

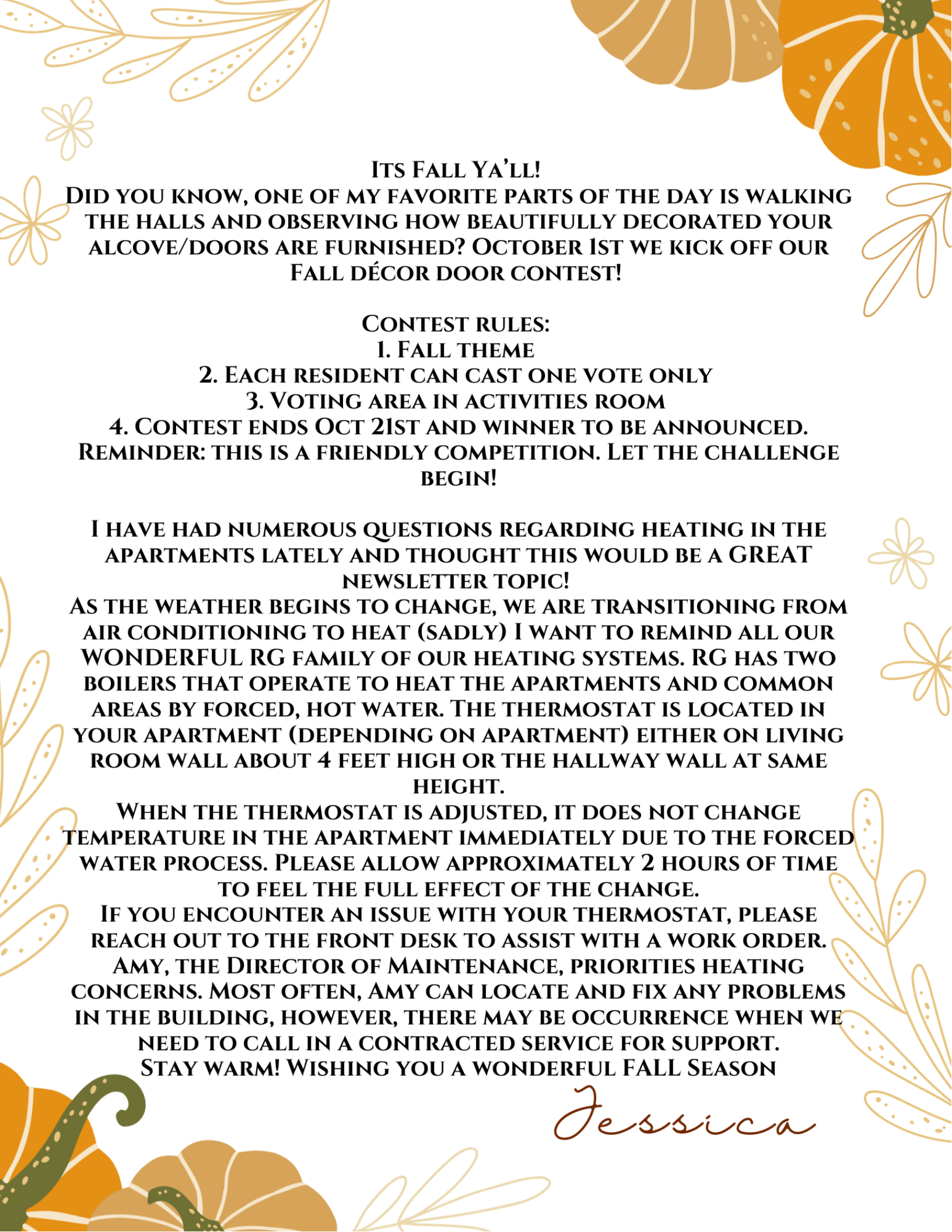


OCTOBER 2025

RIVER GRAND HIGHLIGHTS

WHAT'S INSIDE:

PAGE 1... A LETTER FROM JESS
PAGE 2... STAFF UPDATES
PAGE 3... DIETARY CORNER
PAGE 4...ACTIVITY AREA
PAGE 5... RIVER GRAND BIRTHDAYS
PAGE 6.... WORD SEARCH
7-8... MONTHLY GAZETTE
PAGE 9-12... LIGHT READING
PAGE 13... PREVIOUS FINE DINING RECIPE
PAGE 14... WELLNESS INFO



ITS FALL YA'LL!

DID YOU KNOW, ONE OF MY FAVORITE PARTS OF THE DAY IS WALKING THE HALLS AND OBSERVING HOW BEAUTIFULLY DECORATED YOUR ALCOVE/DOORS ARE FURNISHED? OCTOBER 1ST WE KICK OFF OUR FALL DÉCOR DOOR CONTEST!

CONTEST RULES:

- 1. FALL THEME**
 - 2. EACH RESIDENT CAN CAST ONE VOTE ONLY**
 - 3. VOTING AREA IN ACTIVITIES ROOM**
 - 4. CONTEST ENDS OCT 21ST AND WINNER TO BE ANNOUNCED.**
- REMINDER: THIS IS A FRIENDLY COMPETITION. LET THE CHALLENGE BEGIN!**

I HAVE HAD NUMEROUS QUESTIONS REGARDING HEATING IN THE APARTMENTS LATELY AND THOUGHT THIS WOULD BE A GREAT NEWSLETTER TOPIC!

