

Points West Living

October 2026

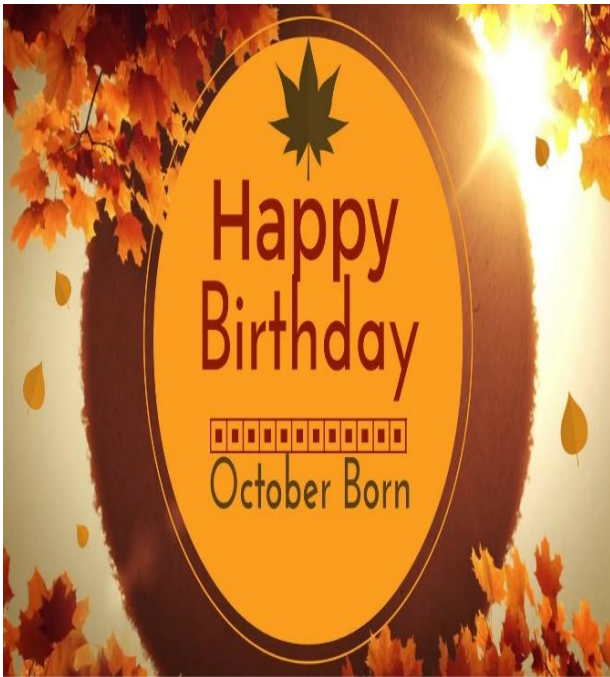


FALL, LEAVES, FALL

EMILY BRONTË



Fall, leaves, fall; die, flowers, away;
Lengthen night and shorten day;
Every leaf speaks bliss to me
Fluttering from the autumn tree.
I shall smile when wreaths of snow
Blossom where the rose should grow;
I shall sing when night's decay
Ushers in a drearier day.



Birthe G - October 3

Dorothy M - October 7

Art Ewan - October 7

Scotty P - October 16

Mavis J - October 19

Topsy M - October 22

Frank B - October 23

Margaret H - October 23

Evelyn K - October 30



Irene K

Katherine C

Reni B

Dolores H



We would like to welcome our
new Employee Care Partners

Joy - Hospitality Aide

Collette - Kitchen Server

Social Hour

**Saturday, Oct 3 &
Saturday Oct 17**

3:30-5pm

North Common Room

United Worship Service

Tuesday, Oct 6@2pm

Garnet & Jean Music

Thursday, Oct 8@2pm

Catholic Mass

Friday, Oct 9@10:30am

Thanksgiving Lunch

Friday, October 9@12pm



Whist Tournament

Tuesday, Oct 13@7pm

Cookie Decorating

**Thursday, Oct 15@2pm
In the bistro**

Cribbage Tournament

Wednesday, Oct 21@7pm

Pendent Checks Oct 22

**Please refer to
the newsletter for times**

Catholic Mass

Friday, Oct 23@10:30am

Penner Family Music

Saturday, Oct 24at

Worship Service with

Pastor Marvin

Sunday, Oct 25@7pm



Flu Shot Clinic

Tuesday, Oct 27

Starting at 9am



Party Whist

Tuesday, Oct 27@7pm

Personal Touch Clothing

Thursday, Oct 29@1-4pm

50/50 Draw

Friday Oct 30 10:30-12pm

October Birthday Celebration

Saturday, Oct 31@2pm

Reminders:

Pendant Checks:

We will be doing pendant checks on Thursday, October 22nd.

Please bring your pendant to the front desk & we will check & clean it for you.

Floor 1 - 9-10am

Floor 2 - 10:00-11:00am

Floor 3 - 1:30-2:30pm

Floor 4 – 2:30-3:30pm



★ Flu Shot Clinic:

Tuesday, October 27 starting at 9am

There will be a form to fill out but we will get the forms closer to the date of the flu shot. Once you have your flu shot form filled out simply bring it back to the front desk.

It is very important as residents that you sign in & out when leaving the building.

