



Eagle Point
SENIOR LIVING
A Lifespark Community

Discover what's going
on in our community!

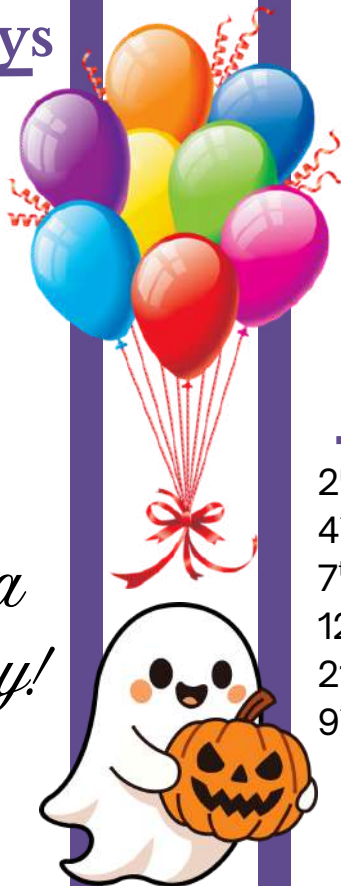


OCTOBER 2026 NEWSLETTER

Resident Birthdays

3rd Dave S. #127
4th Bob B. #322
12th Tony K. #110
17th Pat G. #325
24th Jan S. #312

*Best wishes for a
wonderful birthday!*



Staff Birthdays

12th Katie S. Hskp Lead
9th Sophia S. HHA
11th Teyah Z. HHA
26th Rachel H. HHA

Staff Anniversary

2nd 2 yr. Brittany M. Culinary
4th 4 yr. Evan B. Housekeeping
7th 2 yr. Jessica M. Housekeep
12th 3 yr. Dallas R. House Mang.
21st 5 yr. Katie N. Marketing
9th 3 yr. Teyah Z. HHA

“October is the month for painted leaves, crisp mornings, and enjoying every last bit of sunshine before winter arrives.”

Welcome to October, residents and families! There is something special about fall — the crisp air, changing leaves, cozy evenings, and beautiful colors that remind us just how quickly the seasons change. As we head into another beautiful Wisconsin autumn, I hope everyone takes time to enjoy the season and all that our community has to offer.

A Little Reminder About Daylight Saving Time

As we move further into fall, we will soon be adjusting our clocks. Daylight Saving Time ends on Sunday, November 1, at 2:00 a.m. At that time, our clocks will “fall back” one hour to 1:00 a.m. This means our mornings and evenings will become darker, and we will have a little less daylight to enjoy each day.



With the days getting shorter, let's make an effort to savor the sunshine whenever we can! Take a walk, sit outside with a cup of coffee, enjoy the fall colors, or simply spend a few extra minutes soaking up the afternoon sun.

If you are unable to change your clocks on your own, please let a staff member know the following Monday morning, and we will assist as we are able.

Don't Let the Chilly Weather Keep You Inside!

October can bring some brisk mornings, windy afternoons, and temperatures that remind us that winter isn't far behind. But don't let a little chill discourage you from getting outside and enjoying some fresh air! Dress in layers, grab a buddy, and take advantage of those beautiful fall days while we still have them.

As always, please remember to sign in and out at the front desk whenever you leave the building. This simple step helps us know who is in the building and who is out enjoying the community.



Welcome to Our New Neighbors!

Our community continues to grow, and we have welcomed — and continue to welcome — new residents to Eagle Point! If you see a new face, take a moment to introduce yourself and say hello. Moving into a new community can be a big transition, and a friendly smile or warm welcome can go a long way.

I encourage everyone to get involved this fall. Join a group, try a new club, attend an activity, sit with someone new at a meal, or invite a neighbor to join you. Maybe you'll make a new friend along the way!

With winter approaching and more of our time naturally being spent indoors, I hope everyone makes the most of our community and the opportunities we have to stay connected. A positive mindset, a willingness to try something new, and a little effort to connect with others can make those colder months much more enjoyable. **Happy October!**

--Tess Griffin, Executive Director

Health Literacy Month: Understanding Your Health Matters

October is Health Literacy Month, a time to recognize the importance of understanding our health and having the information we need to make informed decisions about our care.

Health literacy means being able to find, understand, and use health information. This can include understanding a diagnosis, knowing how and when to take medications, preparing for a doctor's appointment, or knowing what symptoms to watch for after returning home from the hospital.

Healthcare information can sometimes feel overwhelming or confusing. Don't be afraid to ask questions! Your healthcare team is here to help you understand your care and feel comfortable with the decisions being made about your health.

When visiting with your doctor, nurse, pharmacist, or other healthcare provider, consider asking:

- What is my diagnosis, and what does it mean?
- What is this medication for, and how should I take it?
- Are there side effects I should watch for?
- What should I do if I miss a dose?
- What are my next steps?
- When should I follow up?
- Who should I call if I have questions or my symptoms change?

It can also be helpful to write down important information, bring a list of your medications and questions to appointments, and ask a trusted family member or support person to join you when appropriate.

