

# October 2021



**1 World Smile Day**  
 9:00A.M.– Room Visits  
 10:00A.M.– Exercise  
 10:30A.M.– Music W/ Fred  
 1:30P.M.– Movie Matinee  
 3:00P.M.– Ice-Cream Social  
 Social , Building # 3

**2 Guardian Angels Day**  
 10:00A.M.– Snack & Chat  
 11:00A.M.– Porch Time  
 W/ Friends  
 1:30P.M.– Creative Coloring  
 2:30P.M.– Snacks  
 3:00P.M.– Jigsaw Puzzle

**SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY**

**3 HAPPY BIRTHDAY LAURA HASTINGS & JAMES BRICKHOUSE!**  
 9:15A.M.– Communion  
 W/ St. John Catholic Church  
 3:00P.M.– Madison Baptist Church

**4**  
 9:00A.M.– Room Visits  
 10:00A.M.– Exercise  
 1:30P.M.– Live "Music  
 W/ Roger  
 2:30P.M.– Refreshments  
 3:00P.M.– Exercise (ILF)

**5**  
 10:00A.M.– Exercise  
 10:30 A.M.– Medicare Seminar W/Mark ( ILF)  
 1:30P.M.– BINGO!! (AL)  
 2:30P.M.– Snacks  
 3:00P.M.–Exercise (ILF)

**6 HAPPY BIRTHDAY MARY CASHON!**  
 10:00A.M.– Exercise  
 2:00P.M.– Communion  
 W/ Harvest Point Methodist  
 2:30P.M.– Snacks  
 3:00P.M.– BINGO!! (ILF)

**7**  
 10:00A.M.– Exercise  
 10:00A.M.– Farmer's Market (ILF)  
 1:30P.M.– BINGO!! (AL)  
 2:30p.m.– Snacks  
 3:00P.M.– Exercise

**8**  
 9:00A.M.– Room Visits  
 10:00A.M.– Exercise  
 10:30A.M.– Music W/ Fred  
 1:30 P.M.– Movie Matinee  
 3:00P.M.– Jigsaw Puzzle  
 Building #1, #2,#3 & #4

**9 Fall Astronomy Day**  
 10:00A.M.– Snack & Chat  
 11:00A.M.– Porch Time  
 W/ Friends  
 1:30P.M.– Creative Coloring  
 2:30P.M.– Snacks  
 3:00P.M.– Jigsaw Puzzle

**10 HAPPY BIRTHDAY ELAINE GRIMES & LARRY SINGLETON!**  
 9:15A.M.– Communion  
 W/ St. John Catholic Church  
 3:00P.M.– Madison Baptist Church

**11 Columbus Day**  
 9:00A.M.– Room Visits  
 10:00A.M.– Exercise  
 10:30A.M.– Trivia  
 1:30P.M.– Manicures  
 2:30P.M.– Snacks  
 3:00P.M.– Exercise (ILF)  
 Building #3

**12**  
 9:00A.M.– Room Visits  
 10:00A.M.– Exercise  
 10:30A.M.– Brain Game  
 1:30P.M.– BINGO!! (AL)  
 2:30P.M.– Snacks  
 3:00P.M.– Exercise  
 Building #3 (ILF)

**13 National Take Your Parents to Lunch Day**  
 10:00A.M.– Exercise  
 1:30P.M.– Bible Trivia  
 1:30P.M.– Coffee & Donuts w/ Evelyn Building #3  
 3:00P.M.– Therapy Dog  
 3:00P.M.– BINGO!! (ILF)

**14**  
 9:00A.M.– Amish Community Trip  
 10:00A.M.– Exercise  
 10:30P.M.– Spelling Bee  
 1:30P.M.– BINGO!! (AL)  
 3:00P.M.– Exercise  
 Building #3 (ILF)

**15 National Mammography Day**  
 10:00A.M.– Breast Cancer Awareness Walk (AL)  
 10:30A.M.– Music W/ Fred  
 1:30P.M.– Movie Matinee  
 3:00P.M.– Breast Cancer Awareness Walk (ILF)

**16 Boss's Day**  
 10:00A.M.– Snack & Chat  
 11:00A.M.– Porch Time  
 W/ Friends  
 1:30p.m.– Creative Coloring  
 2:30P.M.– Snacks  
 3:00P.M.– Jigsaw Puzzle

