



Upcoming Event >>>

Wed 1: 8:00 1-1 Visits/ 10:00 Nails/ 2:00 Color Me Calm

Thu 2: 10:00 Volleyball/ 1:00 Bingo Store/ 3:00 Music & Memory

Fri 3: 10:30 Bingo/ 2:00 Movie & Popcorn/ 5:00 Puzzles

Sat 4: 8:00 AM Visit/ 10:00 Coffee / 2:00 UNO

Sun 5: 9:00 Virtual Church/ 10:00 Coffee/ 2:00 DIY crafts

Mon 6: 10:00 Coffee Group/ 2:30 Jackpot/ 5:00 Hangman

Tue 7: 9:30 Resident Shopping/ 2:00 Crafting/ 5:00 Game of Choice

Wed 8: 8:00 1-1 Visits/ 10:00 Nails/ 2:00 Color Me Calm

Thu 9: 10:00 Volleyball/ 1:00 Hot Beverage/ 3:00 Music & Memory

Fri 10: 10:30 Bingo/ 2:00 Movie & Popcorn/ 5:00 Puzzles

Sat 11: 8:00 AM Visit/ 10:00 Coffee / 2:00 UNO

Sun 12: 9:00 Virtual Church/ 10:00 Coffee/ 2:00 DIY crafts

Mon 13: 10:00 Coffee Group/ 2:30 Jackpot/ 5:00 Hangman

Tue 14: 9:30 Res Shopping/ 2:00 Crafts/ 5:00 Game of Choice

Wed 15: 8:00 1-1 Visits/ 10:00 Nails/ 2:00 Color Me Calm

Thu 16: 10:00 Volleyball/ 1:00 Bingo Store/ 3:00 Music & Memory

Fri 17: 10:30 Bingo/ 2:00 Movie & Popcorn/ 5:00 Puzzles

Sat 18: 8:00 AM Visit/ 10:00 Coffee / 2:00 UNO

Sun 19: 9:00 Virtual Church/ 10:00 Coffee/ 2:00 DIY crafts

Mon 20: 10:00 Coffee Group/ 2:30 Jackpot/ 5:00 Hangman

Tue 21: 9:30 Res Shopping/ 2:00 Crafting/ 5:00 Game of Choice

Wed 22: 8:00 1-1 Visits/ 10:00 Nails/ 2:00 Color Me Calm

Thu 23: 10:00 Volleyball/ 1:00 Hot Beverage/ 3:00 Music & Memory

Fri 24: 10:30 Bingo/ 2:00 Movie & Popcorn/ 5:00 Puzzles

Sat 25: 8:00 AM Visit/ 10:00 Coffee w/Friends/ 2:00 UNO

Sun 26: 9:00 Virtual Church/ 10:00 Coffee/ 2:00 DIY crafts

Mon 27: 10:00 Coffee Group/ 2:30 Jackpot/ 5:00 Hangman

Tue 28: 10:00 Res Shopping/ 2:00 Crafting/ 3:00 Game of Choice

Wed 29: 8:00 1-1 Visits/ 10:00 Nails/ 2:00 Resident Council

Thu 30: 10:00 Volleyball/ 1:00 Bingo Store/ 3:00 Music & Memory

Fri 31: 10:30 Bingo/ 2:00 Movie & Popcorn/ 4:00 Trick N Treat

ALL ACTIVITIES SUBJECT TO CHANGE

DAILY ACTIVITIES: 8 AM VISITS, 3 PM SNACK PASS.

RESIDENT SHOPPING LISTS NEED TO BE BROUGHT TO
KAYLA IN ACTIVITY ROOM BY PRIOR FRIDAY

Newsletter

Sweet but Safe: Managing Diabetes During Halloween

Halloween is one of the most festive times of the year. Costumes, pumpkins, and spooky decorations fill the air with excitement. But for residents who live with diabetes, this holiday can also bring unique challenges. With candy and sugary snacks everywhere, it's important to find ways to celebrate safely while still joining in the fun.

