

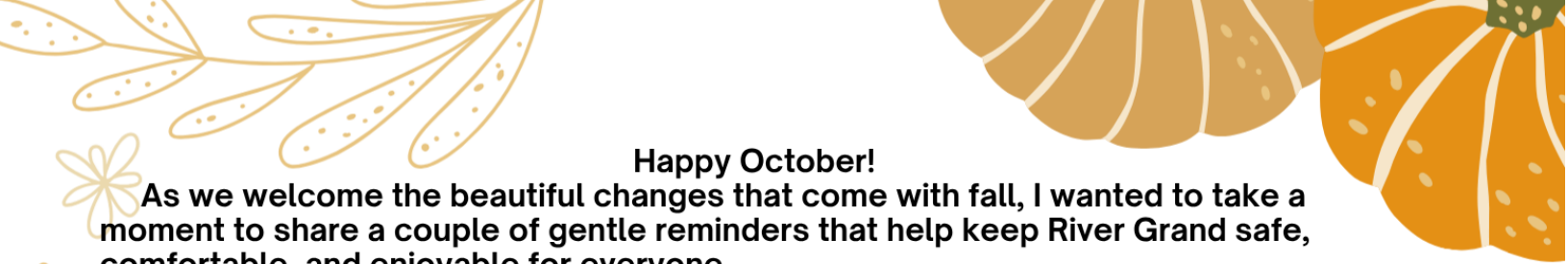


OCTOBER 2026

RIVER GRAND HIGHLIGHTS

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Happy October!

As we welcome the beautiful changes that come with fall, I wanted to take a moment to share a couple of gentle reminders that help keep River Grand safe, comfortable, and enjoyable for everyone.



Space Heaters As the temperatures begin to cool, please remember that space heaters are not permitted at River Grand. While we understand the desire for a little extra warmth, space heaters can create significant fire and safety risks within a senior living community.

The good news is that all residents have the ability to adjust the temperature in their apartments to their personal comfort level using the apartment's heat controls or air conditioning. If you are having difficulty keeping your apartment at a comfortable temperature, please let us know so we can help address the concern with you.

For everyone's safety, we kindly ask that residents do not bring or use space heaters in their apartments.

A Gentle Reminder About Our Furry Friends I truly understand how important our pets are to us. They provide companionship, comfort, and so much joy, and I have tried to be flexible regarding pets being present in common areas because I recognize just how special that bond can be.

That said, we have received some concerns that I do need to address, and it is important that we consistently follow our Pet Addendum for the safety, comfort, and enjoyment of all residents.

As a reminder:

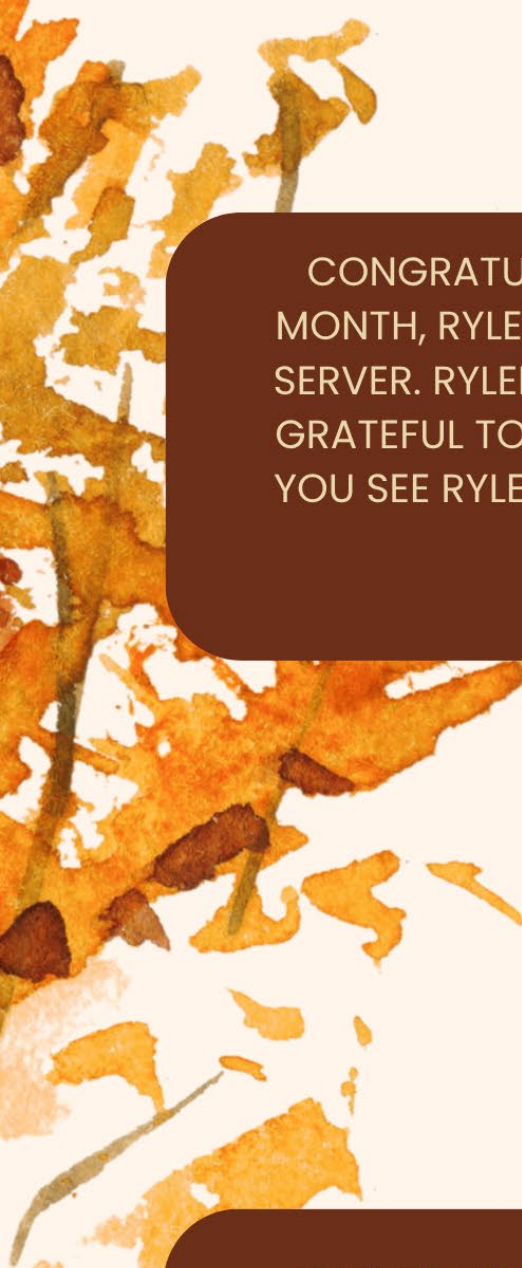
- Pets who reside at River Grand should remain in their resident's apartment except when entering and exiting the building to go outside.
- Pets must be on a leash when outside of the apartment.
- Pet owners are responsible for cleaning up after their pets every time.
- For sanitary reasons, pets are not permitted in the dining areas.
- Pets are not permitted to attend resident activities, as these programs are intended specifically for our residents.

