

"Anyone who thinks fallen leaves are dead has never watched them dancing on a windy day." Shira Tamir

October is here! I love October. The cool air with the sun shining, sweatshirts, pumpkins and mums. I just love it all! I have been ready for fall and this time of year for awhile now, and I am so happy it is finally here.

We are planning our **Harvest Festival** on **Friday, October 7th**. This is going to be such a fun event for everyone. We have games and face painting planned. Let's not forget about the delicious food that will be there! AJ and Tim are working on creating some yummy fall treats for everyone. We will have punch cards for kids to bring to each table so that at the end they can collect a treat bag. This will take the place of our annual Trick or Trunk that we will not be doing this year. So, come dressed in costume or just dressed for fall weather and enjoy the beauty that is fall in Vermont. We are hoping for a great turn out and to make this an annual event. We have many fun events scheduled for October for both Memory Care and Assisted Living to have our residents enjoy the month before it gets too cold. Corn mazes, pumpkin carving, and lots of pumpkin cooking! We hope you will take the opportunity to stop by for any one of the activities and participate too!

Happy October and see you all Friday the 7th!



Katy Munzir, CDP
Senior Executive Director

New Faces and Celebrations



Jaida Beaupre
Care Provider



Dana Williams
Concierge



Diana Lammott
Concierge



Sadie Hoffman
Care Provider



Russ Merrick
Transport Driver

Birthdays

- 10/1 Jean Robotti
- 10/2 Heather Lambert
- 10/6 Marilyn Dunn
- 10/8 Murray Edelstein
- 10/8 Kate Driver
- 10/8 Jaida Beaupre
- 10/10 Zoe Dumais
- 10/17 Dale Sherburne
- 10/18 Dalia Elhashami
- 10/18 Rachel Seavers
- 10/20 Mariah Ovitt
- 10/22 Harlie Perry
- 10/25 Judy Brook
- 10/27 Alison Gagner
- 10/27 Sally Conway
- 10/28 Sandy Jones



Anniversaries

1 Year

- 10/14 Dalia Elhashami
- 10/15 Dawn Klein
- 10/28 Mia Savoni



Resident Spotlights



John "Jack" Adams

1. Where did you grow up? **Mid Pennsylvania**
2. Children? **3 Boys and 1 Girl**
3. Profession? **Worked at Firmenich, Inc for over 30 years. Army service during the Korean War.**
4. Hobbies? **Basketball, fishing, horse riding**
5. Favorite Food? **All kinds of foods**
6. Favorite Color? **Blue**
7. Favorite Music? **Country & Jazz**
8. What's one thing you are most proud of in your life?
Getting married (he was very, very happy!)
9. Anything else people should know about you?
He likes to smile!



Toni Taylor

1. Where did you grow up? **Pawtucket, Rhode Island but I've lived in Vermont since 1964.**
2. Children? **2 boys and 1 girl**
3. Profession? **I volunteered at the hospital and different libraries in the area.**
4. Hobbies? **Playing bridge, golf, reading, tennis**
5. Favorite Food? **Vegetables**
6. Favorite Music? **Classical music**
7. What's one thing you are most proud of in your life?
My family
8. Something always sure to make you smile?
Babies! I have new great grand twins!



Employee Spotlights



Kellie Hinton
Business Office Manager

1. Who inspires you? **Ruth Bader Ginsburg**
2. Where's your favorite place in the world? **Washington, D.C.**
3. What's your favorite movie? **The Prestige**
4. What's the last book you read? **The Art of Gathering – Priya Parker**
5. If you could visit anywhere in the world you've never been, where would you go? **I would love to do a tour of Europe – France, England, Italy, Germany, Switzerland, etc**
6. If you were a crayon, what color would you be? **Cerulean blue, as that is my favorite color**
7. If you could pick a new skill what would it be? **Speak multiple languages**
8. Do you have a favorite quote? **“It is our choices that show who we truly are, far more than our abilities.”**
9. What is the best advice you ever received? **Do your best and flush the rest**
10. Are you a morning person or a night owl? **Night owl for sure!**



Harlie Perry
Med Tech

1. Who inspires you? **Stevie Nicks**
2. Where's your favorite place in the world? **The ocean**
3. What's your favorite movie? **The Craft or Hocus Pocus**
4. What's the last book you read? **Game of Thrones**
5. If you could visit anywhere in the world you've never been, where would you go? **I would visit Dublin, Ireland**
6. If you were a crayon, what color would you be? **Sky blue, my favorite color**
7. If you could pick a new skill what would it be? **Sign language**
8. Do you have a favorite quote? **“Good thing about music, when it hits you feel no pain.” Bob Marley**
9. What is the best advice you ever received? **Live life to the fullest and keep your possibilities endless.**
10. Are you a morning person or a night owl? **Night owl**

October 2022

From the Directors of Community Relations

Fall is here and in full swing! We have had our first fire out on the new patio and cannot wait to have more there now that it is complete! We had a growth spurt this past month with several new residents moving in. We could not be happier to have everyone here and part of our community!

