Better Living of Walcott

Newsletter

Issue: November 2026

UPCOMING EVENTS

- November 1st 12:00a - Daylight Savings Time Ends
- November 3rd all day - Election Day
- November 4th 1:00p - Resident Council Meeting
- November 5th 10:30a - Better Voices Meeting
- November 11th 12:00p - A Rose of Thanks & Pin of Pride (Veterans Ceremony)
- November 12th 4:00p - Pie & Gratitude with the Executive Director
- November 23rd 3:30p - Monthly Auction
- November 25th 12:00p - Thanksgiving Meal with families

LEADERSHIP TEAM

Executive Director · Taylor Thorpe
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Health & Wellness · Ashley Davis
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Life Enrichment · LeLani Cooper
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Culinary - Sydnee Fuller
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Maintenance - Tom Wuestenberg
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From the Executive Director

Choose Your Neighbor



TAYLOR THORPE

One of the joys of life at Better Living of Walcott is the connection we share with one another. A familiar face at breakfast, a conversation over coffee, or a friend to join for an activity can make each day feel a little brighter. Our residents help make this community a welcoming place to call home.

With that in mind, I'm excited to share our Choose Your Neighbor resident referral program. If you love where you live, this is an opportunity to invite someone you care about to explore becoming part of the Better Living family.

Perhaps you have a former neighbor, a church friend, or a family member who is considering assisted living. Sharing your own experience can help them feel more comfortable asking questions and imagining what life here could look like.

Here's how the program works: **refer a friend or loved one, and when they move in and become part of our community, you receive one month of rent free as our thank-you.** Certain terms and conditions apply; please stop by my office for the details and to submit your referral.

Choosing a new home is a personal decision, and everyone moves at their own pace. An introduction can simply be a chance to learn more, meet our team, and see whether Better Living feels like the right fit.

Thank you for the kindness you show your neighbors and for helping new residents feel welcome. If someone comes to mind, I'd love to talk with you!

From the Health & Wellness Director



Left to right:
Ashley Davis
John Botkins
Mary Koehler

Cold and Flu Season: Caring for Ourselves and Each Other

As cooler weather arrives and we spend more time indoors, it's a good time to prepare for cold and flu season. At Better Living of Walcott, small everyday habits can help protect our residents, families, and team members while we continue enjoying time together.

Take simple steps to reduce the spread of germs. Wash your hands often, especially before eating and after coughing, sneezing, or blowing your nose. When soap and water aren't available, use hand sanitizer containing at least 60% alcohol. Cover coughs and sneezes with a tissue or your elbow, and regularly clean frequently touched surfaces. These habits help reduce the spread of respiratory illnesses.

Talk with your healthcare provider about vaccination. Adults age 65 and older have a greater risk of serious flu complications. An annual flu vaccine helps reduce that risk. Your healthcare provider can recommend the appropriate flu vaccine and review whether you're due for other recommended immunizations.

Let us know when you aren't feeling well. Residents should tell our care team promptly about a new cough, sore throat, fever, body aches, or unusual tiredness. Reporting symptoms early helps us arrange appropriate evaluation. For older adults with suspected flu, prompt medical attention matters because treatment may be needed.

Help keep visits healthy. Families and friends can help protect residents by postponing visits when they feel sick and following the community's current infection-prevention guidance. A phone call or video chat is a wonderful way to stay connected until an in-person visit is appropriate.

Looking out for one another is part of what makes a community special. Thank you for helping us make this season a healthier one. If you have questions about symptoms, prevention, or vaccines, please reach out to our nurse or your healthcare provider.

From the Maintenance Director

It's been another busy but productive month for maintenance. We have been able to update and freshen up a few units. The maintenance department is also looking ahead to the winter season with prep work both inside and outside of the facility. With that being said, I would like to remind all the residents that we would appreciate your cooperation with not using any space heaters. If you would like help with switching from cool to heat and or temp adjustments on your thermostat, please reach out to me and staff and we will gladly assist you.

In the month of November, I would like to schedule times with residents to come in and clean the PTAC units that cool and heat your residence. November temperatures should allow us to shut down the units for cleaning with little to no temperature change within the residence until the cleaning is complete.

