

# Happy Birthday

Beverly 10/2

Jerry 10/31

## Staff Birthdays

Greg 10/13

Barbara 10/16

Angela 10/26

"As I walked out the door toward the gate that would lead to my freedom, I knew if I didn't leave my bitterness behind, I'd still be in prison."

— Nelson Mandela

# Western Slope Memory Care

October 2023 Newsletter



## Resident Spotlight

Marian has been with Western Slope for 2 years. Marian loves everyone, and everyone loves Miss Marian. She goes out of her way to check up on other residents and help out where she is able to.

Thank you, Marian for being  
**YOU!**

## What's Happening at Western Slope Memory Care in October?

We are very excited to be hosting a monthly support group called, Coping Strategies with Kevin, he is a Chaplain from Hope West Hospice. It will be the first Thursday of every month at 10:30AM. Anyone can come and join us.

We are excited to introduce Michael Kelly as our new Culinary Director. Michael is a trained Chef, who owned and operated his own organic bakery for over 20 years. Michael has worked in Memory Care Assisted Living in the past. We are very excited to have Michael on board with us!

Also, We are welcoming back Maranda! We look forward to your amazing meals and your contagious smile!



## Employee of Month

### Congratulations to Shannalee Harper!!!

Shannalee joined our work family in January of 2023. She is a favorite to staff & residents alike. She is always kind and willing to cover extra shifts to help her fellow employees.

## Exciting Events

10/4 Live Music w/Hewey  
10/12 Resident Rights Week  
10/12 Coping Strategies  
10/13 Live Music w/Mark  
10/14 Alzheimer's Walk  
10/25 Live Music w/Michael  
10/28 Trunk or Treat  
10/31 HALLOWEEN PARTY

## Outings

10/3 Alpaca Farm  
10/5 Million Dollar Houses Drive  
10/10 Color Mesa Drive  
10/17 Enstrom's Candy  
10/19 Angelo's Pottery  
10/26 Halloween Store

## Religious

Communion Every Tuesday 1pm  
Church Services Every Wednesday 9am

# October 2023 Activity Calendar



“As I walked out the door toward the gate that would lead to my freedom, I knew if I didn't leave my bitterness behind, I'd still be in prison.”  
— Nelson Mandela