Our first annual Alzheimer's Resource Fair was a smashing success, with some great feedback from attendees.

Jane and I are working on bringing in a Financial planner to come by and give a presentation to anyone who would like to learn more about planning in October.

Kate Driver
Community Relations Director
Maple Ridge Lodge Assisted Living



Happy Fall! The leaves are starting to turn and apple picking is underway. What a beautiful time of year! The Memory Care community continues to be full and we are grateful to have so many wonderful families and friends visiting.

The Alzheimer's Resource Fair we hosted on our campus on World Alzheimer's Day was a great success and we will be making it an annual event. Our fundraising efforts to find a cure for Alzheimer's continue and we have raised almost \$2000 to date!

See you around town,

Jane Samuelson
Community Relations Director
Maple Ridge Memory Care



Upcoming Events



**Fall
HARVEST**
Festival

COME JOIN US
FRIDAY OCT 7
4:00PM - 6:00PM

AN EVENING FALL FUN AND FROLIC
EVERYONE IS WELCOME!
BRING YOUR FAMILIES!

Made with PosterMyWall.com



**HALLOWEEN
COSTUME
CONTEST**

AT THE LODGE
MONDAY, OCTOBER 31 @ 2:30

The contest is open to all residents and staff!
There will be a prize for the winner amongst
residents and the winner amongst staff.

October 2022

More Upcoming Events and News to Know!

Memory Care Open Volunteer Positions

Choir Director - Our residents that love to sing would like to form a choir. The idea being they could do a couple of performances during the holiday season at our partner prek and perhaps for families. The opportunity could extend beyond the holiday season if the residents are enjoying it.

Walking Buddies - We have several residents that love to go out and walk. We are looking for a few individuals we could match up with these residents. If weather is inclement, we welcome you to walk in our building.

Knitting/Crochet Group Leader - Do you knit and crochet? Our residents need a group leader to help get them started and assist when they get stuck. Most of the time we work on scarves to donate during the holidays.

Painting Partners - Some of our residents love to paint. We are looking for an individual to sit with residents as either a one on one or in a small group. No painting experience necessary. This is a free paint opportunity for both residents and the volunteer. All supplies provided.

Musicians - Our residents LOVE music! We are looking for individuals or groups with musical talent to share their gifts. This is a great way for young musicians to earn volunteer hours.

If you'd like to volunteer or need more information
please email Sue Belton (our volunteer liaison) at suebelton1234@gmail.com



Over the next few months, Maple Ridge will be putting together a community cookbook consisting of favorite recipes from our residents, resident families, and staff. If you have a favorite family recipe or a perfect go-to dish that you've come across, please send a copy of it to

jclegg@mapleridgeessex.com.

We will be collecting recipes throughout September, October, and November with the last date of collection being November 30.

Meals and Memories
ARE MADE HERE

gobble! gobble!

COME JOIN US FOR
TURKEY TROT
A FALL MEANDER

NOVEMBER 20TH
10:00AM - 11:30AM

RAIN DATE: NOVEMBER 27TH

Maple Ridge Assisted Living
and Memory Care
6 Freeman Woods: Essex Jct
Join Us after you Walk for Treats!

please bring a non-perishable food item for the food shelf

Made with Canva.com

From the Lodge Kitchen

With the Fall Harvest Festival right around the corner, we decided to share our recipe for **Pumpkin Spice Whoopie Pies w/ Cream Cheese Frosting**. We will be serving these as dessert at the Harvest Fest on October 7th from 4-6pm. We will be serving a Vegetarian version of our Chili also with Homemade Cornbread and Corn on the Cob. Hope to see you all there!

Cake Mix:

1 cup butter, room temp
¾ cup brown sugar
2 cups white sugar
2 eggs
1 ¾ cups pumpkin puree
2 tsp vanilla
5 cups all-purpose flour
2 ½ tsp baking powder
2 ½ tsp baking soda
1 ½ tsp cinnamon
½ tsp ground clove
½ tsp nutmeg
½ tsp ground ginger
1 tsp salt

Cream Cheese Filling:

8 oz cream cheese, room temp
½ cup butter, room temp
1 ½ tsp vanilla
Pinch of kosher salt



For the Cake recipe, preheat the oven to 350 F. Combine all the wet ingredients in a bowl and set aside. Next combine all the dry ingredients in a separate bowl, then add to the wet bowl and mix until blended. Drop tablespoon size portions onto a cookie sheet and bake until the edges are slightly browned, about 13-14 minutes. While the cakes are baking start mixing the filling together. First mix the cream cheese and butter together until fluffy. Next mix in the vanilla, salt and powdered sugar then blend until smooth. When the cakes are cool you can start building the Whoopie Pies! This is a fun and easy recipe to do at home and only takes about an hour total.

