



September Newsletter 2026

Welcoming the Cozy Season!

Welcome, September!

There's something special about September, we're excited to begin a new month filled with Better Days, purposeful programming, and meaningful moments. Our focus this month is on creating opportunities that bring joy, connection, purpose, and a true sense of belonging to each resident. In our Better Days neighborhood, our programming continues to be backed by science and thoughtfully designed to support each resident's individual needs, abilities, and life story. We look forward to making September a month full of meaningful experiences, cherished memories, and plenty of Better Days!



A Message from our Executive Director

Welcome September, I'm excited for another month of growth, connection, and meaningful moments throughout our community. Thank you to our incredible residents, families, and team members for making River Valley Place a place where every day brings new opportunities to create Better Days together.



A Message from our Sales & Marketing Director

Better Voices, Better Days

A Message from our Life Enrichment Director

What Cooking In The Kitchen ??

Ahoy Maties, September is my favorite month it's my birthday month and anniversary. Here comes a month of great food, lots of laughs and maybe a little swashbuckling shenanigans. Who has the map to the buried treasure?

-Culinary Director Jessica B

As we welcome September, we're celebrating an incredible August at River Valley Place! Thanks to our amazing team, residents, and the families who entrusted us with their loved ones, we experienced wonderful growth and welcomed many new residents to our community. We're grateful for the momentum and look forward to all that the fall season will bring!

As We Turn The Page to September and get ready to enjoy the first signs of fall, I'm so excited for all of the fun and meaningful things we have planned for our residents this month! One of my biggest goals in Life Enrichment is making sure our residents have a Better Voice in what we do; From choosing activities and sharing their ideas to helping us create experiences they truly enjoy. September is going to be full of laughter, connection, new memories, and plenty of opportunities for our residents to be heard, involved, and at the heart of everything we do!

A Message From Maintenance

September is here, bringing with it the start of fall. Our Maintenance Team is working hard to keep River Valley Place safe, comfortable, and running smoothly. We're excited for the season ahead and are always here to help keep our community feeling like home!





Expect Better... Better Days

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



Purposeful Programming. Meaningful Moments.

At River Valley Place, Expect Better Days means believing every person deserves more than simply having something to do; They deserve a day filled with purpose, connection, dignity, safety, and meaningful moments. Our memory care programming is thoughtfully designed around Maslow's Hierarchy of Needs, an evidence-informed approach that helps us look beyond a diagnosis and focus on the whole person and what they need to thrive. Through Better Living and Better Voices, we listen to our residents, honor their life stories, recognize their abilities, and give them opportunities to make choices, contribute, connect with others, and continue doing things that bring meaning to their lives. A meaningful moment might be helping set the table, tending to a garden, sharing a favorite song, reminiscing about a cherished memory, helping another resident, creating something with their hands, or simply enjoying the comfort of familiar faces and conversation. These moments may seem simple, but they can provide a powerful sense of belonging, accomplishment, and purpose. Our goal is not to keep residents busy; It is to create days they can feel good about, in an environment where they feel safe, heard, valued, and needed. Because memory loss may change many things, but it does not take away a person's need for love, purpose, connection, dignity, or joy. At River Valley Place, we Expect Better Days because every resident deserves meaningful moments, every single day.