**17 National Pasta Day**  
 9:15A.M.– Communion  
 W/ St. John Catholic Church  
 10:00A.M.– Worship Service, Lobby (AL)  
 3:00p.m.– Madison Baptist Church

**18 HAPPY BIRTHDAY ODESSA MILLER & PEGGY KLUSMEYER!**  
 9:00A.M.– Room Visits  
 10:00A.M.– Exercise  
 1:30P.M.– Crafts W/ Dianne  
 2:30P.M.– Snacks  
 3:00P.M.– Exercise (ILF)

**19**  
 9:00A.M.–Room Visits  
 10:00A.M.–Exercise  
 10:30A.M.–Brain Game  
 1:30P.M.– BINGO!! (AL)  
 2:30P.M.–Snacks  
 3:00P.M.–Exercise  
 Building # 3 (ILF)

**20**  
 9:00A.M.–Room Visits  
 10:00A.M.– Exercise  
 10:30A.M.–Name That Tune  
 1:30P.M.– Resident Council  
 2:30P.M.– Snacks  
 3:00P.M.– BINGO!!  
 Building #3 (ILF)

**21 HAPPY BIRTHDAY CAROL FOLDER!**  
 10:00A.M.– Lunch & Matinee @ Yester Day's  
 10:00A.M.– Exercise  
 10:00A.M.–Farmer's Market  
 1:30P.M.–BINGO!! (AL)  
 3:00P.M.– Exercise (ILF)

**22**  
 9:00A.M.– Room Visits  
 10:00A.M.– Exercise  
 10:30A.M.– Music W/ Fred  
 1:30P.M.– Movie Matinee  
 3:00P.M.– Mexican Train  
 Building #3 (ILF)

**23 HAPPY BIRTHDAY NANCY HARRIS!**  
 10:00P.M.– Snack & Chat  
 11:00P.M.– Porch Time  
 W/ Friends  
 1:30P.M.– Creative Coloring  
 3:00P.M.– Jigsaw Puzzle

**24 United Nations Day**  
 9:15A.M.– Communion  
 W/ St. John Catholic Church  
 10:00A.M.– Worship Service, Lobby (AL)  
 3:00P.M.– Madison Baptist Church

**25 HAPPY BIRTHDAY BARBARA GROVES!**  
 10:00A.M.– Exercise  
 10:00A.M.– Balance Class  
 Building # 3 (ILF)  
 1:30P.M.– Manicures  
 2:30P.M.– Snacks  
 3:00P.M.– Exercise (ILF)

**26 HAPPY BIRTHDAY BETTY DWYER!**  
 9:00a.m.– Room Visits  
 10:00A.M.– Exercise  
 10:30A.M.–Brain Game  
 1:30P.M.– BINGO!!! (AL)  
 3:00P.M.–Exercise  
 Building #3 (ILF)

**27 Cranky Coworkers Day**  
 9:00A.M.– Room Visits  
 10:00A.M.– Exercise  
 1:30P.M.– Men's Ministry  
 W/ Jerry  
 2:30P.M.– Snacks  
 3:00P.M.– BINGO!!  
 Building #3 (ILF)

**28**  
 9:00A.M.– Hardee's Breakfast (ILF)  
 10:00A.M.– Exercise  
 1:30P.M.– BINGO!! (AL)  
 2:30P.M.–Snacks  
 3:00P.M.– Exercise  
 Building #3 (ILF)

**29 World Stroke Day**  
 9:00A.M.– Room Visits  
 10:00A.M.– Exercise  
 1:30P.M.– Halloween Party (AL)  
 3:00P.M.– Reverse Trick Or Treat (ILF)

**30 HAPPY BIRTHDAY SUE McCLAMROCH!**  
 10:00A.M.–Snack & Chat  
 11:00P.M.– Porch Time  
 W/ Friends  
 1:30P.M.– Creative Coloring  
 3:00P.M.– Jigsaw Puzzle

**31 Halloween**  
 9:15A.M.– Communion  
 W/St. John Catholic Church  
 10:00A.M.– Worship Service, Lobby (AL)  
 3:00P.M.– Madison Baptist Church