Please know that these reminders are not meant to diminish the importance of our beloved pets. We appreciate the companionship they provide and want to continue to support that special relationship while also ensuring that River Grand remains a safe, comfortable, and welcoming home for everyone.

Thank you for your understanding, cooperation, and continued kindness toward one another. It is the little things we each do that help make River Grand such a wonderful community.

*Warm Regards,
Jessica*





STAFF UPDATES

CONGRATULATIONS TO RIVER GRAND'S BEST EMPLOYEE OF THE MONTH, RYLEIGH KLOUS! RYLEIGH JOINED OUR DIETARY TEAM AS A SERVER. RYLEIGH HAS BEEN A JOY TO WORK WITH, AND WE ARE SO GRATEFUL TO HAVE SUCH A GREAT TEAM PLAYER ON OUR TEAM! IF YOU SEE RYLEIGH IN THE KITCHEN, PLEASE JOIN US IN CELEBRATING WITH HER THIS MONTH!

Beth

HELLO, OCTOBER!
FALL IS HERE! WE'RE LOOKING FORWARD TO CRISP AUTUMN DAYS, COLORFUL LEAVES, FUN ACTIVITIES, AND SPECIAL MOMENTS TOGETHER. WISHING ALL OUR RESIDENTS A HAPPY OCTOBER FILLED WITH WARMTH, LAUGHTER, AND FRIENDSHIP! PLEASE REACH OUT IF YOU HAVE ANY BILLING QUESTIONS THAT MAY COME UP AND NEED SOME CLARIFICATION.

Brandi

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 25th. Our October culinary meeting will be on Monday, October 12th 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 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

Here is some fun info about a few popular beverages you could consider drinking!!

Red Wine

Thought red wine was only good for relaxing? Think again. Studies suggest that moderate amounts can help increase HDL (good cholesterol) and prevent artery damage.

Resveratrol is an antioxidant specifically found in red wine that might have even more health benefits like helping decrease LDL (bad cholesterol) and prevent blood clots. Red wine may even improve your oral health too!

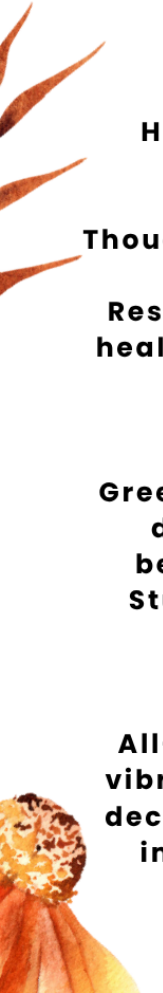
Green Tea

Green Tea, known as a healthy drink that hydrates and soothes the soul. This drink may do more good than you knew. Green tea has a high level of polyphenols which are believed to prevent certain types of cancer like breast cancer and prostate cancer. Studies suggest it can also help reduce sharp increases in blood sugar after a meal, which can be especially beneficial for people with type 2 diabetes. Give it a try!

Pomegranate Juice

All-natural pomegranate juice is one of the most nutritious beverages out there. This vibrant fruit juice is packed with antioxidants that help protect cells from damage and decrease inflammation, which may help relieve some types of arthritis. It's also rich in immune-boosting vitamin C, making it one of our favorite drinks to fight off colds!

Who knew drinks could be this nutritious? Some serious food for thought!



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 SPOOKY FUN! TUNE INTO
OUR FESTIVE GROUPS.

SOMETHING NEW: ADDING SPOOKY STORIES TO
THE CALENDAR. I HAVE A PODCAST THAT WILL
TELL US A HALF HOUR OF MYSTERIOUS STORIES.
COME ENJOY A TASTY DRINK AND VISIT ABOUT
THE TALE.

WE WILL BE HAVING A HALLOWEEN BASH A
COUPLE DAYS BEFORE HALLOWEEN AND A
WHOLE WEEK OF FESTIVE FUN! COME ENJOY
SOME YUMMY TREATS AND SILLY COSTUMES!

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