

October - Emotional Wellness Month, observed all **October**, reminds us to disconnect and take a time out for our brain. Maintaining a healthy emotional balance helps us make healthy choices, have good relationships, and achieve our goals.

Emotional wellness is **the ability to successfully handle life's stresses and adapt to change and difficult times.**

Emotional Wellness is not just about being HAPPY! all the time. It's about being aware of what you are feeling and how that can affect your overall physical, mental and spiritual wellbeing.

There are many ways to improve or maintain good emotional health.

- **Be aware of your emotions and reactions.** Notice what in your life makes you sad, frustrated, or angry. Try to address or change those things.
- **Express your feelings in appropriate ways.** Let people close to you know when something is bothering you. Keeping feelings of sadness or anger inside adds to stress. It can cause problems in your relationships.
- **Think before you act.** Give yourself time to think and be calm before you say or do something you might regret.
- **Manage stress.** Learn relaxation methods to cope with stress. These could include deep breathing, meditation, and exercise.
- **Strive for balance.** Find a healthy balance between activity and rest. Make time for things you enjoy. Focus on positive things in your life.
- **Take care of your physical health.** Exercise

October Birthdays

In astrology, those born from October 1–23 balance the scales of Libra. Libras are peaceful and fair, and value balance and symmetry. For this reason, they often champion justice and equality. Those born from October 24–31 are Scorpions of Scorpio. Scorpions are passionate, dedicated, and resourceful. Scorpions may seem intimidating, but they are just no-nonsense people who value honesty and loyalty above all else.

RCC CARE GIVER'S/STAFF WITH OCTOBER

BIRTHDAYS...

- 13 – DILLON ORF, MAINTENANCE**
- 15 – CAROLYN LEE, LPN, ASSISTED LIVING NURSE MANAGER**
- 16 – TAYLOR KISTLER, RCA**
- 29 – COURTNEY TAVES, RCA**

- regularly, eat healthy meals, and get enough sleep. Don't abuse drugs or alcohol. Keep your physical health from affecting your emotional health.
- **Connect with others.** Make a lunch date, join a group, and say hi to strangers. We need positive connections with other people.
- **Find purpose and meaning.** Figure out what's important to you in life, and focus on that. Spend your time doing what feels meaningful to you.
- **Stay positive.** Focus on the good things in your life. Forgive yourself for making mistakes and forgive others. Spend time with healthy, positive people.

October 2021

Red Cedar Canyon

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Celebrating October

Country Music Month

Stamp Collecting Month

Positive Attitude Month

International Coffee Day
October 1

World Space Week
October 4–10

World Teachers Day
October 5

Columbus Day & Indigenous Peoples' Day
October 11

Wear Something Gaudy Day
October 17

Freedom of Speech Week
October 18–24

World Origami Days
October 24–November 11

Cranky Coworkers Day
October 27

All Hallows' Eve or Halloween
October 31

News From Ned

Greetings Residents and Families,

Thank you to everyone for your continued adherence to the Covid-19 protocols as, unfortunately or fortunately, depending on your perception, finds that the percentage of Covid-19 cases in St. Croix County has relatively remained the same as compared to September at 11.3%. There are daily fluctuations but all in all we are holding our own. My perception is, after all we have been through and to remain unchanged is positive. To date, we have no Covid positive cases at Red Cedar Canyon and we can keep it this way with your help! Please continue to follow our simple protocols when visiting so that we may continue to keep our doors open to visitors going forward!

As I mentioned in last month's newsletter, we had stains coming back on our newly cleaned carpet on first floor. The vendor did come back and retreat these areas and it has helped but I am afraid we are fighting an uphill battle. Although this did improve the appearance, it is not as clean as I would like to see it! Perhaps, if we clean it more frequently going forward we can come out ahead. Time will tell!

We have recently hired a new cook to come on board. Her name is Jamie and she is scheduled to start on Monday, October 4, 2021. Please provide a warm welcome and go out of your way to extend a personal greeting as this will be appreciated. Remember, we never want to bite the hand of the person that feeds us 😊 Larry is looking at going back into retirement. He has indicated to me that October 15, 2021 will be his last day with us. With this said, I am currently looking at filling this position.

It is hard to believe that we are already in October! Where has the summer gone? Unfortunately, it is looking rather unlikely that we will be able to hold a fall picnic event again this year. We were cautiously optimistic that we could pull this off but have been encouraged to forgo this idea. The good news is we are still holding happy hour on Fridays so please attend and have some much needed fun! As always, thank you for entrusting your care to Red Cedar Canyon Senior Living as we continually strive to meet and exceed your expectations!

Kindest Regards,

Ned Ammons, CSW, LSW
Executive Director

Cedar Cove Corner

“Fall, the time when everything bursts with its last beauty, as if nature was saving up all year for the grand finale.”

Lauren DeStefano

September gave us more warm and sunny days to enjoy the outdoors! Cedar Cove residents were able to continue with outdoor fitness activities and have a few more outdoor ice cream socials and happy hours in September. There was a football themed happy hour to kick off the season - complete with grilling!

Residents also took a “virtual” tour of several apple orchards and were able to do some apple tasting and made a delicious apple crisp!

October will be a busy month as we work on fall crafts and try some new baking treats!



Cedar Cove Corner



A little Outdoor Corn Hole!

Dining Hours

Breakfast 7:00am – 9:30am

Lunch 11:30am

Supper 5:00pm

Friday Happy Hour 4:00pm

Severe Weather Education Drill

Friday 10/15/2021

Be prepared to hear the “severe weather” siren going off on Friday 10/15/2021 at 11:15am. This is only a drill. You may remain in your apartment (shelter in place) during this time. Again, this is only a drill!!!

News from The Nurse

ANNUAL INFLUENZA VACCINE

It’s that time of year again!

Flu shot clinic coming to Red Cedar Canyon!

Who – LTC Rx pharmacy will be coming into our community to provide us with the annual influenza (flu) vaccine.

What – Annual Flu Shot! Consent forms are in the nurse’s office on 1st floor. These will be available on Wednesday 10/06/2021.

Where – Right here at Red Cedar Canyon. The nurse will come into your apartment to vaccinate you. Please be in your apartments on this day at 10am, until you receive the vaccine.

When – Wednesday, 10/13/2021 at 10:00am

AND...

Why - Annual flu shots are important for so many reasons, from reducing your risk of getting sick to saving lives. In fact, [according to the CDC](#), vaccinations helped prevent an estimated 7.5 million illnesses in the United States during the 2019-2020 flu seasons. Flu shots also helped prevent 3.7 million influenza-related medical visits, 105,000 hospitalizations and 6,800 deaths during that same season.

But... the 2021-2022 flu seasons is different. [COVID-19](#) continues to affect our communities. And in our opinion, this makes getting your flu shot even more important.

Get yours on October 13th!!

*Janell Weber, RN
Clinical Administrator
Red Cedar Canyon Senior Living
Community*

Red Cedar Highlight

Aamodt’s Apple Orchard is always a fun fall outing and destination. This year didn’t disappoint! With beautiful fall weather, not overly crowded with the best apple offerings of pies, cookies, fritters, donuts, muffins, ciders boutique items and of course a great variety of fresh apple choices!!

We shopped, ate and purchased goodies to bring home as well. Basking in the sunshine are Vicky W., Cindy B., Barbara and Mary Ellen B.



Jeanne, Derrell and Iona.

