

Apple Valley Place of Osage

newsletter



300 Lyndale Ave, Osage IA 50461 | 641.832.2270

A Look into September

Mondays

- Group Exercise with Fox Therapy
- Nail Salon
- BINGO
- Movie Monday

Tuesdays

- Taste of Home Baking Club

Wednesdays

- Jackpot Roll
- BINGO

Thursdays

- Rosary with Marilyn C.
- Hair Salon
- UNO

Fridays

- Group Exercise with Fox Therapy
- Art Class
- BINGO
- Fact Friday

Saturdays

- Cards Club
- Creative Expression

Sundays

- Catholic Mass
- Cards Club



Community Leaders

Sharina Winter.....Executive Director

Christie Crain.....Health & Wellness Director

Kolby Gillen.....Sales & Marketing Director

Brandie Bates.....Culinary Director

Cory Ogden.....Maintenance Director



Don't Miss It!

September 2 - The Round Table Meeting

September 2 - Community Kitchen Meeting

September 10 - Chester the Music Man

September 11 - Sam Crosser

September 13-19 - Assisted Living Week!

September 22 - Dan's Band

September 24 - Heide & Brandon Karaoke

September 28 - Resident Council Meeting

Apple Valley Place of Osage

Sharina Winter **Executive Director**

As we welcome the crisp days and beautiful colors of fall, I'd like to take a moment to thank each of you for helping make our community such a special place. Whether you're a resident, family member, or one of our amazing team members, your kindness, support, and involvement help create the warm and welcoming atmosphere we are proud to call home. We look forward to a September filled with meaningful connections, cherished traditions, and wonderful memories. Thank you for being such an important part of our community. Wishing you a happy, healthy, and beautiful fall season!

Christie Crain **Health & Wellness Director**

Happy September! As we welcome the cooler days and beautiful colors of fall, remember to take time to care for yourself. Staying hydrated, enjoying nutritious meals, getting plenty of rest, and staying active can help you feel your best as the seasons change. I'm always here to support you and your wellness. Wishing everyone a happy, healthy, and safe September!



September.

Quote of the Month

“Life starts all over again when it gets crisp in the fall.” —
F. Scott Fitzgerald

Conversation Starter

Fall has a way of bringing back memories of family traditions. What was something your family enjoyed doing together when the weather started to cool down?

National Holidays

- September 1 – Labor Day
- September 5 – National Cheese Pizza Day 🍕
- September 6 – National Read a Book Day 📖
- September 13 – Grandparents Day 👴👵
- September 17 – Constitution Day 🇺🇸
- September 18 – National Cheeseburger Day 🍔
- September 22 – First Day of Fall 🍁
- September 26 – Johnny Appleseed Day 🍏

This... or That.

Pumpkin OR Apple
Sweater OR Flannel
Pumpkin Pie OR Apple Pie
Crisp Morning OR Cozy Evening
Corn Maze OR Pumpkin Patch
Soup OR Chili



Fun Facts

- September is the only month with the same number of letters as the number of the month!
- The word September comes from the Latin word *septem*, meaning seven. It was originally the seventh month of the Roman calendar.



Cory Ogden Maintenance Director

Happy September! I'm looking forward to the cooler weather and beautiful fall season ahead. I'm grateful to be part of our community and always happy to help keep things safe and comfortable. Wishing everyone a wonderful fall!





Apple Valley Place of Osage



PeeWee & daughters Kathy & Paula
& Granddaughter Paige



Miss Mary Lou showing our
newest friend, Alice, around!



Ethel trying her hand at
some no-bake desserts!
(they were delicious)



Sharina & Kolby



Kolby Gillen

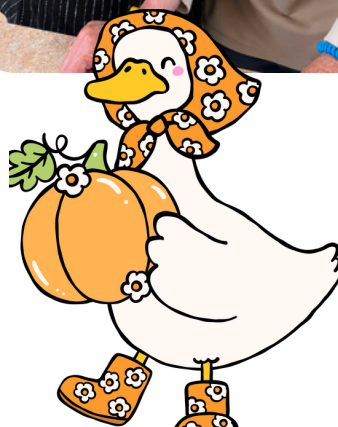
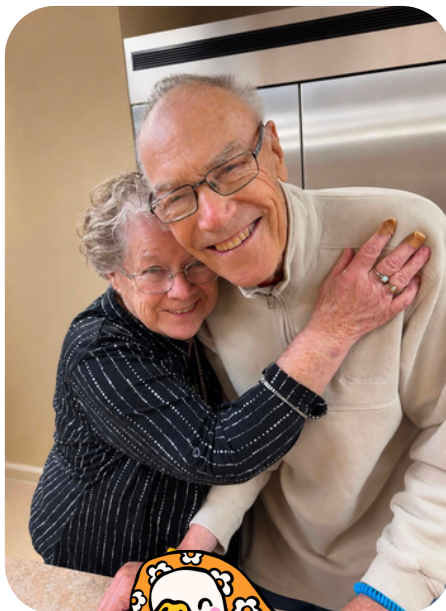
Sales & Marketing Director

September brings cooler days, beautiful colors, and so many opportunities to enjoy the simple moments that make our community feel like home. Whether it's sharing a cup of coffee, enjoying a fall activity, or spending time with friends, there's always something to look forward to. If you know someone who may be considering Assisted Living, I'd love the opportunity to welcome them for a visit and show them what makes our community special. Our residents and families are our greatest ambassadors! Wishing everyone a beautiful and joyful September!





