

October 2012

Our Family is Committed to Yours.

Emeritus at Ridge Wind

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Sometimes God doesn't give you what you think you want, not because you don't deserve it, but because you deserve better.

There is always, always, always, something to be thankful for.



EMERITUS

at Ridge Wind

Resident Spotlight

Beulah Hess was born in Gypsum, Colorado, on Oct. 11, 1909. She was born into a family of seven brothers and two sisters. She was the baby of the family.

Beulah went to school at the Gibson school.

She grew up on a farm between Moore and Arco, which was called Lost River Valley.

They grew their own vegetables in a big garden.

They also milked cows.

Beulah married Ben May in 1927. They were married for 18 years.

From this marriage came five children, two girls and three boys.

Beulah will be 103 years old this year.

She has said the first 100 years were the hardest!!!!



Life isn't about waiting for the storm to pass ... it's about learning to dance in the rain ...



Bernice Adams	10-4
Walter Guaditus	10-5
Arva Line	10-7

Fred May	10-8
Lois Jorgensen	10-13
Genevieve MacBeth	10-22
Dorothy Mikus	10-23
Sarah Ann Reidinger	10-24



Live Life to the Fullest

The Fall Classic

For baseball fans, October means World Series time, when the top National and American league teams face off in a best of seven games contest.

The first World Series took place in 1903 between the Pittsburgh Pirates and the Boston Pilgrims. Boston won the series 5–3. In 1904, the series was cancelled when the New York Giants refused to play. The series resumed in 1905 and has been played every year since, except 1994, when Major League Baseball players were on strike.

Here are some more championship tidbits:

- The first series shown on television was the 1947 World Series between the New York Yankees and the Brooklyn Dodgers.
- In 1956, Don Larsen of the New York Yankees pitched the first and only perfect game in World Series history.
- The Yankees have won 27 World Series titles, the most in Major League Baseball.
- Mickey Mantle holds the record for most home runs in World Series history with 18.
- The 1989 World Series between the San Francisco Giants and the Oakland A's was postponed for 10 days after an earthquake hit the San Francisco Bay Area.

Community Events

Every Emeritus Senior Living community offers a diverse activities program that is sure to keep residents entertained, engaged and excited to live life to the fullest. Each community offers programs that reflect the talents, interests and personalities of our senior residents. Be sure to check the activities calendar and plan to participate. Getting involved and spending time with neighbors fosters a creative, caring environment for all.

Remember Me?

Born Frances Ethel Gumm in 1922 and known as "Baby" Gumm in her family's vaudeville

act, Judy Garland first performed in front of an audience at age 2. Her unmistakable singing voice and ability to dance and act led to a successful career on screen and stage. Garland died in 1969. Here are some more notable facts about her life:

- Garland had a longtime screen collaboration with Mickey Rooney, and they made nine films together.
- She received Oscar nominations for her performances in "A Star is Born" and "Judgment at Nuremberg."
- Garland's 1961 two-album set "Judy at Carnegie Hall" won five Grammy Awards.

Adopt a Shelter Dog
 Apple Month
 American Cheese Month
 Class Reunion Month
 Halloween Safety Month
 Month of Free Thought
 National Book Month
 National Popcorn Popping Month
 Pizza Month
 Sausage Month
 National Work and Family Month
 Vegetarian Month
 Positive Attitude Month
 Rhubarb Month
 National Chili Month
 National Stamp Collecting Month

Word for October: Cool

With October comes a refreshing briskness in the air, a cool balm to summer's heat. The word "cool" has become slang for "all right" or "very good." But "cool" also suggests a sense of cerebral detachment—waiting for the heat of the moment to subside so cooler heads can prevail. This autumn, as you reach for a sweater to stave off the season's chill, think of ways to be cool while keeping your cool.



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Laugh Lines: Pass the Pigskin

Chuck, a high school freshman, takes his girlfriend, Josie, to her first football match. Afterward he asks, "How did you like the game?"

"It was OK," Josie says, "but I couldn't understand why everyone was getting so worked up over 25 cents."