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 7:00 Breakfast 8:00 ↔ Aromatherapy Massage/Walk 9:00 ↔ Chair Exercises/Newspaper 10:00 Decorate/Hot Chocolate Social 11:00 Lunch 12:00 Residents Choice 1:30 Scarecrow Popcorn Balls/Line Art 3:00 Residents Choice 4:00 Dinner 5:00 Movie	<b>2</b> 7:00 Breakfast 8:00 ↔ Hair/Aroma Therapy Massages/Walk 9:00 ↔ Chair Exercises/Puzzle 10:00 Smoothies/Name Your Car Day 11:00 Lunch 12:00 Residents Choice 1:30 ☺ Manicure Monday/Foot Massages 3:00 Residents Choice 4:00 Dinner 5:00 Movie	<b>3</b> 7:00 Breakfast 8:00 ↔ Hair/Aroma Therapy Massages/Walk 9:00 ↔ Chair Exercises/Puzzle 10:00 State Capitals/Magazines 11:00 Lunch 12:00 Residents Choice 1:00 † Communion 1:30 Alpaca Farm/Water Colors 3:00 Residents Choice 4:00 Dinner 5:00 Movie	<b>4</b> 7:00 Breakfast 8:00 ↔ Hair/Aroma Therapy Massages/Walk 9:00 † Church Services/Puzzle 10:00 Chair Exercises/Puzzle 11:00 Lunch 12:00 Residents Choice 1:30 Piano Man/Socialize 3:00 Residents Choice 4:00 Dinner 5:00 Movie	<b>5</b> 7:00 Breakfast 8:00 ↔ Hair/Aroma Therapy Massages/Walk 9:00 ↔ Chair Exercises/Newspaper 10:00 Taste Testing/Puzzle 10:30 Coping Strategies 11:00 Lunch 12:00 Residents Choice 1:30 Noodle Sunflowers/Million Dollar Houses 3:00 Residents Choice 4:00 Dinner 5:00 Movie	<b>6</b> 7:00 Breakfast 8:00 ↔ Hair/Aroma Therapy Massages/Walk 9:00 ↔ Chair Exercises/Newspaper 10:00 Horoscopes/Balloon Toss 11:00 Lunch 12:00 Residents Choice 1:30 BINGO/Socialize 3:00 Residents Choice 4:00 Dinner 5:00 Movie	<b>7</b> 7:00 Breakfast 8:00 ↔ Aromatherapy Massage/Walk 9:00 ↔ Chair Exercises/Newspaper 10:00 Spirographs/Famous Duos 11:00 Lunch 12:00 Residents Choice 1:30 Wood Painting/Line Art 3:00 Residents Choice 4:00 Dinner 5:00 Movie
	<b>8</b> 7:00 Breakfast 8:00 ↔ Aromatherapy Massage/Walk 9:00 ↔ Chair Exercises/Newspaper 10:00 Fruit Kabobs/Hot Chocolate Social 11:00 Lunch 12:00 Residents Choice 1:30 Halloween Crafts/GodsEyes 3:00 Residents Choice 4:00 Dinner 5:00 Movie	<b>9</b> <b>Columbus Day</b> 7:00 Breakfast 8:00 ↔ Hair/Aroma Therapy Massages/Walk 9:00 ↔ Chair Exercises/Puzzle 10:00 Octopus String Cheese/Line Art 11:00 Lunch 12:00 Residents Choice 1:30 ☺ Manicure Monday/Foot Massages 3:00 Residents Choice 4:00 Dinner 5:00 Movie	<b>10</b> 7:00 Breakfast 8:00 ↔ Hair/Aroma Therapy Massages/Walk 9:00 ↔ Chair Exercises/Puzzle 10:00 Sand Art/Sand Dollars 11:00 Lunch 12:00 Residents Choice 1:00 † Communion 1:30 Color Mesa Drive/Bubble Art 3:00 Residents Choice 4:00 Dinner 5:00 Movie	<b>11</b> 7:00 Breakfast 8:00 ↔ Hair/Aroma Therapy Massages/Walk 9:00 † Church Services/Puzzle 10:00 Chair Exercises/Puzzle 11:00 Lunch 12:00 Residents Choice 1:30 Tie Dye/Brain Games 3:00 Residents Choice 4:00 Dinner 5:00 Movie	<b>12</b> 7:00 Breakfast 8:00 ↔ Hair/Aroma Therapy Massages/Walk 9:00 ↔ Chair Exercises/Newspaper 10:00 Edible Bugs/Current Events 10:30 Coping Strategies 11:00 Lunch 12:00 Residents Choice 1:30 Bead Suncatchers/Cornhole 3:00 Residents Choice 4:00 Dinner 5:00 Movie	<b>13</b> 7:00 Breakfast 8:00 ↔ Hair/Aroma Therapy Massages/Walk 9:00 ↔ Chair Exercises/Newspaper 10:00 Riddle Me This/Donut Social 11:00 Lunch 12:00 Residents Choice 2:00 Live Music w/Mark & Glenna/Socialize 3:00 Residents Choice 4:00 Dinner 5:00 Movie	<b>14</b> 7:00 Breakfast 8:00 ↔ Aromatherapy Massage/Walk 9:00 ↔ Chair Exercises/Newspaper 10:00 Line Art/Brain Games 11:00 Lunch 12:00 Residents Choice 1:30 Cornhole/No Bake Cookies 3:00 Residents Choice 4:00 Dinner 5:00 Movie
