Department Heads

Kayla Cline - Executive Director Sherlie Jean-Paul -Charge Nurse Tiffany Williams-Assisted Living Director -LPN Roger Dishman - Director Plant Operations Cedric Bowler - Sales and Marketing Director Sandy Brown - Resident Program Director Shawn Latta - Dining Services Director Nicci Melton - Business Office Manager



Happy Fall Y'all!!

I don't know about you but I am so grateful that Fall is amongst us!! I am ready for cooler weather and all things Fall! But you want to know the best part, it means that Christmas is around the corner!! For me this time of year is absolutely the best part because it begins a season of being grateful and thankful for all that we have and all things that are to come! We need to brace ourselves for how busy we become through this season. For us here at LWAL, we have lots of things headed our way! We have our annual Trunk or Treat on October 26th. Our theme is Toy Story. If you want to participate let Sandy know! Everyone is welcome!! Save the dates for our families nights: November 14th at 5:00 pm and December 14th at 6:30 pm.

OCTOBER 2023



A Fall Favorite

The holiday classic "It's the Great Pumpkin, Charlie Brown" premiered Oct. 27, 1966. The animated prime-time TV special with the gang from Charles Schulz's "Peanuts" comic strip is based on a storyline Schulz first ran in 1962. An animation achievement at the time, the hit is famous for its colorful fall pumpkin patch scenes and for giving audiences their first glimpse of Snoopy "flying" his doghouse as the World War I Flying Ace. It's estimated that about half the homes in America with TVs watched the special, and fans continue to make it a yearly tradition.

A Glowing Goodbye

"Autumn glows upon us like a splendid evening; it is the very sunset of the year." —Mary Russell Mitford





MEMORY CARE

OCTOBER 2023

Candy Corn Décor

These giant candy corn decorations will put a sweet smile on your face!

Materials:

- 3 cone-shaped foam forms, different sizes
- Clear tape
- Yellow, orange and white yarn
- Scissors

Directions:

Choose one of the cones to start with. Tape the end of the yellow yarn to the side of the cone, near the bottom edge. Wind the yarn around the cone in a continuous string, moving upward, until the entire bottom third of the cone is covered. Cut the yarn string and tape the trimmed end to the cone.

Using the same process, wrap the cone's middle section with the orange yarn. Finish the tip of the cone with white yarn. It should look like a piece of candy corn.
Wrap the remaining two cones. Display the three candy forms on a table or shelf.

"Hope is like the sun, which, as we journey towards it, casts the shadow of our burden behind us."

