

# Oh what fun September was!



## Our Community Newsletter

*Discover what's going on in our community.*



### From the Executive Director

#### Fall Updates

As we officially step into the fall season, the days and evenings are becoming cooler. We encourage everyone to dress comfortably for the changing weather to stay healthy and enjoy the season.

At Arbor Oaks, our priority is continuously enhancing the quality of life for our residents. We are reviewing upcoming projects and initiatives that will have the greatest impact on comfort, safety, and overall well-being.

#### Lifespark Complete / Health Services

We are excited to share that more than half of our residents are now seeing our Nurse Practitioner, Shannon, through the Lifespark Complete program. Shannon has quickly become a valued member of our care team, and her presence has strengthened the level of support we can provide.

**For residents who have not yet transitioned to her care, here are some of the benefits of making Shannon your primary care provider:**

In-home visits – Receive care right in the comfort of your apartment, reducing the need for outside appointments.

Urgent response team access – Support is available when you are feeling unwell and unsure if an urgent care or emergency room visit is necessary.

Stronger continuity of care – Shannon works closely with our existing clinical team, ensuring seamless communication and coordinated care.

These are just a few of the advantages, and there are additional ways the program can support your health and peace of mind. If you would like to learn more, please stop by the front desk. A member of our team would be happy to share more details and help answer any questions you may have.

#### A Note of Thanks

I want to thank each of you, along with your families, for the trust you place in us. Your warmth and involvement make Arbor Oaks such a special community. Please know my door is always open if you'd like to share an idea, ask a question, or simply stop by for a visit.



## From Marketing

### Don't let scammers scam you!

Here are a few of the most common red flags:

Pressure to act fast: Phrases like “limited time only” are designed to push you into hasty decisions.

Emotional triggers: Scammers may claim your account is compromised or you’ve “won a prize” to make you panic.

Requests for sensitive information: Legitimate providers won’t ask for your Social Security number or bank details over email, text, or social media.

Quick Tips to Staying Scam-Smart:

**Verify before you trust** ➡ Don’t respond to calls or texts from unknown numbers; instead, hang up and call the official number directly.

**Check email addresses** ➡ Be cautious of messages from free domains like Gmail or Yahoo that claim to be from “official” companies.

**Secure your logins** ➡ Use strong passwords and two-factor authentication to protect your accounts.

**Avoid large upfront payments** ➡ Legitimate contractors and service providers will work with written agreements, references, and clear terms.

When in doubt, pause. Trust your instincts—if something feels off, it probably is. A reliable partner will respect your pace and provide transparency at every step.

## From Maintenance

### Completed This Month

Boilers are up and running – Ready for the colder days ahead.

Common Area Smoke Detectors Inspected by Allstate – All units were checked to make sure they are working properly for everyone’s safety.

### Safety Reminder

You may notice a yellow stripe on part of the sidewalk. This marking means the cement is raised in that spot. Please walk carefully in this area to avoid tripping.

### Quick Tip

If you notice any new cracks, raised spots, or other damage:

🔑 Please call or go to the front desk to put in a work request so it can be fixed quickly.

Thanks for staying informed and helping keep our community safe!

# HALLOWEEN WORD SEARCH

O V T D F S F P N I I F N E X X V E S W  
R P I B H C R C M B W E P B A N U J F H  
A K B M L A U A U I I D D X Q C T L T I  
N Z Z A V R V N M H T N R U T Z J Z P V  
G H H B M E O D M A C X C R Q Z T J Q F  
E E M A S K D Y Y U H W D P Y R R U Q Q  
A C J N D A M Q I N X N K A J M H T W S  
O Z Y P Z R H U H T T H T L L Z B L C C  
U S D P C F T U T E J B U C Z O G Q N T  
M M W K H A J E E D S L S T E M L J Y H  
Z K G S K T B K T D B A V O T B O N R K  
O M Y S K E L E T O N C M A D I X M N N  
A T N W M S R C Z C A K W S M E E N P N  
Z E I D M B A A C M R X N P W P G Z K F  
Q Q K D O C M U O R Z A P I T V I H L R  
C V E G N O B L S S O A A B D C F R B V  
Y B I R S U G D T V U I F B Q D D K E B  
S L N E T V L R U V J I M V X O O I N V  
K U Y X E G S O M G H O S T X A A E Y Y  
N A N T R K V N E P P U M P K I N D A N

PUMPKIN  
WITCH  
GHOST  
COSTUME

CANDY  
MASK  
ZOMBIE  
ORANGE

BLACK  
SKELETON  
SCARE  
MONSTER

HAUNTED  
MUMMY  
VAMPIRE  
CAULDRON



# Quiz Show 2025



Week	Deep Dive (Lifeguard)	Competition	RBS	Test
Scrimmage Week	10/7 Coach and Captain Meeting	10/8	10/10	Whizzer
Week 1	10/14	10/15	10/17	Arm Crank
Week 2	10/21	10/22	10/24	Leg Crank
Week 3	10/28	10/29	10/31	Whizzer
Week 4	11/4	11/5	11/7	Arm Crank
Week 5	11/11	11/12	11/14	Leg Crank
Week 6	11/18	11/19	11/21	Whizzer
Week 7	12/2	12/3	12/5	Arm Crank
Final 4	No Deep Dive	12/9	No RBS	Leg Crank
World Championship	No Deep Dive	12/11	No RBS	Whizzer

\*\*RBS = Really Big Show\*\*

Everything starts at 1:00PM

## From Nursing



Signs and Symptoms	Cold	Flu
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

#FIGHT FLU CDC

Stop the spread of germs that make you and others sick!

