

# The Golden Pages

IROQUOIS RESIDENT HOME NEWSLETTER

October 2022



## Meet Faith Aaron, Activity Director

Hey there! I am the new Activity Director of the IMH Resident Home! I am so excited to be here. I started about two months ago and I am loving it! I have worked in health care for about three years. I started as a dietary aide, then a cook, then a personal care attendant, and now an Activity Director! There's nothing I love more than putting a smile on a resident's face and brightening their day. I moved back to Watseka after living in NYC for two years!! I have been all over the place. I cannot wait to grow here at IMH.

## What Have We Been Up To?

So many awesome things happening over here at the Resident Home! Since I have been here, we have done all kinds of different things! Some of them include: Tea Time Tuesdays, Fall Decorating with students from WCHS, Birthday parties, Cookie Decorating, LOTS of Bingo, and our biggest event, the wedding fashion show! 10 Key Club members from WCHS came over as well as three flower girls and one little boy and they all modeled in the show!! We followed up this event with a beautiful reception in the dining room with family and staff. We have been having so much fun over here. We keep our residents busy with activities!

We are looking forward to our upcoming events! These include a Fall Cookout, Scavenger Hunts, Halloween activities including handing out candy to Trick-or-Treaters, and a Fall Dance Party!



## From the Desk of the Administrator

Greetings! Fall is upon us and we are making plans already for the upcoming holiday season. We recently hosted a wedding dress fashion show in the courtyard. We had beautiful weather, wonderful attendance and great models. We want to thank everyone who donated time, supplies, loaned dresses and other things to make this such a great day.

Regulatory Update: We received notice today that we are in compliance with the staffing requirements set forth in Section 3-202.05 of the Act and the Skilled Nursing and Intermediate Care Facilities Code, 77 Ill. Adm. Code 300.1210-300.1240. We are very pleased to hear from the state that we are back into compliance. Should you ever have any questions regarding staffing or any other concerns, please do not hesitate to speak to Joyce Espinoza, Director of Nursing, Heather McCollough, Assistant Director of Nursing or myself.



Linda LaVoie, LHNA  
Iroquois Resident Home Administrator

## Healthy Tips for October from Joyce Espinoza, RN, Director of Nursing

### 7 Ways to Boost Your Wellness This Fall

There's no doubt that autumn is a wonderful time of year. The leaves are changing color, the air is getting cooler, and pumpkin spice lattes are back on the menu! But autumn can also be a challenging time for our health.

1. Schedule a check-up with your family doctor.
2. Get outside and enjoy the autumn weather.
3. Make healthy food choices.
4. Stay active.
5. Be prepared for cold and flu season.  
Get your flu shot.
6. Focus on your mental health.

### 7. Improve your health through hygiene.

Washing your hands regularly and often, especially before you eat or prepare food.



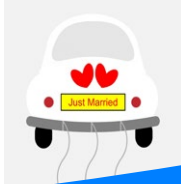
- Avoiding touching your face.
- Covering your mouth when you sneeze or cough.
- Staying up to date on your vaccinations.
- Eating a balanced diet with plenty of fruits and vegetables.
- Getting enough exercise.
- Getting enough sleep.



For more information, visit

<https://www.nih.org/nihd-news/2022/august/fall-health-tips-for-the-entire-family/>

