



Independence When You Want It, Assistance When You Need It

Oak Terrace Senior Living of Le Sueur October Newsletter

Scrambled Words

Unscramble the following words associated with fall fruits and vegetables.



PLPESA _____

SONNIO _____

SEPREPP _____

SSDRAIEH _____

TATSOEOP _____

CCIIZNHU _____

SETEB _____

CROSTAR _____

PPKNIUMS _____

CTTEUEL _____

October Birthdays



No October Birthdays

Community Highlights

It is stated that Autumn has often been associated with “melancholy feelings” because the possibilities of summer are gone, and the chill of winter is on the horizon.

At Oak Terrace we couldn’t disagree more. Although the morning air is crisp, the warm breeze in the afternoon provides peaceful & pleasant feelings.

We will celebrate this Harvest Season with the following fall infused events and other performances that will keep us too busy for “melancholy”.

- 10/5- Wine & Cheese Tasting
- 10/12- Traveling Balladeer: Mark Allen Performance
- 10/13- October Birthday Party
- 10/14- Fancy Nails w/ Sandy
- 10/18- Lunch Outing- Cheese Shoppe
- 10/19- Spooky Spider Social
- 10/21- Resident Council
- 10/21- Arm Knitting w/ Gabby Pahl
- 10/24- Library Outing
- 10/25- Halloween Bingo
- 10/27- Paint a Pumpkin Craft
- 10/28- Beer and Bingo
- 10/31- Halloween Social



Autumn Lane News

Our Autumn
lane unit is
OPEN!



Tip For Your Mental & Physical Health

Just because the cooler days keep us inside, doesn't mean you need to stay inside.

Put your walking shoes on and "Hall Walk". Many seniors these days enjoy going to the shopping mall to "Mall Walk". Here at Oak Terrace we have plenty of hall way for friends to enjoy the benefits of walking. Both Mental and Physical!!!



MESSAGE FROM LAUREN WEIERKE (Activities Director):

It's that time of year again. Summer has come and went. The cold nights are creeping later into the summer mornings we all so much enjoyed on the front patio. The sun no longer greets us when we raise in the morning, and will soon be far past when we slumber. Oak Terrace will be welcoming several new residents and staff that will make our home a better place to live and work. If you don't know someone I encourage you to introduce yourself and welcome them to our community.

As we prepare for winter please keep a few things in mind:

- 1) The temperature is changing. The nights are cold, the days are warm. This makes heating and cooling difficult. Oak Terrace will soon be turning off the air conditioning units because they can be damaged if they are used when the external temperature is less than 65 degrees. If you are having difficulty with your thermostat, please ask for help.
- 2) It is flu season. Oak Terrace hosted a vaccine clinic. Our goal is to have everyone vaccinated and keep the flu out. You can help in this effort by getting vaccinated, washing your hands regularly, taking extra precautions to avoid contact with individuals who have the flu, and notifying staff immediately if you think you may have been exposed to someone with the flu. We kindly request family members who may have the flu to restrain from visiting. If individuals do become sick with the flu, we will request that you remain in your room to prevent spreading it to other residents. If you have any questions or think you may have been in contact with someone with the flu please contact your nurse.
- 3) I am proud to say that Oak Terrace has a terrific staff that dedicates themselves to serving our residents. They deserve to be thanked for the wonderful work they do. Please join me in making an extra effort this month to tell the care managers and nurses how much you appreciate the work they do.

SOME FUN FALL FACTS

Fact #1: Americans typically refer to this time of year as "fall," while the British use the word "autumn." Both terms date back to the 16th century but before that it was called "harvest."

Fact #2: Fall was called "harvest" because of the "harvest moon" that occurs when the full moon is closest to the autumn equinox. Before man-made lighting, this moonlight was essential to a prosperous harvest.

Fact #3: Weight gain around this time of year may not only be due to comforting fall foods like pumpkin pie and cider, researchers have found that lack of vitamin D reduces fat breakdown and triggers fat storage.

Fact #4: The yellow and orange colors you see actually always exist in leaves but they are overpowered by the abundance of green from chlorophyll. The amount of chlorophyll starts to decrease as the sun weakens and the days grow shorter.