Focus on Fun, Not Just Food

Halloween doesn't have to be all about candy. Activities like pumpkin painting, costume contests, spooky movie nights, or themed crafts can help shift the focus away from sweets. Celebrating in creative ways brings joy without adding to blood sugar concerns.

Choose Healthier Treats

If treats are part of the celebration, there are plenty of options that won't cause sugar spikes. Sugar-free candies, fruit cups, popcorn, cheese bites, or veggie trays with festive dips can all be delicious and satisfying. These small changes keep the spirit of Halloween alive while supporting healthy choices.

Stay Active

Movement helps the body manage blood sugar more effectively. Gentle activities such as walking, stretching, or even dancing to Halloween-themed music can add fun while supporting overall health.

Keep Hydration in Mind

Water is one of the best "treats" for the body. Staying hydrated helps control cravings and keeps blood sugar levels steadier throughout the day. Offering festive water options — like fruit-infused water in orange and black cups — can make it more fun.

Monitor Blood Sugar Closely

Since holidays often mean changes in routine, it's important for residents to keep a closer eye on their glucose levels. Regular monitoring, balanced meals, and timely medications are key to feeling well and enjoying the holiday safely.

Halloween should be about laughter, creativity, and community. With a little planning, residents with diabetes can fully enjoy the season without the sugar scares. Here's to a safe, festive, and spook-tacular Halloween for everyone!



Let's play! Word Scramble: Halloween Movies



1. HTE ETCHSIW _____
2. TEUIJEBLECE _____
3. TEH DSDAMA MLIFAY _____
4. PSRCEA _____
5. EHT HAUTNED SNMIAINO _____
6. OEPBMOSSGU _____
7. OHUCS CUSPO _____
8. OUGYN TRIASNNKEEFN _____
9. SOPYOK SEDIUBD _____
10. ONTERMS SDAUQ _____
11. THE TTLLEI MAVPIRE _____
12. RACSEP AND DWENY _____
13. ETOHL NTLSARNYAAIV _____



Employee Birthdays

Amy G., Oct 04	Rachel K., Oct 28
Alexandria K., Oct 06	Tioncia G., Oct 28
Nicole W., Oct 07	
Margaret H., Oct 10	
Tammy M., Oct 12	



2025 Fun & National Holidays!

► Oct 1	International Coffee Day
► Oct 1	Pumpkin Spice Day
► Oct 2	Smarties Day
► Oct 4	Card Making Day
► Oct 4	Cinnamon Bun Day
► Oct 5	Chic Spy Day
► Oct 6	Hat Day
► Oct 7	Taco Day
► Oct 7	Fruit Day
► Oct 9	Curious Events Day
► Oct 10	World Mental Health Day
► Oct 11	Pizza Day
► Oct 12	Old Farmers Day
► Oct 13	Indigenous People's Day
► Oct 14	Dessert Day
► Oct 15	I Love Lucy Day
► Oct 16	Sport Day
► Oct 16	Boss's Day
► Oct 17	Pasta Day
► Oct 18	Sweetest Day
► Oct 18	Chocolate Cupcake Day
► Oct 20	International Sloth Day
► Oct 21	Apple Day
► Oct 22	Color Day
► Oct 23	Mole Day
► Oct 24	Bologna Day
► Oct 26	Pumpkin Day
► Oct 27	American Beer Day
► Oct 28	First Responders Day
► Oct 29	Cat Day
► Oct 30	Candy Corn Day
► Oct 31	Halloween

Meet our Team >>>

Hometown: Independence, KS.

Tell us about your Job.

I am the new Director of Nursing at Meadowbrook.

Tell us about your family.

I've been married almost 18 years, and have two teenage daughters, a dog and a cat.

What are your outside Interests?

I enjoy camping and hunting.

Something not everyone may know about you.

I recently moved from Kansas.

Favorite sport team

Go Chiefs!

Amy B.
Director of Nursing



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Also, October is...

Breast Cancer awareness Month
National Food Services Week – Oct 05-11, 2025