

Apple Valley Place of Osage

newsletter



300 Lyndale Ave, Osage IA 50461 | 641.832.2270

A Look into October.

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

- UNO
- Scrabble

Sundays

- Catholic Mass
- Wii Bowling

Community Leaders

Sharina Winter.....Executive Director

Christie Crain.....Health & Wellness Director

Kolby Gillen.....Sales & Marketing Director

Brianna Bates.....Life Enrichment Director

Brandie Bates.....Culinary Director

Cory Ogden.....Maintenance Director



Don't Miss It!

October 7 - The Round Table Meeting

October 7 - Community Kitchen Meeting

October 8 - Chester the Music Man

October 9 - Sam Crosser

October 10 - Music Therapy

October 22 - Heide & Brandon Karaoke

October 26 - Resident Council Meeting

October 27 - Dan's Band

October 29 - Lincoln Halloween Walkthrough

Dorothy C.





Apple Valley Place of Osage



Brandie Bates
Culinary Director

October brings back so many food memories: family recipes, the smell of something baking, and conversations that linger after a meal. I love hearing residents share the dishes they grew up with and the traditions behind them. Those stories make our dining room feel even more like home. This month, our culinary team looks forward to serving comforting meals and making time around the table something everyone can enjoy. Whether residents are trying a new dish or talking about an old favorite, we're grateful to share those moments with them.





Apple Valley Place of Osage

Sharina Winter Executive Director

Happy October!

As we welcome the beautiful colors and crisp days of fall, I'm reminded of how grateful I am to be part of such a wonderful community. October is a time to enjoy the little things—the changing leaves, cozy afternoons, seasonal traditions, and time with those who matter most. Our residents, families, and team members bring kindness, laughter, and warmth to our community each day. These connections are what truly make our community feel like home. I hope October brings opportunities to enjoy the season, make wonderful memories, and spend time with loved ones. Wishing everyone a happy, healthy, and beautiful October!

Christie Crain

Health & Wellness Director

As the seasons change, it's a great time to focus on taking care of yourself. Enjoy the cooler weather, stay active, eat well, and remember to get plenty of rest. Even small healthy choices each day can make a big difference in how you feel. Take time to enjoy the beauty of fall, connect with others, and make your wellness a priority. I'm always here to support you along the way. Wishing everyone a happy, healthy, and safe October!



Cory O.
Employee Of The Month



Please join us in congratulating Cory, our Maintenance Director, on being named Employee of the Month! Cory works hard behind the scenes to keep our community comfortable and welcoming for residents, families, and staff. We appreciate the care he puts into his work each day. Congratulations, Cory!



Please join us in congratulating our very own Brianna Bates and Kolby Gillen on their promotions! Brianna has moved from Medication Manager and Resident Assistant to Life Enrichment Director, and Kolby has moved from Life Enrichment Director to Sales & Marketing Director. We're excited to see them shine in their new roles!

Brianna Bates
Life Enrichment Director



From the Life Enrichment Director October is a wonderful time to slow down and enjoy the little things together. Whether we're sharing stories about favorite fall traditions, getting creative with seasonal projects, or spending time with friends, there are so many ways to make the month special. What I enjoy most is seeing residents bring their own ideas and memories to our activities. Those moments of laughter, conversation, and connection are what life enrichment is all about. I'm looking forward to making more of them with everyone this October!

Apple Cider & All Things Fall!

Join Executive Director Sharina and our residents on October 28 for a cozy fall social hour! Sharina will be serving apple cider, cookies, and apples for a light snack. We hope you'll stop by, visit, and enjoy a little taste of fall together.



October.

Quote of the Month

“Autumn is a gentle reminder that change can be beautiful.”

Conversation Starter

What is your favorite thing about fall?

Was it going for a drive to see the changing leaves, baking something special, watching football, or simply enjoying a cozy evening at home?