Your Care, Your Questions

Understanding your healthcare isn't about knowing every medical term or having all the answers. It's about feeling comfortable asking questions and making sure the information you receive makes sense to you.

This month, we encourage everyone to speak up, ask questions, and take an active role in understanding their health. Clear communication between residents, families, and healthcare professionals is an important part of providing safe, personalized care.

**Warm Regards, Alexi Kalinowski, RN
Director of Health Services**



A Season of Memory and Light

When I was a kid the first weekend of October was one of the best of the year. That weekend my family would go pick pumpkins. My brothers and I would find ones so big we could hardly carry them. We'd bring them home and carve them right away, my mother hovering over us to make sure we didn't cut our fingers off. After dark, we'd stand in front of our house, eating roasted pumpkin seeds, and admiring our lighted creations. Our scary works of art would sit on the front porch until they rotted and fell apart, usually well before Halloween, but that didn't matter. Getting and carving those pumpkins marked a turning of the year. True, from that point on we would have only a couple of hours after school before night fell, but from that point on there would also be decorations on people's houses—first skeletons and ghosts, then cornstalks and scarecrows, then twinkling lights and reindeer. And, best of all, from that point on there would always be a holiday just around the corner.

It's the same in the church year. In October we near the end of the long season after Pentecost, thirty-three weeks during which we contemplate God's relationship with us. There are no big holidays to interfere with this long period of reflection. We read the prophets and listen to the parables. We learn about God's extraordinary patience with our extraordinary hubris. Toward the end of this time of contemplation we have a week of special feasts and holidays celebrating the dead—All Hallows Eve, All Saints Day, All Souls Day, and Remembrance Sunday—the season of Allhallowtide. As a kid those days were associated with monsters and ghosts and candy. As a young adult they were associated with costumes and parties and watching kids trick-or-treat. Today the season of Allhallowtide is associated with memories of those who have died. How can life go so quickly from candy to parties to death?

I think that's the point of the season after Pentecost, to show us that life shifts quickly from joy to sorrow. It think that's the point of Allhallowtide, to make us contemplate death in the midst of life. And I think it's why we look forward in the growing darkness of this time of year to the light of the holidays ahead, to help us see that no matter how dark it gets, God is always there.

-Chaplain Peter

Everyone is always welcome to attend monthly groups:

**Dementia
Support:**
1st Friday
10:45 AM

Check
Calendar
for
Updates

**Parkinsons
Support:**
3rd Friday
10:45 AM

Check
Calendar
for
Updates

**Caregiver
Support Group:**
4th Friday
10:45 AM

Chaplain Peter's door is always open in you, your family, or any staff member needs assistance. If he is not in his office, please contact any staff member or leave him a note in the prayer and chaplain visit request box in the lobby.

Highlights of Upcoming October Events By Date:

- 1 Lifelong Learning: The Japanese American Internment w/ FDR Presidential Museum (2 PM)
- 2 Happy Hour with Daniel Lovett on Guitar (3 PM)
- 5 Q & A with Jamie Sheridan of Fox Valley Literacy about becoming a tutor (1 PM)
- 6 NEW Spark Challenge!! Learn about our new competition against other Facilities! (1 PM)
- 7 Curious Kids Homeschool Coop Shares Mini-Museums! (2 PM)
- 8 Outing for Chili Supper at Freedom Moravian Church: \$13, Sign Up! (3:30 PM)
- 9 Author Angie Haen w/ "Sweet Wisdoms" and "Sweet Wonder" (10:45 AM)
- 12 Prevea Health Presentation on Advanced Care Directives (1:30 PM)
- 13 Voting Clerks (9-11 AM) Musical Storyteller Bobby Solberg (10:30 AM)
- 14 Wine Tasting at Shakin' Rock Vineyards, Sign Up! (10:45 AM)
- 16 Happy Hour and music with Gary Cross: Country Western (3 PM)
- 20 Voting Clerks from City of Appleton (12:30-2:30 PM)
- 22 Beer Tasting with Brewmaster Chris Schnepf of Vault 202 Brewery (2 PM)
- 27 Sheri Fairman: Caring for Yourself When Caring for Others (2 PM)
- 29 Team Leaders: Gisele & Tim--Habitat for Humanity Share about Maui Trip (10:45 AM)
- 30 Autumnfest with the Sunshine Singers: Snacks and Merriment! (3 PM)

Check your
weekly calendar
for more
information!
Events subject
to change.

Saturday Movie Series: Remarkable Lives

This month, our Saturday Movie Series takes a fascinating look at four remarkable figures whose lives, talents, and determination helped shape history and culture. Join us as we explore the world of Coco Chanel, the influential fashion designer who transformed women's fashion; Abraham Lincoln, the 16th U.S. president whose leadership helped guide the nation through the Civil War; Frida Kahlo, the celebrated Mexican artist known for her deeply personal and unforgettable paintings; and Queen Elizabeth I, the powerful English monarch whose reign became one of the most celebrated periods in British history. Each film offers a glimpse into the challenges, accomplishments, and fascinating stories behind these unforgettable individuals.



