

Powder Mill Press

Senior Commons 1775 Powder Mill Road York, PA (717)741-0961



**Senior Commons
Management Team**

**Executive Director
Winona Kissinger**

**Director of Resident Services
Stacie Keeney**

**Director of Marketing
Kelly Blessing**

**Director of Maintenance &
Housekeeping
Bill Beaston**

**Office Manager
Donna Singley**

**Director of Food Services
Amy Dettinger**

**Director of Memory Care
Shurella Perry**

**Director of Activities
Maureen Sterner**

There can't be anything better than feeling the crisp coolness of the fall after a very long, hot summer.

This time of the season finds us sipping warm cider and carving pumpkins.

Children can look forward to jumping into piles of raked leaves and of course the tradition of dressing up in their favorite character for Halloween.

Join us in closing out the summer season and welcoming the sights and sounds of fall.



Reminder to all family & residents...
***When entering or leaving the building we ask that you use the front entrance and sign in/out using the sign in/out book next to the main office door. This is VERY important for many reasons mostly for fire safety so that we can account for everyone. Using lounge entrances should be kept to a minimum.
***When shopping it is important that ALL over-the-counter medicines be reported to the nursing staff so that orders can be obtained from your physician that allows you to take those items. This is a state regulation that we must abide by and we ask for your help in this matter.
If you have any questions, please be sure to speak to Winona, Executive Director or Stacie our Director of Nursing.

Thank you

October Birthdays

Libras are those born between October 1–22. Libras, symbolized by the scales, strive for balance, avoid conflict, and desire fairness for everyone. To achieve this, they are sociable, strategic, charming, and diplomatic. Those born between October 23–31 are Scorpios. They are passionate and deep, qualities that help them counsel others in meaningful ways. Resourceful and determined, Scorpios make good managers.

10/2 Theresa Newman 10/17 Preston Keener
10/3 Jane Hoover 10/22 Donald Boone
10/12 Wayne Helwig 10/23 Gloria Lane
10/15 Earl Miller 10/29 Jack Nugent

Birthday Bash

**2:00p.m.-Dining Room
Entertainment by
Mick Cocheran**

Update from the Kitchen...

Since changing the Activities Room into our main dining room, things have gone surprisingly smooth. Now that doesn't mean that there aren't a few wrinkles to smooth out.

As we continue to address the needs of the new dining room and meet the dietary needs & requests of our residents let's look at some of the improvements.

***We have added a juice machine along with a coffee machine.

***More menu items have been added to choose from. There are always hamburgers in a crock pot and hotdogs on the roller.

***There is now a baby grand piano in the dining room for background music.

***Residents are not allowed to sit wherever they want to in the dining room allowing for a more pleasurable dining experience.

***With the changing of the seasons will come new, warmer desserts to choose from.

As we work through these changes we look forward to a much nicer dining experience for all residents.

Also, as a side benefit, we are now able to have a private dining room for those special occasions that families may want to celebrate in private.

If you are interested in having a birthday, anniversary or holiday family event, please call and reserve the private dining room.



If you are planning to vote in this November's general election, then you must be registered.

THE DEADLINE FOR REGISTERING IS OCTOBER 8TH.

DEADLINE TO VOTE BY ABSENTEE BALLOT IS OCTOBER 26TH.



If you have any questions or concerns, please see Maureen.

From our Business Office...

Please remember that if you receive a new Medicare card please see that you stop by the office so that we can make a copy for our files.

We keep a current copy of these cards on file for all residents. Having such card on file is very helpful for all medical concerns and trips to the hospital.

If you have any questions or concerns, feel free to contact Donna.



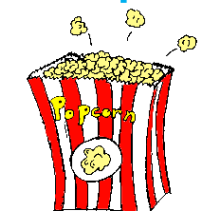
Entertainment for October...

Oct. 6-Music w/Jerry
Oct.13- "Memory Music"
Oct. 20-Songs w/Rhonda Lee
Oct. 27-Dave Jacoby entertains
All music begins @ 2:00p.m. in the DR



Movies for October...

Oct. 3- "West Side Story"
Oct. 7- "Murder on the Orient Express"
Oct. 10- "The Glenn Miller Story"
Oct. 14-"The Help"
Oct. 17- "Bombshell; The Hedy Lamarr Story"
Oct. 21- "A Walk to Remember"
Oct. 24- "Dark Horse"
Oct. 28- "The Book of Henry"
Oct. 31- "Haunted History of Halloween"
Sunday movies begin @ 2:00p.m.
Wednesday movies begin @ 6:00p.m.



Intuitive Magic

On October 31, Halloween, strange things may go bump in the night. Perhaps this is why this date is also Increase Your Psychic Powers Day. Psychic powers derive from extrasensory perception (ESP), senses beyond our physical five senses. Although there is no scientific evidence to confirm the existence of psychic powers, clairvoyants believe in abilities such as reading minds, divining the future, and communicating without speaking. Perhaps another way of looking at psychic ability is by redefining it as *intuition*. Hindus believe in the third-eye *chakra*, an energy center located between the eyes that is the center of our power of intuition, or inner knowledge, guided by a sixth sense. So even if you do not believe in psychic ability, consider October 31 an opportune time to open yourself up to new and wondrous possibilities.

Family & Friends Halloween Party

All residents are encouraged to invite family & friends to attend Tuesday, October 30 6:00-7:30p.m.

There will be... trick-or-treating (12 and under) refreshments a costume judging contest guessing contests