Apple Valley Place of Osage



Brandie Bates Culinary Director

As we welcome September, we're excited to bring the flavors of fall to the table! Cooler days are perfect for warm, comforting meals, seasonal fruits and vegetables, and some of our favorite fall-inspired recipes. From hearty soups to delicious apple and pumpkin treats, there are plenty of cozy flavors to enjoy. We love creating meals that bring our residents together and make every dining experience something to look forward to. We hope you enjoy all the delicious tastes of the season!



Expect Better... Better Days

*Purposeful programming and meaningful moments.
Memory Care programming backed by science.*

Shining Through the Years

We are excited to celebrate National Assisted Living Week, September 13–19, with this year's theme, "Shining Through the Years!"

Throughout the week, we'll celebrate our amazing residents with fun activities, laughter, special events, and plenty of opportunities to make new memories together. We'll also kick off the week by recognizing Grandparents Day and celebrating the love, wisdom, and lasting impact grandparents bring to our families and communities.

Get ready for a week full of celebration as we shine together through the years!



Norman has been in the kitchen whipping up some goodies!



PeeWee & granddaughter, Paige

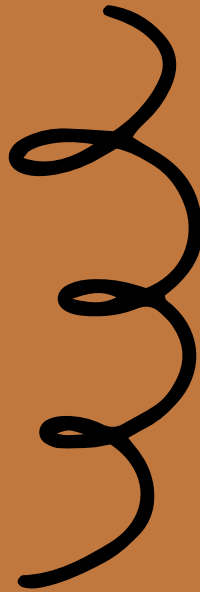
Our Community

Olivia O.
Employee Of The Month



Please join us in celebrating Olivia, our September Employee of the Month! Our residents describe Olivia as kind, caring, and always willing to lend a helping hand. She takes the time to listen whenever someone has a concern and makes those around her feel heard and supported. Thank you, Olivia, for the kindness and compassion you bring to our community each day!

We are so lucky to have you!



Brianna Bates
Life Enrichment Director



I'm so excited to begin this new season with all of you! September is a wonderful time to enjoy cooler days, fun activities, great conversations, and plenty of opportunities to make new memories together. I'm looking forward to getting to know each of our residents and creating activities that bring joy, laughter, and connection to each day. To our families, thank you for being such an important part of our community. I can't wait to share a wonderful fall season with all of you!



We're so excited to welcome our newest resident, Alice, to our community family! We're looking forward to getting to know her, sharing plenty of smiles and laughter, and making wonderful memories together. We hope she feels right at home as she settles in and becomes part of all the fun our community has to offer.

We are so happy to have you with us, Alice!

Welcome home! ❤️

Better Voices



At Apple Valley Place, daily life is shaped by the people who know it best—**our residents**. More than just a **place to live**, Apple Valley thrives as a resident-led community where voices are heard, choices are honored, and participation is encouraged at every level. Our Better Voices committee meets on every **FIRST WEDNESDAY** of the month. This committee is open to **ALL** residents and families. If you would like to join and be part of our Better Voices committee, we encourage you to please see Brianna, Brandie or Sharina.



PeeWee (Vernon) Durbin
Resident Ambassador



One of my favorite things about Apple Valley is the staff and the other people who live here. The activities are fun too and Kolby always has something new for us to try. I think everyone should stop by and see what we're up to and play a round of bowling while they're here.

Laverne M.
Resident Spotlight



This month we're celebrating Laverne, our go-to friend here at Apple Valley! With an incredible sense of humor and a knack for having an answer to just about any question, Laverne always keeps us laughing and makes our community a little brighter. When he's not sharing a laugh with friends, you can probably find him enjoying one of his favorite activities, Wii bowling! Thank you, Laverne, for bringing your humor, friendship, and fun-loving spirit to our community. We're so happy to have you here!

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AUTUMN | SEPTEMBER | LEAVES | HARVEST | PUMPKIN
APPLE | CIDER | HAYRIDE | BONFIRE | SWEATER | FLANNEL
ACORN | CORN | FOOTBALL | PIE | SCENIC | COZY | CRISP