

October 2025



OCTOBER'S PARTY

October gave a party;
The leaves by hundreds came—
The Chestnuts, Oaks, and Maples,
And leaves of every name.
The Sunshine spread a carpet,
And everything was grand,
Miss Weather led the dancing,
Professor Wind the band.

The Chestnuts came in yellow,
The Oaks in crimson dressed,
The lovely Misses Maple
In scarlet looked their best;
All balanced to their partners,
And gaily fluttered by;
The sight was like a rainbow
New fallen from the sky.

Then, in the rustic hollow,
At hide-and-seek they played,
The party closed at sundown,
And everybody stayed.
Professor Wind played louder;



Sonia Buckmaster – October 1
Birthe Getzlaf – October 3
Sue Mann – October 4
Dorothy Maksymiw – October 7
Art Ewen – October 7
Scotty Park – October 16
Mavis Johnson – October 19
Topsy Maisonneuve – October 22
Frank Bode – October 23
Margaret Holmes – October 23
Betty Chartrand – October 28
Evelyn Kerr – October 30



Art E

Ivy L

Frank & Louise G

To our Residents:

Please remind your loved ones that it is necessary for all guests to sign in and out of our building.

Should there be an emergency this is the only way we will know who is in the building.

The sign in sheet is in the entrance between the glass doors.

It is also equally important for our residents to sign in & out.

Thank you

Starting October 1, we will supply six rolls of toilet paper for each suite per week.

Should you need more than six rolls of toilet paper, please speak with Jen.

Thank you

Reminder:

Strengthening with Salina will continue to be at 9:30am on Wednesdays, until further notice.

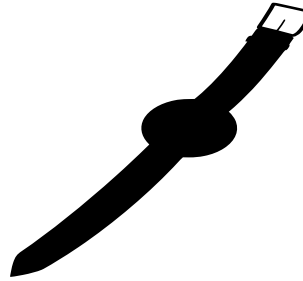
Thursday, October 9 we will be doing pendant checks as follows:

1st floor from 9 – 10:00am

2nd floor from 10:30 - 12pm

3rd floor from 1:30 - 2:30

4th floor from 2:30 - 3:30pm



Please bring your pendant down to the front desk at the allotted time.

Thank you

Walk in clinic for the **Flu Shots** will be available on **Saturday, October 25** starting at 1:30pm North Common Room.

Please bring your Saskatchewan health card with you.

No appointment necessary.



We are looking for a few residents to help hand out candy for our trick or treaters. If you would like to volunteer an hour or so, please let the front desk know. Thank you in advance.



Yvonne Gillies has asked us to let you all know that she is at West Park Crossing for her recovery. She asked that we give you her phone number 306-265-7916. I am sure she will be very grateful to hear from you or even a visit.

Yvonne Gillies

Suite # 232 1801 Meier Dr

Moose Jaw

Phone # 306-265-7916

The Better Together Food Drive is October 31.

There will be a box at the front starting October 15th for you to donate non-perishable, unopened, and not expired food items. If you would like to donate food, or give monetary donations, please bring to the front desk.



Now that everyone has a fob to unlock the front automatic door, it will also need to be returned along with your pendant & keys when moving out. If not returned, there will be a charge of **\$25.00** for the fobs & **\$75.00** for the pendants.

Thanksgiving lunch will be served on Friday, October 10 at 12pm



SMILECARE - Mobile Dental Hygiene

We come to you! We strive to eliminate accessibility barriers by providing mobile dental hygiene services. Whether you have limited mobility, sensory challenges, lack of transportation, or a busy schedule, we want to provide you with access to dental care. Our goal is to educate, prevent disease, and promote oral hygiene. Because oral health is part of your total health.

The Smilecare presentation will be on **Tuesday, October 21 @2:30pm** in the North Common Room.

Reminder:

Senior week continues

Wed Oct 1 - Wacky Wednesday – crazy outfit or crazy hair

Thursday Oct 2 – Thirsty Thursday – a bar will be open from 2-3 pm.

Friday Oct 3 – Fiesta Friday – Mexican buffet. Wear your best Mexican outfit.

There is now a push light in each elevator. These lights are for emergency use only. Please do not test them.

Please join Jen for cookie decorating on Tuesday Oct. 28 at 2:00pm
We will be doing fall and Halloween themed cookies. There will be a sign-up sheet at the front desk.

We will again have our being thankful cards out for you fill out. Please take a moment to share with us what you are grateful for.



