

SEPTEMBER 2024

“Welcome the day with open arms and a heart willing to love and laugh.”

~Author Unknown



September is National:

- * HISPANIC HERITAGE
- * PAIN AWARENESS
- * PROSTATE HEALTH
- * WHOLE GRAINS
- * SQUARE DANCE
- * BETTER BREAKFAST
- * FALL HAT
- * SUICIDE PREVENTION
- * ITALIAN CHEESE
- * SEWING
- * RICE
- * POTATO
- * PIANO
- * COURTESY
- * SELF-IMPROVEMENT

Month

Just to name a few!

Symbols of September:

Birthstone: [Sapphire](#)

Flowers: [Aster & Morning Glory](#)

Zodiac Signs: [Virgo & Libra](#)

Onward!

As we transition from Summer to fall, please keep in mind that September represents a time of change and preparation. September can be a fresh start, whether it's the beginning of a new school year, the shift in weather, or the start of new projects.

I am pleased to say our roofing project was completed in a matter of three days, and all of the windows have been washed. The concrete project was also completed, and we are ready to move “Onward” with whatever the next project prevails.

I'd like to take a moment to congratulate Ageane Reed for her recent promotion to Assistant Executive Director at Oak Meadows! We have been blessed with the onboarding of our new Executive Director, Ann Grode, and appreciate all of Ageane's support in helping her plant her feet at Oak Meadows.

That being said, I would also like to thank our outstanding team of managers and team members for pulling through, yet another difficult time. As many of you know, we have endured another COVID outbreak, and it probably will not be the last. Our team has come together to support one another in more ways than I can even share. They do this to ensure that Oak Meadows continues to be a safe and happy place for all of our tenants, team and family members.

THANK YOU for your continued support of Oak Meadows as another season of change begins.
God Speed.

A Brave Act

Sunday, August 4th, during breakfast service, Tyler Gschlecht, one of our Culinary Assistants, noticed that something was not right with his co-worker, Barb Peck. He noticed that she had used a door that isn't normally used and was displaying classic stroke symptoms. He told her that he was going to call an ambulance and she said that wasn't needed. He went to the kitchen and called 911. While he was gone, a resident that served in the US Navy as a corpsman, used his previous training to help Barb get comfortable and calm until help arrived.

Barb's husband, Bud, shared that the ER physician said that the quick action of Tyler made all of the difference in saving Barb's life that morning and preventing serious complications. Barb continues to recover and is improving every day.

On Thursday, August 22nd Tyler was awarded a Care Bear. Barb and her husband, along with George were present to thank Tyler for his heroic actions.



Chaplain's Corner

Psalm 23- It is by far the most recognized psalm for seniors and for that matter those who are familiar with the Bible. That being said, it is important to remember this psalm was written nearly 3000 years ago in a time where society was very different than it is today in terms of basic living surroundings. Then, nearly every household had at least one animal, particularly sheep not only for their food and clothing needs, but also for their religious ceremonies. The people at that time depended on an agricultural society which made up perhaps 75% of the society as compared to less than 4% today. When we read "The Lord is my Shepherd" I would guess the vast majority of people don't know what that truly means. Several years ago, author Leslie Brandt rewrote the Psalms in modern language. The first line of Psalm 23 is: "The Lord is my constant companion" When we put it in that language, we can relate. We all need a Shepherd, and we all need a constant companion. My we draw ever closer to that companion/Shepherd.

Shalom,
Chaplain John Syvertson



September by Annette Wynne
Golden in the garden,
Golden in the glen,
Golden, golden, golden
September's here again!
Golden in the tree tops,
Golden in the sky—
Golden, golden, golden
September's going by!



Happy September Birthday!



- 9/2 - Annette B. Staff:
- 9/4 - Ginny C. · 9/3 – Jerid Shannon
- 9/4 - Gene S. · 9/4 – Hawa Sir- leaf-Harris
- 9/5 - Mary B. · 9/6 – Elizabeth Accola
- 9/6 - MaryAnn M. · 9/8 – Jakob Yang
- 9/8 - Marian Z. · 9/9 – Tyler Gschlecht
- 9/11 - Agnes J. · 9/10 – Danielle Alvarado
- 9/12 - Lorna H. · 9/15 – Alexis Riley
- 9/18- Barb B. · 9/18 – Karen Laue
- 9/16 - Rosie E. · 9/28 – Lilly Huncle-Moran
- 9/19 - Ed F. · 9/29 – Mackenzie Obrien
- 9/19 - Jim V. · 9/30 – Angie Abrizenski Renel
- 9/19 - Marlene U.
- 9/19 - Mary J.
- 9/21 - Arlene H.
- 9/25 - Andy U.



Birthday Lunch will be served at 11:30 on September 12th in the dining room!

September Special Events!

Thursday, September 5th form 1-2:30 in the community Room: “10 Steps to Selling Your Home and Moving to Senior Living” Free Seminar!

September 11th at 10:30am in the Community Room...Please join us for a Patriot Day Program. We will honor the victims and hero's of the 9/11 terrorist attacks.

Guardian Angels Fall Festival will take place September 13th and 14th.

Monday, September 16th Live Music with Scott Frasier at 2:30 in the Community Room

Thursday, September 26th at 2pm in the Community Room: Oak Meadows Oktoberfest, and Live Music with “The Squires Band!”



ALL THINGS AUTUMN

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



ACORN
 CORNFIELD
 HAYRIDE
 PUMPKINS
 YELLOW

APPLE
 FALLING
 LEAVES
 RED

CIDER
 HARVEST
 ORANGE
 SWEATER