As always, if you have any maintenance requests or questions feel free to reach out to me any time. It's a pleasure to serve you and the community and thank you always for your patience and flexibility when it comes to repairs.



TOM WUESTENBERG

ALL ABOUT NOVEMBER

Bird: Rooster — loyal to a fault & they always stick by their friends
Birthstones: Citrine and topaz
Birth Flower: Chrysanthemum
Seasonal Colors: Amber, gold, & burgandy
Zodiac Signs: Scorpio and Sagittarius
Season: Autumn
Holiday: Thanksgiving — November 26
Fun Fact: Movember is a charity organization started in Australia that has quickly spread across the world. Raising money for prostate cancer, men are encouraged to shave on November 1st and keep only the mustache growing until November 30th. In the last 22 years, Movember has raised USD 1.4 billion for men's health.

From the Life Enrichment Director

I am so happy to be slowly getting to know each of you and learning about your unique interests, hobbies, and favorite ways to have fun! My goal is to make sure everyone feels welcome, included, and excited about the activities we offer here at Better Living of Walcott. We've been listening to your requests, and I'm excited to announce that we've added another day of **BINGO**! We will now be playing every Monday, Wednesday, and Friday at 2:00 PM!

We've started a Left Right Center Club, meeting every Tuesday and Thursday at 1:00 PM. Everyone is welcome to join in the laughter, friendly competition, and fun! Remember, even if you don't feel like participating in an activity, you're always welcome to stop by, say hello, and spend a little time getting to know your neighbors! Don't forget to pick up a Better Living Buck to save and spend at our monthly auctions. It's a fun way to get involved and earn some goodies along the way! Mark your calendars because our next **Auction** will be **November 23rd**! I'm looking forward to creating more smiles, friendships, and wonderful memories with all of you. After all, it's the little moments we share that make our community feel like home!



LELANI COOPER

From the Culinary Director

As we welcome the month of November, I'm feeling extra excited for Thanksgiving, the food holiday of the year! I love this time of year because food has such a special way of bringing people together, creating memories, and making us feel at home.

Our team is looking forward to preparing delicious, comforting meals that celebrate the flavors of the season and make Thanksgiving special for our residents. We would also love to bring a little piece of home into our kitchen!

Families, we would love to hear from you! **Please share your favorite family holiday recipes**, traditional Thanksgiving dishes, or special desserts you enjoy making at home. We would be thrilled to incorporate some of these beloved recipes into our menus and share your family traditions with our residents.



SYDNEE FULLER

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Our Community Recognition & Welcome

We are so grateful for the people who make our community so special.
Join us in celebrating achievements, welcoming new friends, and honoring birthdays.

Employee of the month



MADDIE A.

Maddie consistently goes above and beyond to make sure everyone feels happy, comfortable, and well taken care of. Her kindness, dedication, and willingness to go the extra mile make a difference every single day. We are so grateful to have her as part of our Better Living of Walcott family!

Resident of the month



SARAH K.

Sarah Kraft was born in Davenport, Iowa. She was married to her husband, Allen, and they raised two children. Sarah has three grandchildren and one great grand-child. In her leisure time, Sarah enjoys baking, sewing, and going for walks. Sarah brings a lifetime of wonderful memories, experiences, and talents to our Better Living of Walcott family

Welcome new residents

JOSEPH SIEFRES



JOINED NOVEMBER

We are so excited to welcome a new member to our wonderful community! We look forward to getting to know you, sharing smiles, creating memories, and building lasting friendships.

RESIDENT BIRTHDAYS

Camilla Poston - 11/03
Audrey Hinds - 11/06
Fred DeCoster - 11/23

EMPLOYEE BIRTHDAYS

Kali Davis - 11/13



Love generously
Serve passionately
Elevate every moment
For residents, families, & team members















