We have been having an increase in maintenance calls for clogged garbage disposals. These disposals are just for scraps. Please do not put banana peels, potato peels, bones, meat, or pastas down the disposal as these items tend to clog the disposals.

Winter is just around the corner and you know what that means... snow and more snow. We are asking that all residents who drive, and staff members who park in the parking lot, please do not park over the curbs with the front end of your car. We need to get the tractors down the sidewalks to clear the snow.

Also, for those residents who park in the handicap spots and who will not be driving this winter, would you please move your vehicles farther out so that those residents and visitors who drive, who may need those designated spots, will have a place to park?

Thank you for your cooperation in this matter.

Brandon Wiseman  
GYH Supervisor



### Activity Connection

Highlights for October activities:

Friday, Oct. 6 @ 5p – Mystery Dinner Theatre – Please RSVP to Kim or Gina if you would like to attend.

Thursday, Oct. 12 @ 2p – Oh, Nuts! It's a Squirrel Party



Friday, Oct. 13 @ 8:30a – Fire Pit Hobo Soup on Back Patio

Friday, Oct. 27 @ 6p – Fall Harvest Party

Saturday, Oct. 28 @ 2p – Starz Dance Academy

A big **“THANK YOU!”** to Leslie Jahn, Apt. 2016 and Tom Kierspe, “Critter” for allowing us to share their collections in the hutch.

**Trust** in His timing, **Rely** on His promises, **Wait** for His answers, **Believe** in His miracles, **Rejoice** in His goodness, **Relax** in His presence.



Leslie “Butch” Jahn went fishing in Angola with John Love and his son. Way to go, Butch!!

### FALL TRIVIA

Leaves change their colors due to shorter days and cooler temps which forces the trees to stop producing chlorophyll – the substances that gives leaves their green color. When the chlorophyll stops, it always presents carotenoids (yellow, orange, red, and brown hues). The color of the leaf in the fall is the leaves true colors.



The most intense color displays in leaves are triggered by warm, sunny days and cool nights. Rainy/overcast days reduce the amount of sunlight and limit the brilliance of a tree’s colors.

Pumpkins were once used to remove freckles and cure snake bites.

Bobbing for apples has been associated with Halloween, but it is actually a Roman tradition of the Harvest.

More than 45 million turkeys are eaten in the US at Thanksgiving. That is 1/6 of all the turkeys sold in the U.S. each year!

If you have fall allergies, you’re likely affected by ragweed, the most common trigger this time of year. Watch out for mold and dust mites, too.

Testosterone is highest in the fall.

One gallon of apple cider takes about 40 individual apples to make.

The trees in just one acre of forest can shed as much as 4, 000 pounds of leaves every fall.

28, 000 people hurt themselves every year raking leaves.

Washington, the top apple-producing state, will harvest nearly 133 million boxes of apples this years.

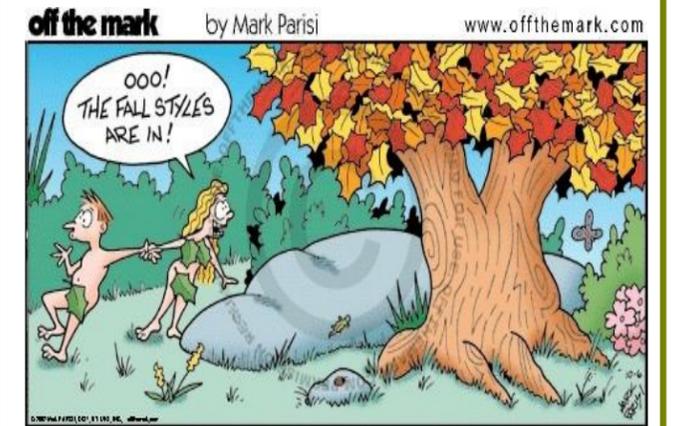
### Now That’s Funny!

George, the farmer, had so many children that he ran out of names. So, he started calling his kids after something around his farm.



It was the first day of school and the teacher asked each child their name. When he got to one of farmer George's sons, the boy replied, “Wagon Wheel.” The teacher said, “I need your real name boy,” to which the lad replied, “It's Wagon Wheel, sir.... Really.”

The teacher, rather annoyed rejoined, “All right young man, take yourself right down to the Principal's office this minute.” The youngster pushed himself out of his chair, turned to his sister and said, “C'mon, Chicken Feed, he ain't gonna believe you, either.”



**Important** Just a little reminder that this month is **Licensed Practical Nurse Month, Healthcare Food Service Workers Month, and Pastoral/Clergy Appreciation Month.** If you see one of these people, please stop them in the hall and let them know how much you appreciate all that they do for you and your fellow neighbors here at GYH.