AS THE WEATHER BEGINS TO CHANGE, WE ARE TRANSITIONING FROM AIR CONDITIONING TO HEAT (SADLY) I WANT TO REMIND ALL OUR WONDERFUL RG FAMILY OF OUR HEATING SYSTEMS. RG HAS TWO BOILERS THAT OPERATE TO HEAT THE APARTMENTS AND COMMON AREAS BY FORCED, HOT WATER. THE THERMOSTAT IS LOCATED IN YOUR APARTMENT (DEPENDING ON APARTMENT) EITHER ON LIVING ROOM WALL ABOUT 4 FEET HIGH OR THE HALLWAY WALL AT SAME HEIGHT.

WHEN THE THERMOSTAT IS ADJUSTED, IT DOES NOT CHANGE TEMPERATURE IN THE APARTMENT IMMEDIATELY DUE TO THE FORCED WATER PROCESS. PLEASE ALLOW APPROXIMATELY 2 HOURS OF TIME TO FEEL THE FULL EFFECT OF THE CHANGE.

IF YOU ENCOUNTER AN ISSUE WITH YOUR THERMOSTAT, PLEASE REACH OUT TO THE FRONT DESK TO ASSIST WITH A WORK ORDER.

AMY, THE DIRECTOR OF MAINTENANCE, PRIORITIES HEATING CONCERNS. MOST OFTEN, AMY CAN LOCATE AND FIX ANY PROBLEMS IN THE BUILDING, HOWEVER, THERE MAY BE OCCURRENCE WHEN WE NEED TO CALL IN A CONTRACTED SERVICE FOR SUPPORT. STAY WARM! WISHING YOU A WONDERFUL FALL SEASON

Jessica



STAFF UPDATES

CONGRATULATIONS TO EMILY LUKE, RIVER GRAND'S BEST EMPLOYEE OF THE MONTH! EMILY IS ONE OF OUR WONDERFUL COOKS IN THE KITCHEN, PREPARING THREE MEALS A DAY, SNACKS AND SO MUCH MORE! WE ARE SO THANKFUL TO HAVE EMILY ON THE TEAM. ALSO, A SPECIAL SHOUT-OUT TO ALL OF OUR STAFF WHO DEDICATE THEIR TIME AND PROVIDE THE SERVICES THEY DO. WE ARE SO LUCKY TO HAVE EACH AND EVERY STAFF MEMBER ON OUR TEAM WHO PROVIDES THE BEST CARE FOR OUR ASSISTED LIVING COMMUNITY. I HOPE EVERYONE ENJOYED THE FABULOUS WEEK OF NATIONAL ASSISTED LIVING CELEBRATIONS!

Beth

JUST A QUICK REMINDER THAT WE OFFER AUTOMATIC PAYMENT OPTIONS. IT'S A SECURE, CONVENIENT WAY TO SEND MONTHLY PAYMENTS DIRECTLY FROM YOUR BANK ACCOUNT—NO CHECKS, NO HASSLE.

IF YOU'D LIKE TO SET THIS UP OR HAVE ANY QUESTIONS, FEEL FREE TO REACH OUT.

Brandi

NURSE'S NOTE:

COVID & FLU SHOTS WILL BE AVAILABLE HERE AT RIVER GRAND ON OCTOBER 14TH BEGINNING AT 12:00
THRIFTY WHITE WILL BE PROVIDING THIS SERVICE.

IT IS THE TIME OF YEAR WHEN IT BEGINS TO GET COOLER OUT. LET ME KNOW IF YOU NEED HELP GETTING THE AIR CONDITIONING COVERS ON YOUR APARTMENT UNITS.

Amy



Dietary **CORNER**

Happy Fall Y'all !! I hope everyone is getting a chance to be outdoors and enjoy this great fall weather we're having! I love to watch the leaves turning beautiful colors.

DATES TO REMEMBER

We start our Fall/Winter menu rotation on October 5th.

Our October culinary meeting will be on Monday, October 13th at 2:00 in the activities space. I value each of your opinions, your input is so important. I hope to see you there!

Be on the lookout for our GOULISH Fine Dining evening this month!

Be sure to check out the activities calendar for our fun Fall & Halloween Parties!

Cook's Corner: In-season Produce for October

- Pumpkin, Apples, Grapes
- Brussel sprouts, Broccoli, Cauliflower
- Cabbage, Carrots, Tomatoes
- Pears, Cranberries, Cherries
- Winter squash, Corn, Potatoes
- Plums, Nectarine, Peaches
- Parsnips, Shallot, Squash

Cook's Corner

Let's give a Big Shout out to Emily who was awarded employee of the month for September!



Also, a congrats to Aubrey.O on her transition to the care specialist role! Be on the lookout for a new server to be joining our team soon!

Activity Area



OCTOBER IS FULL OF MISCHIEF AND FUN!
KEEP AN EYE ON YOUR CALENDARS AND
WEEKLY REMINDERS FOR INSIGHT ON YOUR
FAVORITE ACTIVITIES.

OCTOBER BRINGS ANOTHER FINE DINING
EVENT! WE ARE EXCITED TO TAKE YOU TO
"DINNER WITH THE ADAMS FAMILY." EXPECT
MISCHIEF AND MAGIC.

WE WILL BE HAVING A HALLOWEEN BASH ON
HALLOWEEN! COME ENJOY SOME YUMMY
TREATS AND SILLY COSTUMES!

THERE WILL BE A FLU/VACCINATION CLINIC MID
MONTH. PLEASE CONNECT WITH THE FRONT
DESK FOR FURTHER DETAILS.

Liz



HAPPY OCTOBER RIVER GRAND!





RIVER GRAND BIRTHDAYS

HELEN- 10/12

NJ- 10/12

NANSY- 10/21

BILL C.- 10/22

BARB A.- 10/25

HAPPY BIRTHDAY