

Volume 1 Issue 10

**October 2017**

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## From the Desk of the Director

We have been very spoiled with this weather, but we all know it won't stick around for long. Before we know it there will be brisk mornings with frosted windows and flurries flying. If you don't like venturing out into the cold or the snow, Prairie Ridge has got you covered! No more shoveling or salting sidewalks. We do that! Don't want to scrape your windows or walk to your car in the cold? We can start cars, scrape windows, and even pull your vehicle up to the front door! Maybe you would rather not drive during the winter months. We have regularly scheduled store visits and can transport to appointments as well. You will also have a number of activities you can participate in if you wish to keep busy.

We have some exciting things coming up in the next few months. Prairie Ridge will be having kids coming for trick-or-treating later in the month, with the leaves seasonally turning, more outings will be scheduled, so stayed tuned! We will also be starting our coats, hats and gloves drive for those in our area in need.

Let's not forget; cooler weather brings more colds and flu. Prairie Ridge will be providing our residents and staff with a Flu Clinic this month in the activity room.

I, along with the rest of the Prairie Ridge team, am excited for what we have coming up. We look forward to welcoming our new residents and celebrating with everyone in the months to come.

Wishing you a happy Fall!

*Megan Kaiser*

**Megan Kaiser**  
Executive Director



## Beat the Flu Bug & Get Your Flu Shot at Prairie Ridge

Prairie Ridge will hold a flu clinic on **October 25th** in the activity room from **1:30– 2:30 pm**. If you would like a flu shot please sign up at the Concierge desk and Jessica Studtmann, RN will reach out to you for further information.





**Tommy Szykowski**

You know him as our very willing and able Maintenance Coordinator. As you can see, when Tommy isn't busy hanging our pictures and shower rods or checking our building from top to bottom, he finds time to enjoy his life outside of Prairie Ridge. Tommy lives in Scales Mound where he farms and serves on the Scales Mound Fire Department. He and his fiancé, Stacy, are also busy planning a wedding for

**Bible Study is here!**

**Every Wednesday at 10:30**, Dr. Fredrick Baltz from St. Matthews Lutheran Church is conducting a Bible Study in the Activities Room. This is available to our Residents



The "Live 2 B Healthy" exercise class continues every Tuesday, Thursday, and Friday morning at 9:15 am in the Activities Room.

Caitlin Simbeck from Midwest Medical is the instructor!

If you haven't had a chance to join our group, you are always welcome to come on any class days that fit your schedule.

*This class is open to the public. Invite your friends!*



**Music Therapy in the Gardens at Prairie Ridge**

If you are like most people, you spend more than three hours per day listening to music. While music is used for relaxation or comfort, you may be surprised to know music therapy is prescribed for treatment of symptoms, progress in rehabilitation, and assisting with developmental milestones in children. At Prairie Ridge, a music therapist works with select residents to aid in their healthcare goals.

**Don't forget Friday Night at the movies 7:30 in the Bistro Lounge!**





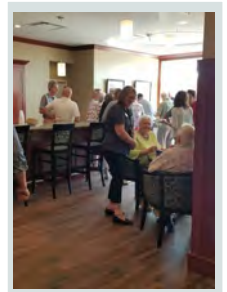
# Grand Opening, fun for all!



## Cause for Celebration!

To celebrate Prairie Ridge opening its doors, we held a Grand Opening Event on September 16th and boy did we have fun! Prairie Ridge had about 250 people of all ages join us that afternoon. There was something for everyone. The adults were able to enjoy live music by Lenny Hosey, as well as beverages provided by Blaum Brothers Distillery and the Galena Winery. For the kids we had bounce houses provided by Galena on the Fly, face painting by Galena High School art students, and Chris McBrien The Magic Storyteller put on a fantastic magic and ventriloquist show. Everyone was able to enjoy food, Culver's ice cream, tours and great company!

We were so happy to be able to open our doors to the community to meet our residents and staff and see what a great place Prairie Ridge is.



## New Grocery Shopping Schedule

Starting October 2, the bus will make the following trips :

**Tuesdays 1:30 pm** - Walmart

**Thursdays 1:30 pm** - Galena Square-  
Piggly Wiggly, Post Office, Bank





With Halloween coming up this month, keep your eyes and ears open to when we will have some



little Ghouls and Goblins in the building for trick or treating. We will keep you posted on date and times so you can have your tricks and treats ready!

## Halloween Around The World

In America and Canada, children go door to door in costume on Halloween night asking for candy treats. France has recently started celebrating Halloween with costume parties. Meanwhile, in the Czech Republic, people place chairs by the fireside, one for each living family member and one for each family member who has passed on. In Germany, people hide their knives to ensure the safety of the returning spirits and themselves.



## Special Days

Harvest Moon October 5  
Columbus Day (U.S.) & Thanksgiving (Canada) October 9  
Boss's Day October 16  
Halloween October 31

**Hard to believe, but holidays are around the corner!**

Did you know that you can reserve space for holiday parties or other events at Prairie Ridge? Prairie Ridge has various sized spaces for family gatherings, private meals, clubs or organization meetings.

Available areas for reservation are :

- Bistro Lounge/Bar
- Activities Room A & B
- Private Dining Room
- Craft Room

To reserve any of these spaces call Sue or Pat at the Concierge Desk  
815-281-2393



*"The harvest moon hangs round and high  
It dodges clouds high in the sky  
The stars wink down their love and mirth.  
The Autumn season is giving birth.*

*Oh, it must be October..."*

*~ Pearl N. Sorrels*

## Searching for October

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



T	G	S	C	O	R	P	I	O	C	H	C	E	T	E
R	H	H	S	I	M	C	H	A	T	T	O	R	A	H
N	W	A	S	I	S	N	R	R	C	J	L	N	C	M
X	E	D	N	C	A	E	B	A	R	S	U	O	O	A
C	Y	E	A	K	B	U	Z	A	W	T	M	I	S	F
S	Q	L	W	O	S	Q	T	E	X	A	B	P	M	Z
A	E	H	T	O	A	G	E	U	L	M	U	R	O	L
S	R	C	N	D	L	T	I	X	M	V	S	O	S	A
O	O	B	K	O	E	L	W	V	P	N	D	C	U	P
Y	I	W	I	S	R	M	A	C	I	K	A	S	P	O
G	L	Q	T	L	F	U	A	H	U	N	Y	P	K	D
Y	A	D	S	E	S	S	O	B	U	U	G	P	P	I
L	A	T	O	K	K	U	S	V	N	F	B	H	K	Y
Y	B	I	Q	K	H	T	B	F	Z	Q	W	U	O	D
T	C	B	W	I	J	M	E	T	F	T	A	O	B	P

AUTUMN  
 BOSSES DAY  
 COLUMBUS DAY  
 COSMOS  
 HALLOWEEN

LIBRA  
 OCTOBER  
 OPAL  
 SCALES (Libra)  
 SCORPIO

SCORPION (Scorpio)  
 SIMCHAT TORAH  
 SUKKOT  
 SWEETEST DAY  
 THANKSGIVING (Canada)