—Samuel Smiles

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| - | 8:00 Warm-Ups 8:30 Pamper Me-OOO 9:30 Morning Prayer And Devotion-DR 10:30 Snack And Hydration AR1 1:00 Quiet Time-R 2:30 Snack And Hydration AR1 6:00 Magazine Scavenger Hunt-AR | National Homemade Cookies 2 Day 8:00 Warm-Ups 8:30 Pamper Me-OOO 9:30 Morning Prayer And Devotion-DR 10:30 Exercise With Therapy-AR2 10:30 Snack And Hydration AR1 1:00 Quiet Time-R 2:30 Snack And Hydration AR1 3:00 Baking Class Homemade cookies-AR 6:00 Magazine Scavenger Hunt-AR | 8:00 Warm-Ups 8:30 Pamper Me-OOO 9:30 Morning Prayer And Devotion-DR 10:30 Snack And Hydration AR1 1:00 Quiet Time-R 2:30 Snack And Hydration AR1 3:00 Toy Story Art -AR 3:30 Patio Chat -OB 6:00 Magazine Scavenger Hunt-AR | 8:00 Warm-Ups 8:30 Pamper Me-OOO 9:30 Morning Prayer And Devotion-DR 10:30 Snack And Hydration AR1 1:00 Quiet Time-R 2:30 Snack And Hydration AR1 3:30 Toy Story Cut Out 6:00 TV-Time | 8:00 Warm-Ups 8:30 Pamper Me-OOO 9:30 Morning Prayer And Devotion-DR 10:00 Time with Terry the Chaplain 10:30 Snack And Hydration AR1 1:00 Quiet Time-R 2:00 Bible Study -LR 2:30 Snack And Hydration AR1 3:00 Sparkling Wine And Cheese-DR 6:00 Wind down with Classic Music | 8:00 Warm-Ups 8:30 Pamper Me-OOO 9:30 Morning Prayer And Devotion-DR 10:30 Snack And Hydration AR1 12:00 Manicure Spa Day-CK 1:00 Quiet Time-R 2:30 Snack And Hydration AR1 3:00 Bingo 6:00 Friday Night Movie-AR | 8:00 Warm-Ups 8:30 Pamper Me-OOO 9:30 Morning Prayer And Devotion-DR 10:30 Snack And Hydration AR1 1:00 Quiet Time-R 2:30 Snack And Hydration AR1 3:00 Walking Club-AR 6:00 Wind Down With Classical Music |
| , | 8:00 Warm-Ups 8:30 Pamper Me-OOO 9:30 Morning Prayer And Devotion-DR 10:30 Snack And Hydration AR1 1:00 Quiet Time-R 2:30 Snack And Hydration AR1 6:00 Magazine Scavenger Hunt-AR | Columbus Day 9 8:00 Warm-Ups 8:30 Pamper Me-OOO 9:30 Morning Prayer And Devotion-DR 10:30 Exercise With Therapy-AR2 10:30 Snack And Hydration AR1 1:00 Quiet Time-R 2:30 Snack And Hydration AR1 3:00 Ball Toss-AR 6:00 Magazine Scavenger Hunt-AR | 8:00 Warm-Ups 8:30 Pamper Me-OOO 9:30 Morning Prayer And Devotion-DR 10:30 Snack And Hydration AR1 1:00 Quiet Time-R 2:30 Snack And Hydration AR1 3:00 Toy Story Art -AR 3:30 Patio Chat -OB 6:00 Magazine Scavenger Hunt-AR | 8:00 Warm-Ups 8:30 Pamper Me-OOO 9:30 Morning Prayer And Devotion-DR 10:30 Snack And Hydration AR1 1:00 Quiet Time-R 2:30 Snack And Hydration AR1 3:30 ToyStory Painting -AR 6:00 TV-Time | 8:00 Warm-Ups 8:30 Pamper Me-OOO 9:30 Morning Prayer And Devotion-DR 10:00 Time with Terry the Chaplain 10:30 Snack And Hydration AR1 1:00 Quiet Time-R 2:00 Bible Study -LR 2:30 Snack And Hydration AR1 3:00 Sparkling Wine And Cheese-DR 6:00 Wind down with Classic Music | 8:00 Warm-Ups 8:30 Pamper Me-OOO 9:30 Morning Prayer And Devotion-DR 10:30 Snack And Hydration AR1 12:00 Manicure Spa Day-CK 1:00 Quiet Time-R 2:30 Snack And Hydration AR1 3:00 Bingo 6:00 Friday Night Movie-AR | 8:00 Warm-Ups 8:30 Pamper Me-OOO 9:30 Morning Prayer And Devotion-DR 10:30 Snack And Hydration AR1 1:00 Quiet Time-R 2:30 Snack And Hydration AR1 3:00 Walking Club-AR 6:00 Wind Down With Classical Music |
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EMPLOYEE OF THE MONTH

Anna Lang has worked with us for over two years. She is a joy to work with and is always willing to lend a helping hand. In her free time, she loves to go running and working on her crafts. She is passionate about working with the residents and she said the residents and her coworkers have made a lasting impact on her young life.



Silly, Spooky Snacks

No tricks, just treats! Celebrate the spooky season with these fun recipes:

Freaky flapjacks. Prepare pancake batter from a box or your own recipe, then pour into a gallon-size zip-close food storage bag. Seal the bag, then snip off a bottom corner. On a hot griddle or skillet, add 1 teaspoon oil, then squeeze the batter from the bag and make a spiderweb shape. Cook 1 to 2 minutes, then flip and cook another minute. Repeat with rest of batter.

Monster smiles. Slice an apple, any variety, into wedges. Spread nut butter on one side of each wedge. On one wedge, with nut butter side up, arrange mini marshmallows in a row to look like teeth. Place another wedge on top, nut butter side down. Repeat with remaining slices. Yummy mummies. Roll out refrigerated pizza dough and cut dough into strips. Wrap strips around hot dogs. Place wrapped hot dogs on a greased cookie sheet and bake for 15 minutes at 350° F. Remove from oven and let cool, then dot on eyes with mustard, ketchup or pizza sauce. Serve with additional sauce or condiments for dipping. Batty bites. Unwrap a peanut butter cup and place in front of you. Separate a chocolate sandwich cookie and break one of the wafers in half to create two wing shapes. Use a dab of peanut butter to attach the wings to the cup, curved sides up. Then use more peanut butter to attach two chocolate chips to the center of the bat to look like eyes.