# OCTOBER 2022 ACTIVITIES CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7	8
9:15 - Morning Stretches 9:30 - White Board Games 12:30 - Bingo! 2:00 - Movie Matinee	<b>Happy Monday!!</b>  2:00 - Movie Matinee	9:00 - Devotions in the <b>Back</b> Activity Room 9:15 - Morning Stretches 9:30 - White Board Games 1:00 - Tea Time Tuesday 2:00 - Fall Activity Game	9:30 - Movie Matinee 12:30 - Hair Day with Penny 12:30 - Nail Boutique	9:15 - Morning Stretches 9:30 - Pipe Cleaner Crafts 12:30 - Bingo! 2:00 - Scavenger Hunt Challenge!	9:15 - Morning Stretches 9:30 - Apple Cider/Hot Chocolate Social 12:30 - Church <b>2:00 - Monthly Birthday Party!!</b>	9:15 - Morning Stretches 9:30 - Fall Trivia 12:30 - Nail Boutique 2:00 - Movie Matinee
9	10	11	12	13	14	15
9:15 - Morning Stretches 9:30 - White Board Games 12:30 - Bingo! 2:00 - Movie Matinee	9:30 - Autumn Riddles Activity <b>1:00 - Resident Council Meeting</b> 	9:00 - Devotions in the <b>Back</b> Activity Room 9:15 - Morning Stretches 9:30 - White Board Games 1:00 - Tea Time Tuesday 2:00 - Fall Activity Game	<b>Doris's Birthday!!</b> 9:30 - Movie Matinee 12:30 - Hair Day with Penny 12:30 - Nail Boutique 	9:15 - Morning Stretches 9:30 - Ribbon Craft 12:30 - Bingo! 2:00 - Scavenger Hunt Challenge!	9:15 - Morning Stretches 9:30 - Apple Cider/Hot Chocolate Social 12:30 - Church 2:00 - Popsicle Stick Painting Craft	9:15 - Morning Stretches 9:30 - Fall Trivia 12:30 - Nail Boutique 2:00 - Movie Matinee
<b>Sunday</b> 16	<b>Monday</b> 17	<b>Tuesday</b> 18	<b>Wednesday</b> 19	<b>Thursday</b> 20	<b>Friday</b> 21	<b>Saturday</b> 22
9:15 - Morning Stretches 9:30 - White Board Games 12:30 - Bingo! 2:00 - Movie Matinee	9:30 - Movie Matinee 1:00 - Let's Make No-Bake Oatmeal Peanut Butter Cookies!	<b>Florence's Birthday!!</b> 9:00 - Devotions in the <b>Back</b> Activity Room 9:15 - Morning Stretches 9:30 - White Board Games 1:00 - Tea Time Tuesday 2:00 - Fall Activity Game 	9:30 - Movie Matinee 12:30 - Hair Day with Penny 12:30 - Nail Boutique 	9:15 - Morning Stretches 9:30 - Pipe Cleaner Craft 12:30 - Bingo! 2:00 - Fall Activity Game	9:15 - Morning Stretches 9:30 - Apple Cider/Hot Chocolate 12:30 - Church 2:00 - Fall Dance Party in the dining room	9:15 - Morning Stretches 9:30 - Fall Trivia 12:30 - Nail Boutique 2:00 - Movie Matinee
23	24	25	26	27	28	29
9:15 - Morning Stretches 9:30 - White Board Games 12:30 - Bingo! 2:00 - Movie Matinee	9:15 - Mahlah Comfort Dog Visit 10:00 - Movie Matinee 1:00 - Let's Make Oreo Ball No-Bake Desserts!	9:00 - Devotions in the <b>Back</b> Activity Room 9:15 - Morning Stretches 9:30 - White Board Games 1:00 - Tea Time Tuesday 2:00 - Fall Activity Game	9:30 - Movie Matinee 12:30 - Hair Day with Penny 12:30 - Nail Boutique	9:15 - Morning Stretches 9:30 - Ribbon Craft 12:30 - Bingo! 2:00 - Halloween / Fall Question Game	9:15 - Morning Stretches 9:30 - Apple Cider/Hot Chocolate Social 12:30 - Church <b>1:30 - Fall Cookout</b>	9:15 - Morning Stretches 9:30 - Fall Trivia 12:30 - Nail Boutique 2:00 - Movie Matinee
30	31					
9:15 - Morning Stretches 9:30 - White Board Games 12:30 - Bingo! 2:00 - Movie Matinee	<b>HAPPY HALLOWEEN!</b> 9:30 - Halloween Activity Game 1:00 - Movie Matinee <b>3:00 - Hand out candy to Treat-or-Treaters</b> 		Faith will be gone from October 20th-26th. Time to get <b>MARRIED!!</b>			



830 South Fourth Street  
Watseka, IL 60970  
815.432.7768

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## Wedding Dress Fashion Show