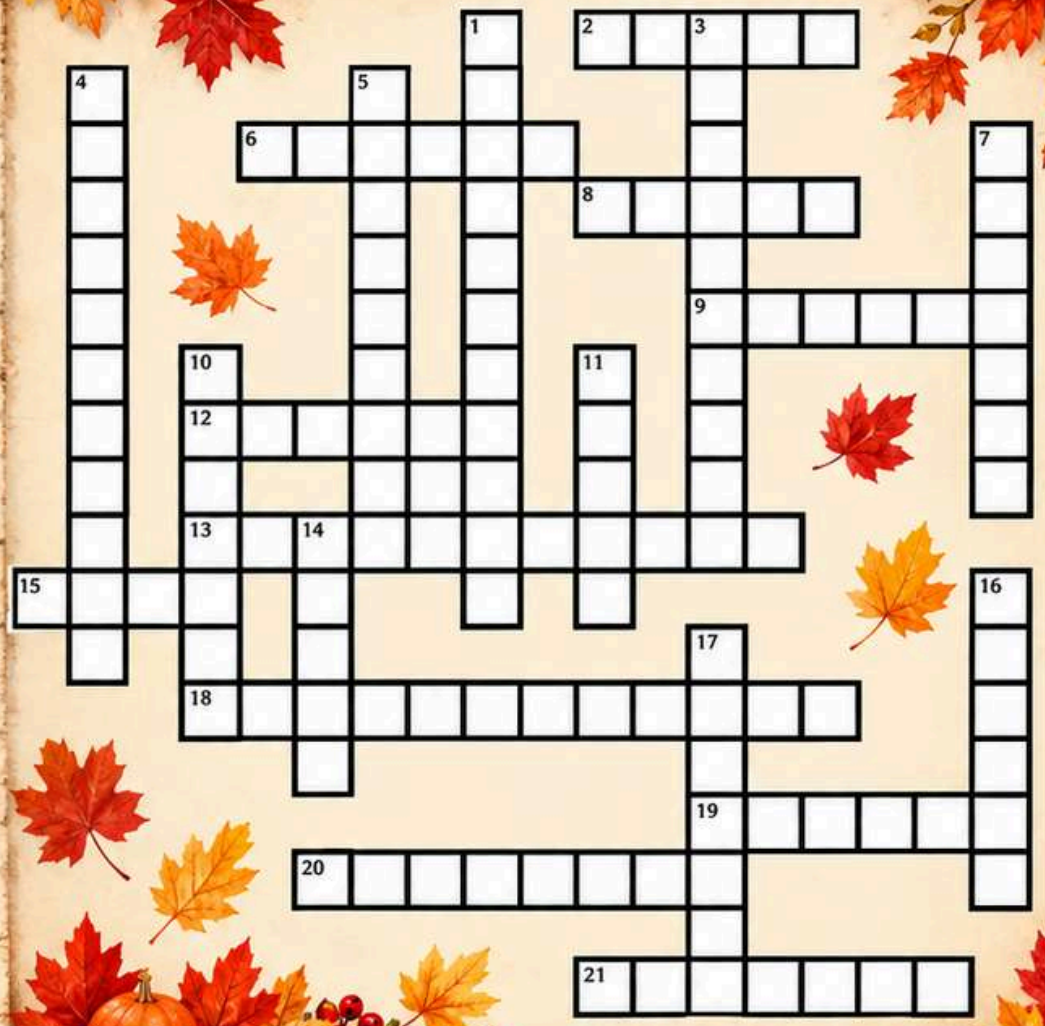
November

ACROSS

2. Sponsors of the annual Thanksgiving parade in New York City.
6. Traditional Thanksgiving bird.
8. Breezy or gusty.
9. Drink made from apples.
12. Another word for the fall season.
13. November 11th.
15. Tool for gathering leaves.
18. Celebrated on the fourth Thursday of November.
19. What the turkey said.
20. Eleventh month of the year.
21. Often used to make pie in November.

DOWN

1. First Tuesday after the first Monday in November.
3. Horn of abundance.
4. The day after Thanksgiving.
5. Thankfulness.
7. Along with Sagittarius, zodiac sign for November.
10. The gathering of crops.
11. Deposit of small ice crystals.
14. Along with citrine, birthstone for the month of November.
16. They're raked in autumn.
17. Mayflower passenger.



Autumn	Gratitude	Rake
Black Friday	Harvest	Scorpio
Cider	Leaves	Thanksgiving
Cornucopia	Macy's	Topaz
Election Day	November	Turkey
Frost	Pilgrim	Veterans Day
Gobble	Pumpkin	Windy