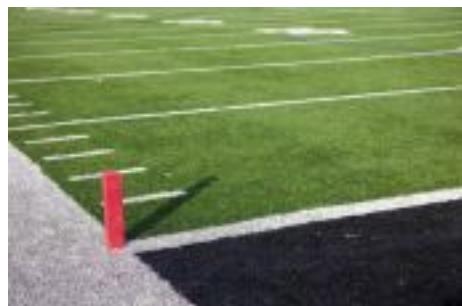
Chuck scratches his head.
"Excuse me?"

Josie replies, "They all kept screaming, 'Get the quarter back!'"

Will, a college junior, takes his girlfriend, Libby, to a football game. Midway through the competition, a substitute quarterback is called onto the field.

"Take a good look at that guy," Will says. "I expect he will be our best man next year."

"That's the strangest marriage proposal I've ever heard," Libby says, "but I accept!"



Country Comedy Queen

Minnie Pearl was born on Oct. 25, 1912.

October Folklore

Much rain in October, much wind in December.

Emeritus Family Spotlight

Emeritus is known for hiring some of the most dedicated, compassionate individuals in the senior living industry. Every day, they live the Emeritus Family Values. We are grateful for their service and teamwork, for their integrity and responsiveness and most importantly, for honoring the dignity of our residents and always striving to exceed their expectations.

Emeritus Family Values.
These values are upheld by all of our employees in their commitment to our residents and loved ones.

As a member of the Emeritus family ...

- I welcome, smile at and greet everyone I have contact with.
- I am a good listener and I communicate honestly with others.
- I take pride in my appearance and in the appearance of our Emeritus home.
- I am responsive to resident and family choices.
- I strive to exceed the expectations of all those I come in contact with.
- I am a problem solver by taking ownership of issues and searching for solutions.
- I make a difference every day.

Stay Fit This Fall!

Did you know that exercising on a regular basis can improve your sleep, increase your mobility and even keep your mind sharp? A recent study performed by the National Institutes of Health found that daily exercise over a 12-month period can improve cognitive ability in seniors by up to 30 percent!

You don't have to run marathons or spend hours in the gym to stay fit. There are many exercise options that are low-impact and beneficial to your overall health, including:

- Walking
- Swimming
- Water aerobics
- Yoga
- Stretching

Remember to check with your doctor before starting any regular fitness program to ensure your safety.

Omnicare Pharmacy, an Emeritus partner, offers you a library of wellness articles and tips for remaining safe and healthy through our easy-to-use website, MyOmniview. With MyOmniview, you can also Ask a Pharmacist questions, maintain and manage your medication information, and view and pay your pharmacy bills. To learn more about Omnicare Pharmacy and MyOmniview, contact your Executive Director today!



Important Dates

- Oct. 2 - 2:30 Bus Ride
- Oct. 3 - 2:00 Movie
- Oct. 5 - 2:00 Prize Bingo
- Oct. 10 - 2:30 Ice Cream Social
- Oct. 12 - 2:00 Movie and Popcorn
- Oct. 17 - 2:30 Community Birthday
- Oct. 19 - 2:00 Prize Bingo
- Oct. 24 - 2:30 Country Store
- Oct. 26 - Movie and Popcorn
- Oct. 31 - 11:00 Resident Council
- Oct. 31 - 2:30 Halloween Party



It's Not Just for Halloween Anymore

National Candy Corn Day is Oct. 30. But while this candy is the best-known Halloween treat, it's not just for trick-or-treaters. Candymakers have created "Reindeer Corn" for Christmas, "Cupid Corn" for Valentine's Day and "Bunny Corn" for Easter.



- | | |
|---------------|--------------|
| 1. Candy | 9. Halloween |
| 2. Cat | 10. Harvest |
| 3. Costume | 11. Moon |
| 4. Dark | 12. Scary |
| 5. Dry Leaves | 13. Spider |
| 6. Football | 14. Treat |
| 7. Ghost | 15. Trick |
| 8. Goblin | 16. Witch |

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