It is equally important that your family & guests sign in & out as well.

If you are going on the bus, you do not need to sign out on the resident sheets, only on the bus sheet.

Influenza (seasonal)

Key facts

- There are around a billion cases of seasonal influenza annually, including 3–5 million cases of severe illness.
- It causes 290 000 to 650 000 respiratory deaths annually.
- Ninety-nine percent of deaths in children under 5 years of age with influenza-related lower respiratory tract infections are in developing countries.
- Symptoms begin 1–4 days after infection and usually last around a week.

Overview

Seasonal influenza (the flu) is an acute respiratory infection caused by influenza viruses. It is common in all parts of the world. Most people recover without treatment.

Influenza spreads easily between people when they cough or sneeze. Vaccination is the best way to prevent the disease.

Symptoms of influenza include acute onset of fever, cough, sore throat, body aches and fatigue.

Treatment should aim to relieve symptoms. People with the flu should rest and drink plenty of liquids. Most people will recover on their own within a week. Medical care may be needed in severe cases and for people with risk factors.

Prevention

Vaccination is the best way to prevent influenza.

Safe and effective vaccines have been used for more than 60 years. Immunity from vaccination goes away over time so annual vaccination is recommended to protect against influenza.

The vaccine may be less effective in older people, but it will make the illness less severe and reduces the chance of complications and death.

Vaccination is especially important for people at high risk of influenza complications and their carers.

Annual vaccination is recommended for:

- pregnant women
- children aged 6 months to 5 years
- people over age 65
- people with chronic medical conditions
- health workers.

Other ways to prevent influenza:

- wash and dry your hands regularly
- cover your mouth and nose when coughing or sneezing
- dispose of tissues correctly
- stay home when feeling unwell
- avoid close contact with sick people
- avoid touching your eyes, nose or mouth.

Why It's Seasonal

While the flu virus is present year-round, cases surge dramatically during the colder months. Scientists attribute this seasonality to several factors:

Self-care for the flu

1. Drink plenty of fluids. This includes water, warm soup and drinks that contain minerals, called rehydration solutions.
2. Rest. You may need to change or cancel some of your activities depending on your symptoms.
3. Take acetaminophen (Tylenol, others) or ibuprofen (Advil, Motrin IB, others).

Bus schedule:

Mondays 2pm Walmart

Tuesdays 2pm Co-op & Rexall

Wednesday 2pm Superstore

Thursday 2pm Shoppers

Friday 2pm Banking

If you are not attending a meal, please let us know in advance.

If you should need a tray, please call around 11am to let us know for lunch & 4pm for supper.

Christmas Market & Craft Show

Thursday Nov 26 from 1-4pm



A theory that changed my life

We spend so much time and energy trying to control other people and get emotionally affected trying to decipher their behaviors, failing to realize we have no control over them. We were not put on this earth to control other people's actions. It's not your job to analyze people's behaviors and jump into conclusions about why they're doing what they're doing. The truth is, you'll never truly know. This is where the "let them theory" comes in. A situationship doesn't wanna commit? Let them. Someone is excluding you? Let them. Someone ghosted you? Let them. Not only is this so emotionally freeing, but it also allows people to show their true colors, and that is invaluable. You are then able to make better choices about the people you want to keep in your life.