Happy Hour Social
Saturday, Oct 4 & 18
3:30-5pm

**United Worship
Service**
Tuesday, Oct 7@2pm

Whist Tournament
Tuesday, Oct 7 @7pm

Jim W. Music
Wed Oct 8@7pm

Pendant Checks
Thurs, Oct 9
**Please refer to your
newsletter for times.**

Catholic Mass
Friday, Oct 10
@10:30am

Thanksgiving Lunch
Friday, Oct 10@12pm



Crib Tournament
Wed, Oct 15@7pm

SmileCare
Tuesday, Oct 21
@2:30pm

Just'N'Tyme (Music)
Thursday, Oct 23
@3pm

Catholic Mass
Friday, Oct 24
@10:30am

Flu Shots
Saturday, Oct 25@ 1:30
North Common Room
Bring your health card

Worship Service
Sunday, Oct 26@7pm

Cookie Decorating
Tuesday, Oct 28@2pm

Whist Party
Tuesday, Oct 28@7pm

50/50 Draw
Friday, Oct 31
10:30-12pm

10 October is World Mental Health Day

What is the theme of mental health in 2025?

The theme is set by the Mental Health Foundation every year, and for 2025 it's 'community'. Community is an ideal theme for Mental Health Awareness Week.

Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It has intrinsic and instrumental value and is integral to our well-being.

At any one time, a diverse set of individual, family, community and structural factors may combine to protect or undermine mental health. Although most people are resilient, people who are exposed to adverse circumstances – including poverty, violence, disability and inequality – are at higher risk of developing a mental health condition.

Many mental health conditions can be effectively treated at relatively low cost, yet health systems remain significantly under-resourced and treatment gaps are wide all over the world. Mental health care is often poor in quality when delivered. People with mental health conditions often also experience stigma, discrimination and human rights violations.

Key facts

- **Depression is a common mental disorder.**
- **Globally, an estimated 5% of adults suffer from depression.**
- **More women are affected by depression than men.**
- **Depression can lead to suicide.**
- **There is effective treatment for mild, moderate and severe depression.**

Self-care

Self-care can play an important role in managing symptoms of depression and promoting overall well-being.

What you can do:

- try to keep doing activities you used to enjoy
- stay connected to friends and family
- exercise regularly, even if it's just a short walk
- stick to regular eating and sleeping habits as much as possible
- avoid or cut down on alcohol and don't use illicit drugs, which can make depression worse
- talk to someone you trust about your feelings

- seek help from a healthcare provider.

If you have thoughts of suicide:

- remember you are not alone, and that many people have gone through what you're experiencing and found help
- talk to someone you trust about how you feel
- talk to a health worker, such as a doctor or counsellor
- join a support group.

If you think you are in immediate danger of harming yourself, contact any available emergency services or a crisis line.

Breakfast Bonanza

Roger parked his van in the driveway of his parents' house. His sons, eight-year-old Jason and four-year-old Wally, tugged at their duffels and sleeping bags stuffed into the back of the rig. They hopped out of the van and ran up the walkway. Dad grabbed them just before they rang the bell.

"Remember, boys, this is a treat. Grandma and Grandpa aren't as young as they used to be. Be on your best behavior, all right? No fussing when Grandma says it's bedtime, and you eat everything on your plate, you hear? Make your mom and me proud."

"We will, Dad, I promise," said Jason.

"Me too, echoed Wally.

The boys tore away from their dad when the door opened, and Grandma and Grandpa spread their arms wide to greet them.

Roger hugged his parents and thanked them for taking the boys. "I've had a good talk with Jason and Wally. They know what I expect of them. I'll be looking for a clean report. Don't be afraid to discipline if needed."

"Roger, you and Jan go on now and have a good time. We raised you, and you turned out all right."

"Thanks", he said and hugged his sons and waved good-bye.

On Sunday afternoon Roger returned to pick up the boys. He was happy to hear they had gone to Sunday school and had eaten a hearty brunch. He picked up Wally

And wiped off the crumbs from his mouth. “What’d you have, Little Buddy? Smells good in here.”

Jason stepped in and answered for his younger brother. “We had calcium, protein and fruit,” he said proudly.

“Mom, what’s this all about?” Did you give them a lesson in basic nutrition?”

Roger walked into the kitchen and there on the counter was the evidence---a carton of ice cream, two banana peels, a pack age of crushed nuts, a squeeze bottle of chocolate syrup, and a jar of maraschino cherries!

“Grandma made us banana splits!” Wally volunteered.

“And we ate everything she put on our plates,” said Jason, “just like you told us to, Dad.”

Roger stared to say something to his mother and then paused. “Sounds good to me,” he said, winking at the boys. “Mom, got any calcium, protein, and fruit left over for your son?”