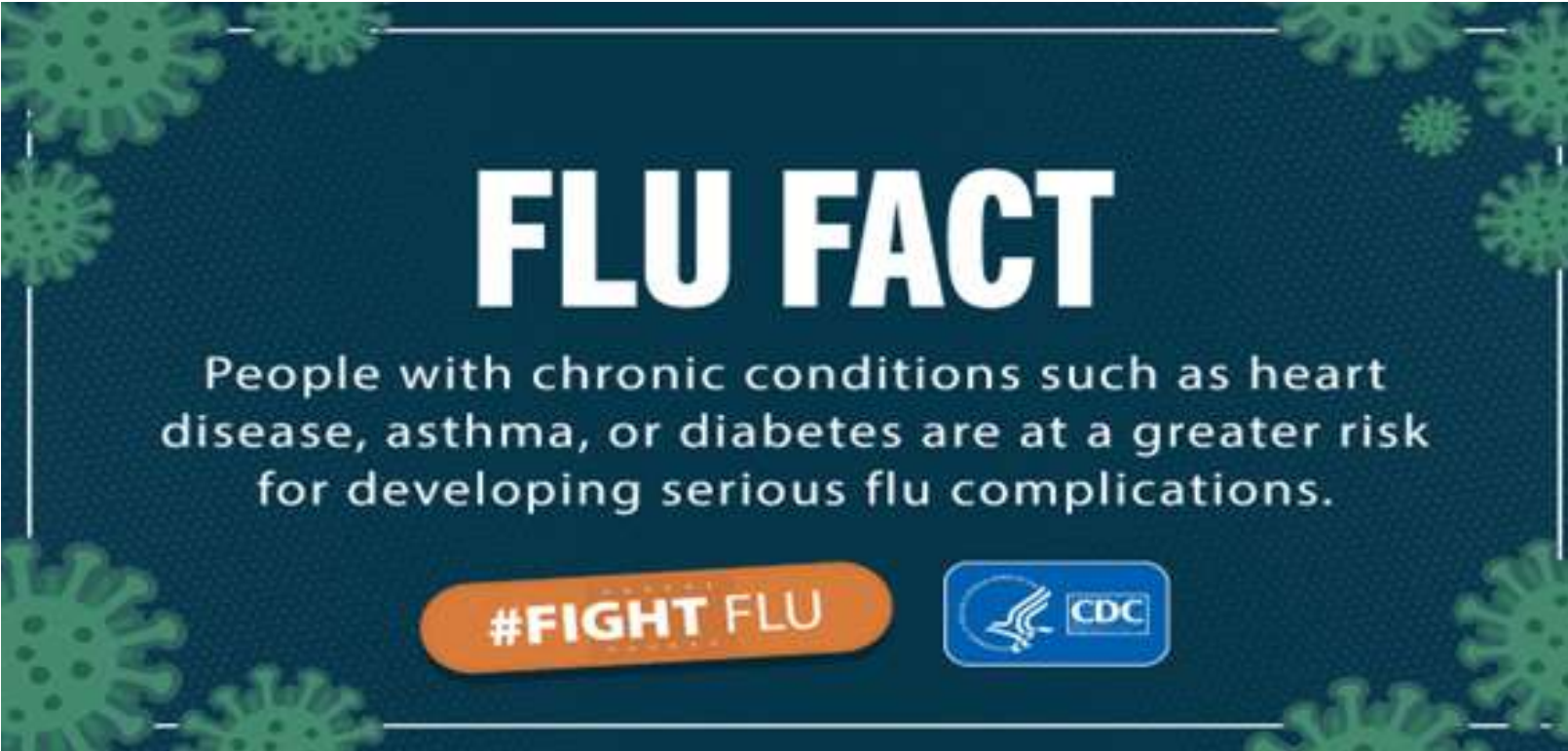
**Cover your Cough!**

Cover your mouth and nose with a tissue when you cough or sneeze, or cough or sneeze into your upper sleeve, not your hands.

Put your used tissue in the waste basket.

Clean your hands after coughing or sneezing.

Wash hands with soap and warm water or clean with alcohol-based hand cleaner.







Every third Monday at  
1pm in the Dining Room



Resident Council every  
third Tuesday at  
3:15pm in the Chapel

## Happy Birthday!

### Resident Birthdays

Diane D. 10/3  
Dee M. 10/4  
Sharon D. 10/5  
Millie W. 10/9  
Toots K. 10/12  
Shirley N. 10/17

### Staff Birthdays

Cameron C. 10/2  
Kathy B. 10/3  
Kim D. 10/6  
Sue H. 10/9  
Osu H. 10/15  
Amber L. 10/16  
Naomi W. 10/20

## Happy Anniversary!

### Resident Anniversaries

Toots K. 10/18/2016  
Al E. 10/27/2021  
Barb S. 10/10/2022  
Manny B. 10/17/2022  
Diane D. 10/01/2023  
Marlys Z. 10/01/2023  
Joyce J. 10/24/2023  
Dan A. 10/29/2023

### Staff Anniversaries

Alex L. 10/21/2021  
Lexi H. 10/1/2023  
Cyprus N. 10/1/2023  
Sonya W. 10/1/2023  
Natasha V. 10/16/2023  
Lily C. 10/31/2023  
Ken N. 10/2/2024

# Outings this month!

## Pine Tree Apple Orchard in White Bear Lake



**October 10th**  
**12:30pm pickup**  
**Please RSVP to**  
**the front desk**  
**by 10/8**

## Walmart



**October 22nd**  
**10am pickup**  
**Please RSVP to**  
**the front desk**  
**by 10/20**