Saturday 1 PM



Sales & Marketing Updates:

A Note from Katie:

If you refer someone to Eagle Point and they move into our community, both you and your referral will receive \$1,000! Please see Katie for complete details about our referral program.

A new neighbor is a new opportunity to make a connection! Invite them to join you for coffee, a walk, or a community activity. Even a simple conversation can be the beginning of a wonderful new friendship.

Meet Your New Neighbors:**Don Verbrick #115:**

We're excited to welcome Don Verbrick to Eagle Point! Don moved into apartment #115, making the move from Oshkosh to be closer to his kids.

When Don isn't spending time with family, you'll likely find him enjoying two of his favorite pastimes—fishing and playing sheephead! He also has a lake home on Adele Beach, where he enjoys making the most of life by the water.

Vi & Lenny Landwehr # 220:

Please join us in giving a warm Eagle Point welcome to Vi and Lenny Landwehr, who will be moving into apartment #220 on October 5!

Vi and Lenny are joining us from their recently sold home in Hobart. They also have a home in The Villages, Florida, where they have enjoyed spending many wonderful years.

Lenny Nagler #221:

Lenny recently sold his home in Appleton, and he's excited about the move and looking forward to all that Eagle Point has to offer.

Lenny is a retired social studies teacher, so he brings with him a love of learning and a wealth of stories and experiences. When he's not exploring history, you may find him with a paintbrush in hand—Lenny enjoys oil painting and expressing his creativity through art.

Dining Updates October:

October 2nd 2:00 PM: birthday meal choice meeting—choose your meal! Location: Dining Room



October 9th 11:45 AM: those with September birthdays will celebrate lunch in the dining room!

WiFi Network:

LSSL Guest

Password:

LifesparkWelcome

Thank You For Your Support!!

Our September 2 Friends & Family Picnic was a wonderful celebration of community—and **together, we raised \$1,615** for our Walk to End Alzheimer's team and the Alzheimer's Association!

alzheimer's  association®

Funds were raised through raffle basket ticket sales and delicious slices of homemade pie. We are so grateful to everyone who donated, purchased raffle tickets, enjoyed a slice of pie, or simply helped make the event such a success. Thank you for supporting a cause that is so close to our hearts!

Chris Schnef-Brewmaster: October 22th 2:00 PM



Get ready to raise a glass! Chris Schnef, brewmaster at Vault 202 Brewery & Taproom in downtown Appleton, will join us for a fun and informative beer-tasting experience. Chris will share his knowledge of the brewing process, the stories behind the beers, and what makes each brew unique.

You will have the opportunity to sample a selection of Vault 202 beers as well as non-alcoholic beers (and a little snack) while learning a little more about the craft—and, of course, enjoying some good conversation along the way! SIGN UP: FRONT DESK!

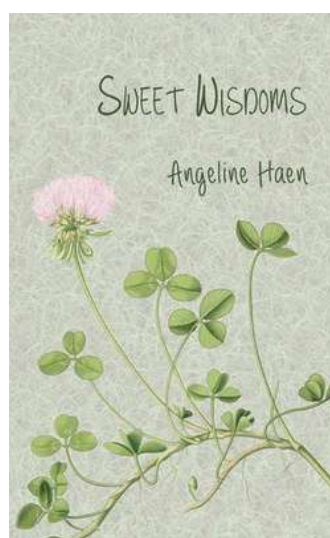
Location: Theater

Angie Haen: October 9th 10:45 AM

Join us as we welcome local author, Angeline Haen for an opportunity to hear about her books, inspiration, and writing journey.

Angie Haen, author of *Sweet Wisdoms* and *Sweet Wonder*, shares uplifting reflections and thoughtful observations inspired by the joys, lessons, and meaningful moments of everyday life.

Angie will have books for sale!



National Book Month is in October  A great month-long opportunity to celebrate reading, favorite authors, book discussions, and sharing beloved books.





Had fun at the Eagle Point State Fair! Pie contest, petting zoon, and Big Band sounds!



Made it to the Final Four in Grip Games!



Bruce's motto: "I go to sleep counting race cars...not sheep!"



Made homemade pesto from our bounty of basil!



Pet some cute bunnies!



Watched a butterfly hatch and set it free!

Celebrated Assisted Living Week with sparkling attire, hats and more!



Appreciated our Culinary Team!



Cuddled with a basket full of kittens! Even gave one a free ride on a race car!



Appreciated team nursing staff.



Anne made a beautiful USA quilt for the raffle!

Author Chris Rettler talked about 60 yeras of teaching.

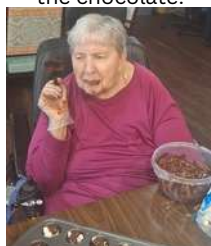


Dave Ross entertained!

Enjoyed dinner at George's Steakhouse! And last dinner with Dawn: Comm Life for 5.5 yrs.



Toni always being helpful by testing out the chocolate!



Sing-along with Glenn was a big hit!



Wowed by Resident of the Month, Tony's story and artwork!