FALL

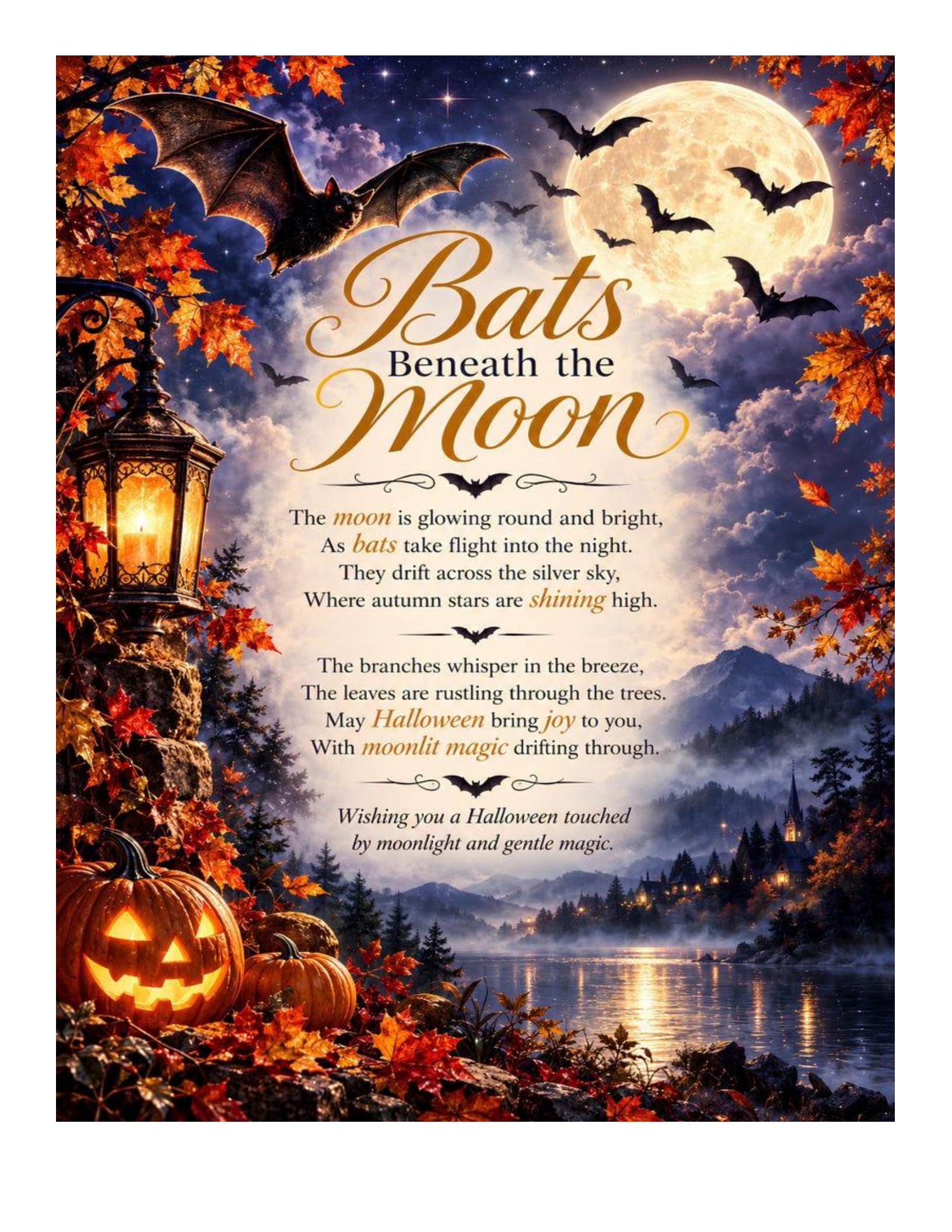


ACORN
APPLE
AUTUMN
BONFIRE
CHESTNUT
CIDER
CORNUCOPIA
CRANBERRY
CRISP

FESTIVAL
FOLIAGE
FOOTBALL
GOURD
HALLOWEEN
HARVEST
HAYRIDE
LEAVES
MAPLE

NOVEMBER
ORANGE
ORCHARD
PUMPKIN
RAKE
SCARECROW
SQUASH
SUNFLOWER
SWEATER





Bats Beneath the Moon

The *moon* is glowing round and bright,
As *bats* take flight into the night.
They drift across the silver sky,
Where autumn stars are *shining* high.

The branches whisper in the breeze,
The leaves are rustling through the trees.
May *Halloween* bring *joy* to you,
With *moonlit magic* drifting through.

*Wishing you a Halloween touched
by moonlight and gentle magic.*