## Madison Village

Independent & Assisted Living

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# The Madison Village Post

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## OCTOBER BIRTHDAY'S

### RESIDENTS:

James Brickhouse	Oct. 3rd
Mary Cashon	Oct. 6th
Betty Dwyer	Oct. 26th
Carol Folger	Oct. 21st
Elaine Grimes	Oct. 25th
Nancy Harris	Oct. 23rd
Laura Hastings	Oct. 3rd
Peggy Klusmeyer	Oct. 18th
Sue McClamroch	Oct. 30th
Odessa Miller	Oct. 18th
Larry Singleton	Oct. 10th

### STAFF:

Jazmin Perez	Oct. 8th
Sonya Bauer	Oct. 10th
Jessica Cook	Oct. 21st
Melinda Nalley	Oct. 8th
Jackie Cross	Oct. 27th

### STAFF ANNIVERSARIES:

Jill Benefield	Oct. 24th	10 yrs
Madeline Norman	Oct. 15th	1yr
Moeshia Williams	Oct. 28th	2yrs
Evelyn Garrett	Oct. 1st	3yrs
Victoria Beshears	Oct. 5th	3yrs

### WELCOME

We would like to welcome James Brickhouse and Carol Roach to the Madison Village.

## October is...

- b American Magazine Month
- b Celebrating Ethnic Heritage
- b Cookbook Month
- b Country Music
- b Healthy Lung Month
- b National Bake & Decorate
- b National Book Month
- b National Chili
- b National Cookie Month
- b National Dental Hygiene
- b National Dessert Month
- b National Pasta Month
- b Nat'l Popcorn Poppin' Month
- b Nat'l Reading Group Month
- b National Roller Skating Month
- b Nat'l Stamp Collecting Month
- b Positive Attitude Month
- b National Spinal Health Month
- b National Physical Therapy Month
- b German-American Heritage Month
- b Polish-American Heritage Month
- b Talk about Prescriptions Month
- b National Breast Cancer Awareness Month
- b Depression Education and Awareness Month



BIRTHSTONE-OPAL (Hope), (Alt. - Tourmaline)  
FLOWER-CALENDULA (Alt. - Cosmos)  
COLORS-WHITE & YELLOW

## TO YOUR HEALTH—

By Dr. Daniel Scarbrough, Corporate Medical Director , CHS, Inc.

It's that time of the year. The leaves are turning brown, and the crisp air is ushering in the fall season, but times are different this year – we still have COVID-19. This is the time when we are reminded to protect ourselves from a seasonal problem – the flu. The flu comes from a person being exposed to a virus just as COVID-19 does. Symptoms include fatigue, muscle ache, joint pain, loss of appetite, headache, cough, and/or fever, all of which mimic COVID. Often symptoms of COVID include more shortness of breath and sometimes loss of taste and smell. For most people, the flu lasts only a few days, but for others, it can be very harmful, leaving them severely ill, requiring hospitalization and even death. Each year the flu causes 3 - 5 million severe cases resulting in 300,000 to 500,000 deaths. COVID-19 has already resulted in millions of cases and unfortunately more deaths than the flu usually does. Older people are most affected by both the flu and COVID-19, as are those with comorbidities: i.e. obesity, diabetes mellitus, hypertension, heart disease, emphysema, cancer, and illnesses of the immune system. Like COVID-19, we have an easy way to protect ourselves from the flu and its complications – the flu vaccine. Before the end of October is the best time to get your vaccine. After taking the flu vaccine, you will build up antibodies in the body in about two weeks, which help provide protection against the flu. However, you must get the vaccine every year because the virus carrying the flu mutates and changes each year, so a new and different vaccine must be developed each year. Research tells us which viruses will be most likely to cause the flu each year. Everyone from age six months up should receive the flu vaccine, and it is recommended that children 6 months through 8 years of age have two doses of the vaccine spaced four weeks apart with the last dose given before the end of October. Also, remember high-risk patients: i.e., especially healthcare workers, pregnant women, and those on treatment for cancer and HIV should definitely also get the flu shot. This flu season with COVID-19 still present, it is going to be very difficult to distinguish between the flu and COVID. One fear is that the flu shot will give you the flu. The shot is safe, but one in four people may notice a bit of redness, tenderness or swelling. The flu shot is easy to obtain and is free to Medicare beneficiaries. So, please get your flu shot and your COVID vaccine which we have discussed on several occasions.