	<b>15</b> 7:00 Breakfast 8:00 ↔ Aromatherapy Massage/Walk 9:00 ↔ Chair Exercises/Newspaper 10:00 Music Videos/Funny Things Kids Say 11:00 Lunch 12:00 Residents Choice 1:30 BINGO/Socialize 3:00 Residents Choice 4:00 Dinner 5:00 Movie	<b>16</b> 7:00 Breakfast 8:00 ↔ Hair/Aroma Therapy Massages/Walk 9:00 ↔ Chair Exercises/Puzzle 10:00 Mimosa Monday/Make Confetti/Coupon Clipping 11:00 Lunch 12:00 Residents Choice 1:30 ☺ Manicure Monday/Foot Massages 3:00 Residents Choice 4:00 Dinner 5:00 Movie	<b>17</b> 7:00 Breakfast 8:00 ↔ Hair/Aroma Therapy Massages/Walk 9:00 ↔ Chair Exercises/Puzzle 10:00 Balloon Toss/Flower Arrangements 11:00 Lunch 12:00 Residents Choice 1:00 † Communion 1:30 Enstroms/Memory Rocks 3:00 Residents Choice 4:00 Dinner 5:00 Movie	<b>18</b> 7:00 Breakfast 8:00 ↔ Hair/Aroma Therapy Massages/Walk 9:00 † Church Services/Puzzle 10:00 Chair Exercises/Puzzle 11:00 Lunch 12:00 Residents Choice 1:30 Booze & Tattoos/Line Art 3:00 Residents Choice 4:00 Dinner 5:00 Movie	<b>19</b> 7:00 Breakfast 8:00 ↔ Hair/Aroma Therapy Massages/Walk 9:00 ↔ Chair Exercises/Newspaper 10:00 Dominoes/Tumbling Tower 10:30 Coping Strategies 11:00 Lunch 12:00 Residents Choice 1:30 Angelo's/Q-Tip Art 3:00 Residents Choice 4:00 Dinner 5:00 Movie	<b>20</b> 7:00 Breakfast 8:00 ↔ Hair/Aroma Therapy Massages/Walk 9:00 ↔ Chair Exercises/Newspaper 10:00 Coupon Clipping/Confetti 11:00 Lunch 12:00 Residents Choice 1:30 BINGO/Socialize 3:00 Residents Choice 4:00 Dinner 5:00 Movie	<b>21</b> 7:00 Breakfast 8:00 ↔ Aromatherapy Massage/Walk 9:00 ↔ Chair Exercises/Newspaper 10:00 Brain Games/Horoscopes 11:00 Lunch 12:00 Residents Choice 1:30 Confetti Bowls/Water Colors 3:00 Residents Choice 4:00 Dinner 5:00 Movie
	<b>22</b> 7:00 Breakfast 8:00 ↔ Aromatherapy Massage/Walk 9:00 ↔ Chair Exercises/Newspaper 10:00 Foam Crafts/Silly Videos 11:00 Lunch 12:00 Residents Choice 1:30 Banana Split Social/Line Art 3:00 Residents Choice 4:00 Dinner 5:00 Movie	<b>23</b> 7:00 Breakfast 8:00 ↔ Hair/Aroma Therapy Massages/Walk 9:00 ↔ Chair Exercises/Puzzle 10:00 Mimosa Monday/Scratch Art 11:00 Lunch 12:00 Residents Choice 1:30 ☺ Manicure Monday/Foot Massages 3:00 Residents Choice 4:00 Dinner 5:00 Movie	<b>24</b> 7:00 Breakfast 8:00 ↔ Hair/Aroma Therapy Massages/Walk 9:00 ↔ Chair Exercises/Puzzle 10:00 Decorate Cookies/Hot Chocolate Social 11:00 Lunch 12:00 Residents Choice 1:00 † Communion 1:30 Cotton Ball Ghost Craft/Noodle Baseball 3:00 Residents Choice 4:00 Dinner 5:00 Movie	<b>25</b> 7:00 Breakfast 8:00 ↔ Hair/Aroma Therapy Massages/Walk 9:00 † Church Services/Puzzle 10:00 Live Music w/Michael/Brain Games 11:00 Lunch 12:00 Residents Choice 1:30 Egg Carton Halloween Craft/Scary Masks 3:00 Residents Choice 4:00 Dinner 5:00 Movie	<b>26</b> 7:00 Breakfast 8:00 ↔ Hair/Aroma Therapy Massages/Walk 9:00 ↔ Chair Exercises/Newspaper 10:00 Ghost Bean Bag Slide/Toss & Catch 10:30 Coping Strategies 11:00 Lunch 12:00 Residents Choice 1:30 Halloween Store/Canvas Painting w/Mary 3:00 Residents Choice 4:00 Dinner 5:00 Movie	<b>27</b> 7:00 Breakfast 8:00 ↔ Hair/Aroma Therapy Massages/Walk 9:00 ↔ Chair Exercises/Newspaper 10:00 Candy Bags/Hot Chocolate Social 11:00 Lunch 12:00 Residents Choice 1:30 BINGO/Socialize 3:00 Residents Choice 4:00 Dinner 5:00 Movie	<b>28</b> 7:00 Breakfast 8:00 ↔ Aromatherapy Massage/Walk 9:00 ↔ Chair Exercises/Newspaper 10:00 Hidden Objects/Common Phrases 11:00 Lunch 12:00 Residents Choice 1:30 B-Day Party/Games 3:00 Residents Choice 4:00 Dinner 5:00 TRUNK OR TREAT/Movie
	<b>29</b> 7:00 Breakfast 8:00 ↔ Aromatherapy Massage/Walk 9:00 ↔ Chair Exercises/Newspaper 10:00 Pumpkin Stress Balls/Pasta Butterflies 11:00 Lunch 12:00 Residents Choice 1:30 Tissue Paper Vases/Puzzle 3:00 Residents Choice 4:00 Dinner 5:00 Movie	<b>30</b> 7:00 Breakfast 8:00 ↔ Hair/Aroma Therapy Massages/Walk 9:00 ↔ Chair Exercises/Puzzle 10:00 Potpourri Pouches/Magazines 11:00 Lunch 12:00 Residents Choice 1:30 ☺ Manicure Monday/Foot Massages 3:00 Residents Choice 4:00 Dinner 5:00 Movie	<b>31</b> <b>Halloween</b> 7:00 Breakfast 8:00 ↔ Hair/Aroma Therapy Massages/Walk 9:00 ↔ Chair Exercises/Puzzle 10:00 Halloween Prep/Line Art 11:00 Lunch 12:00 Residents Choice 1:00 † Communion 2:00 Live Music w/Mark & Glenna/Halloween Party 3:00 Residents Choice 4:00 Dinner 5:00 Movie				