AJ Spellman
Food Service Director
Maple Ridge Memory Care

October is Breast Cancer Awareness Month

What is breast cancer? Breast cancer is the second most common cancer among women, after skin cancer. It is a disease in which cells in the breast grow out of control. Cancer cells can also spread, or metastasize, to other parts of the body. Breast cancer can also develop in men although the numbers are much smaller than in women.

Preventive measures involves healthy habits such as:

- Eat healthy and nutritious food.
- Avoid/Limit alcohol.
- Self-Breast Examinations.
- Visit your doctor for regular examinations
- To reduce the risk of developing cancer get the pre screening done.
- Breast Feeding.
- Limit postmenopausal hormone therapy. Hormone therapy may increase the risk of breast cancer. Consult with your physician.
- Be physically active. Physical activity can help you maintain a healthy weight, which helps prevent breast cancer.



What symptoms should I look for?

- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or shape of the breast.
- Pain in the breast.

These symptoms can happen with other conditions that are not cancer. If you notice any of these symptoms, talk to your health care provider right away.

“OTHER THAN SKIN CANCER, BREAST CANCER IS THE MOST COMMON CANCER AMONG AMERICAN WOMEN. MAMMOGRAMS ARE THE BEST WAY TO FIND BREAST CANCER EARLY, WHEN IT IS EASIER TO TREAT AND BEFORE IT IS BIG ENOUGH TO FEEL OR CAUSE SYMPTOMS. IF YOU ARE A WOMAN AGED 40-49, SPEAK WITH YOUR HEALTHCARE PROVIDER ABOUT GETTING A MAMMOGRAM. IF YOU ARE A WOMAN OVER 50 YEARS OF AGE, GET A MAMMOGRAM EVERY 2 YEARS.”

Join us in increasing awareness by following all of the preventive measures, performing pre-screen measures, and get your mammogram!

AND DON'T FORGET TO WEAR PINK TO SHOW YOUR SUPPORT.

This submission has absolutely nothing to do with Maintenance, but let us remember what the month is all about - and that is **Halloween!!**

Tips to keep the kiddos safe during Halloween from Safekids.org

Everyone loves a good scare on Halloween, but not when it comes to child safety. There are several easy and effective behaviors that parents can share with kids to help reduce their risk of injury.

Walk Safely

- Cross the street at corners, using traffic signals and crosswalks.
- Look left, right and left again when crossing and keep looking as you cross.
- Put electronic devices down and keep heads up and walk, don't run, across the street.
- Teach children to make eye contact with drivers before crossing in front of them.
- Always walk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible. Children should walk on direct routes with the fewest street crossings.
- Watch for cars that are turning or backing up. Teach children to never dart out into the street or cross between parked cars.



Drive Extra Safely on Halloween

- Slow down and be especially alert in residential neighborhoods. Children are excited on Halloween and may move in unpredictable ways.
- Take extra time to look for kids at intersections, on medians and on curbs.
- Enter and exit driveways and alleys slowly and carefully.
- Eliminate any distractions inside your car so you can concentrate on the road and your surroundings.
- Drive slowly, anticipate heavy pedestrian traffic and turn your headlights on earlier in the day to spot children from greater distances.
- Popular trick-or-treating hours are 5:30 p.m. to 9:30 p.m. so be especially alert for kids during those hours.



On average, children are more than twice as likely to be hit by a car and killed on Halloween than on any other day of the year.

Trick or Treat With an Adult

- Children under the age of 12 should not be alone at night without adult supervision. If kids are mature enough to be out without supervision, remind them to stick to familiar areas that are well lit and trick-or-treat in groups.

Keep Costumes Both Creative and Safe

- Decorate costumes and bags with reflective tape or stickers and, if possible, choose light colors.
- Choose face paint and makeup whenever possible instead of masks, which can obstruct a child's vision.
- Have kids carry glow sticks or flashlights to help them see and be seen by drivers.
- When selecting a costume, make sure it is the right size to prevent trips and falls.



For more information visit safekids.org. © 2015 Safe Kids Worldwide®

Chad Beisswanger
Housekeeping and Maintenance Director