National Holidays

- October 1 — International Coffee Day ☕
- October 4 — National Taco Day 🌮
- October 9 — National Moldy Cheese Day 🧀
- October 14 — National Dessert Day 🍰
- October 21 — Back to the Future Day ⚡
- October 28 — National Chocolate Day 🍫
- October 31 — Halloween 🎃

This... or That.

Hayride 🚜 OR Scenic Drive 🚗
Scary Movie 👻 OR Classic Movie 📺
Sweet Treat 🍰 OR Salty Snack 🍪
Hot Chocolate ☕ OR Hot Cider 🍎

Fun Facts

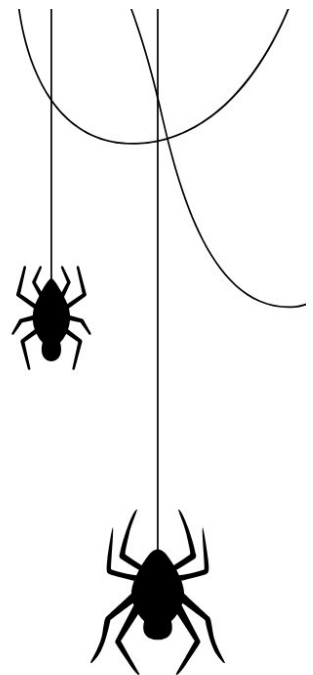


- About 25% of an apple is air, which is why they bob in water.
- October's full moon is traditionally called the Hunter's Moon.
- The world record pumpkin weighs more than 2,000 pounds!
- The word “Halloween” comes from “All Hallows' Eve,” meaning the evening before All Saints' Day.



Cory Ogden Maintenance Director

Fall is here, and I'm looking forward to the cooler weather and changing leaves. As always, I'm happy to help keep our community safe, comfortable, and running smoothly. Wishing everyone a wonderful October!





A Sweet Farewell - Celebrating 10 Years of Robin!

After 10 wonderful years at Apple Valley Place of Osage, we are saying goodbye to someone who has become such an important part of our community. Robin has devoted countless hours to caring for her residents, supporting her fellow teammates, and helping make Apple Valley Place the special place it is today. Throughout her time with us, Robin has always been a true team player. She has taken great pride in her work, led with compassion, and consistently gone above and beyond for those around her. Her dedication and kindness, as well as her commitment to our residents and team have made a lasting impact that will not be forgotten. While we are certainly going to miss seeing Robin each day, we are also so excited for her as she begins a new adventure and takes the next step in her journey. We are incredibly grateful for the 10 years she has shared with Apple Valley Place and for the memories, friendships, and countless moments she leaves behind.

Good luck on your next adventure, Robin! We will miss you! ❤️



Resident Led Community



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 resident-led 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 resident-led community, 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.

Dorothy C.
Resident Spotlight



This month, we're celebrating Dorothy, whom we all know as Dort! She loves getting creative with crafts, spending time with her best friend Kay, and talking about her cat, Tito. Dort is also a go-to friend here at Apple Valley, always making time for the people around her. Thank you, Dort, for the friendship you bring to our community. We're so happy you're here!



Apple Valley Place of Osage



Laverne and Irene playing a serious round of Uno.



Dort whipping up some cinnamon apples during our "Taste of Home" baking club.



The Tourtelott's



Kira & Kay playing "Hand & Foot"



Kolby Gillen

Sales & Marketing Director

October is a wonderful time to celebrate community and the people who make each day special. I'm so grateful for the opportunity to meet new families and help them find the right place to call home. If you or someone you know is considering Assisted Living, I'd love to be a resource. Whether you're just starting to explore your options or are ready to take the next step, my door is always open. Come visit with me and see what makes our community so special! Wishing everyone a happy, healthy, and memorable October!



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PUMPKIN | HALLOWEEN | GHOST | COSTUME | CANDY
TRICK | TREAT | WITCH | BAT | SPIDER | HAUNTED
OCTOBER | HARVEST | SCARECROW | HAYRIDE