



AMERICARE LODGE RESIDENT AND FAMILY NEWSLETTER

October 2014

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Class F Home care provider
with services

Thought for the day; “Bittersweet October. The mellow, messy, leaf- kicking, perfect pause between the opposing miseries of summer and winter.”

Carol Bishop Hipps



The Americare Lodge *family* would like to invite our residents and their families and friends to the 2nd annual Americare Lodge Picnic! Please let your extended families know. It will be held on Saturday October 25th at 12:00pm. If you plan to attend your reply to 218-566-4722 would be greatly appreciated.



Birthdays in October: Bette S. 10/28

“Happy Birthday Bette!”



Pastor Visit dates:

October 1st & 29th...

Pastor Dale of Bethany Evangelical Lutheran Church

October 8th & 22nd... Pastor Jay of the Harvest Church of God

October 15th... Pastor Bill of the Northland Alliance Church

October 23rd ... Father Keith St. Paul’s Catholic Church

Ladies Bible Study Group: meet Thursday at 1:00pm



Exercise Class:



Tuesday and Thursdays at 10:00 am

Foot soaks and Massage:

October 13th



Every month the ladies from St. Paul’s Catholic Church of Remer volunteer their time to entertain the residents of Americare Lodge with some lively and competitive Bingo games. There are prizes and fun to be had! We do appreciate the ladies sharing their time with us. Date not set at this time



A big thank you to Ken Clapton for the fun at Jeanette’s birthday party and for providing the music and taking requests. That was a real treat!



Sadly we had to say goodbye to Dave Hammerel who passed away at Americare Lodge on Saturday morning, September 27th. Dave had been a resident here since February 2013. Dave will be remembered for among other things, his sense of humor and his green thumb. In spite of the late start to the growing season Dave produced a huge crop of tomatoes, carrots and cucumbers. Each time we slice up one of those huge tomatoes we will think of Dave. He will be sadly missed and remembered by all.



"Gardens are not made by singing Oh how beautiful and sitting in the shade." Rudyard Kipling



September 20th was a very special day at Americare Lodge, we celebrated Jeanette's 100th Birthday with friends and family. The cake was baked with love by Jeanette's granddaughter Robin.



We love how beautiful autumn is- seeing the colorful changing leaves, it can be breath taking, and then following those days can come rainy, blustery, “almost looks like it could snow days.” It’s time to close up, stay inside more, invite friends and relatives in, and get ready for the upcoming holidays. There’s also another season that can be breath taking and occurs about this time of year;

Flu Season!

First and foremost! Get your flu vaccine!

Here are 5 more ways to protect yourself and others from the flu:



- Cover your nose and mouth when you sneeze; throw the tissue away after you use it.
- Keep your hands away from your eyes, nose and mouth.
- Stay at home when you sick and stay away from people who are sick.
- Get plenty of rest and exercise and eat balanced meals.
- Wash your hands often with soap and water, especially after you cough or sneeze, or you may use an alcohol based hand cleanser.

Flu vaccines were made available to residents through Essentia Health Remer who visited and provided vaccinations for those who needed them on September 24th. It’s not too late to get yours.

We ask if you are not feeling your best save your visit for another day. The elderly are easily susceptible to the common cold which can advance to a more serious condition.



It is quite commonly supposed that the coloring of autumn leaves and their fall is due to frost. It is true that leaves may fall a little earlier than usual if there are early frosts, or the weather has been unusually dry, but you can see by consulting your Tree Diary from year to year that the leaves fall about the same time, regardless of wind or weather.

The fact is the leaves "deliberately" prepare themselves for the return to Mother Earth, much as you may someday get ready for a winter journey back to the old home place by fastening down all your windows, turning off the water, and stepping outside and locking the front door!

Let me explain: In the leaves, as in little kitchens, is prepared the food for the entire tree. The "little people," the cells, who do this work, pass on the food to the tree, only keeping back enough to supply their own modest needs. The leaves may be said to be "closing the windows" when, with the approach of winter, they gradually stop absorbing the sunlight; for, near the upper surface of the leaf are certain cells, standing side by side like long rows of tall windows, and their special function is to let in the sunlight through the green curtains for the work of the household. While the "windows" are being closed the water-supply from the "mains" -- the innumerable little bundles of pipes that carry the water from the roots to all parts of the tree -- is being gradually lowered and finally entirely shut off, at the same time the "front door" is being closed and locked.

This is how the "doors" are closed: Quite a while before they fall the leaves grow a little wedge of cork between themselves and the parent tree, and before they finally drop, the openings in the twigs to which they are attached, and which would otherwise be left exposed to the invasion of injurious fungi, are carefully closed. The skin of the twig grows over them! *Encyclopedia Britannica*



A woman was walking down the street when she was accosted by a particularly dirty and shabby-looking homeless woman who asked her for a couple of dollars for dinner. The woman took out her billfold, extracted \$10 and asked, "If I give you this money, will you buy some wine with it instead of dinner?"

"No, I had to stop drinking years ago," the homeless woman replied.

"Will you use it to go shopping instead of buy food?"

"No, I don't waste time shopping," the homeless woman said. "I need to spend all my time staying alive."

"Will you spend this at the beauty salon instead of food?"

"Are you NUTS!" replied the homeless woman. "I haven't had my hair done in 20 years."

"Well," said the woman, "I'm not going to give you the money, instead, I'm going to take you out to dinner with my hubby and me tonight."

The homeless woman was astounded. "Won't your husband be furious with you for doing that? I'm dirty, and I probably smell pretty disgusting."

The woman replied, "That's okay. It's important for him to see what a woman looks like after she has given up shopping, hair appointments and wine. *Author Unknown*