NEWSLETTER

SEPTEMBER 2026

Upcoming Events

- Tuesday Sept. 1st- Duke Zecco Music Performance @ 10A.M.
- Tuesday Sept. 1st- The Round Table Committee Meeting @ 3:30 P.M.
- Wednesday Sept. 2nd- Trip To Swed & Co. Coffee Shop @ 9:30 A.M.
- Wednesday Sept. 2nd- Healthy Snack Cooking Class With Jessica @ 2:30 P.M.
- Friday Sept. 4th- National Wildlife Day- Lee County Conservation Class @ 10:00 A.M.
- Friday Sept. 4th- Lunch At Sub Arena @ 11:30 A.M.
- Monday Sept. 7th- Happy Labor Day!!!
- Tuesday Sept. 8th- Resident Council Meeting @ 3:30 P.M.
- Wednesday Sept. 9th- Lee County Home Health & Hospice Fall Prevention Presentation @ 10:00 A.M.
- Friday Sept. 11th- Trip To Shaffer Pen Museum @ 2:00 P.M.
- Saturday Sept. 12th- Tri-State Rodeo Parade
- September 13th-19th- National Assisted Living Week
- Sunday Sept. 13th- Grandparents Day Brunch @ 12:30 P.M.
- Tuesday Sept. 15th- Community Connectors Meeting @ 3:45 P.M.
- Wednesday Sept. 16th- Hyvee Breakfast Trip @ 8:30 A.M.
- Friday Sept. 18th- Ahoy Pirates Monthly Birthday Party @ 4:00 P.M.
- Saturday Sept. 20th- Pj Party & Movie @ 5:30 P.M.
- Tuesday Sept. 22nd- Kitchen Committee Meeting @ 3:30 P.M.
- September 15th- Better Days/Better Voices Meeting With Families @ 3:30 P.M.

September Employee of the Month: **Melinda**



This September, we are proud to celebrate Melinda as our Employee of the Month! Since joining our River Valley Place family, Melinda has brought a caring heart, a comforting presence, and a smile that brightens every day. Her dedication, hard work, and willingness to always go the extra mile make a difference to our residents, families, and team. Thank you, Melinda, for all the love you show each day, and congratulations on this well-deserved recognition! ❤️



September Birthdays

- **Becky P.- 9/7**
- **Catherine M.- 9/8**
- **Mary S.- 9/9**
- **Ron M.- 9/10**
- **Jessica B.- 9/19**
- **Dallas K.- 9/27**



SEPTEMBER RESIDENT OF THE MONTH: JANET



September Resident of the Month: Janet
This September, we are so happy to celebrate Janet as our Resident of the Month! Janet is always one of the first to welcome new faces to our activities, and she never hesitates to jump in and help with setup or lend a helping hand. Her warm smile, welcoming spirit, and genuine desire to be involved make River Valley Place a brighter and more connected community. Thank you, Janet, for all you do and for being such a wonderful part of our River Valley Place family! ❤️



Meet Shirley! Shirley loves crafts, animals, and making new friends, and she especially enjoys exercise class and bingo. She also has a love for arts and crafts and cooking, just as she did for her loved ones at home for so many years. Welcome home, Shirley! 🏠



We are thrilled to welcome Chuck and Leora to the River Valley Place family! They have already brought their own special personalities and warmth to our community, and we are excited to see them settle in and become part of everything that makes River Valley Place feel like home. We look forward to sharing conversations, laughter, activities, meals, and plenty of new memories with them in the days ahead. Please help us give Chuck and Leora the warmest River Valley Place welcome as they begin this wonderful new chapter with us!

Welcome HOME



Trudy: Still Making Her Mark!

An Update on Trudy: Still Keeping Busy!

If you know Trudy, you already know she is not one to sit around waiting for something to do! Our proud Resident Ambassador continues to stay busy helping others, welcoming new residents, and finding every opportunity to make a difference. From her years in the floral business to her work with the Lions Club, 4-H, the Chamber of Commerce, and countless community projects, Trudy has always had a heart for serving others; and she is still going strong! With at least 25 community awards under her belt and that Resident Ambassador tag proudly worn everywhere she goes, we think it is safe to say Trudy has no plans of slowing down anytime soon!  



From Veda

Residents Voices



A Place To Belong

 "I'm So Glad My Sons Chose River Valley"

"I really enjoy living here. Everyone is so nice and polite, and I love that the residents get to have a say in the activities we do and even help choose what goes on the food menus. It makes me feel like my voice matters and that this is truly my home. My life has gotten so much better since I moved here, and I'm very happy my sons chose River Valley Place for me."

Becky P.



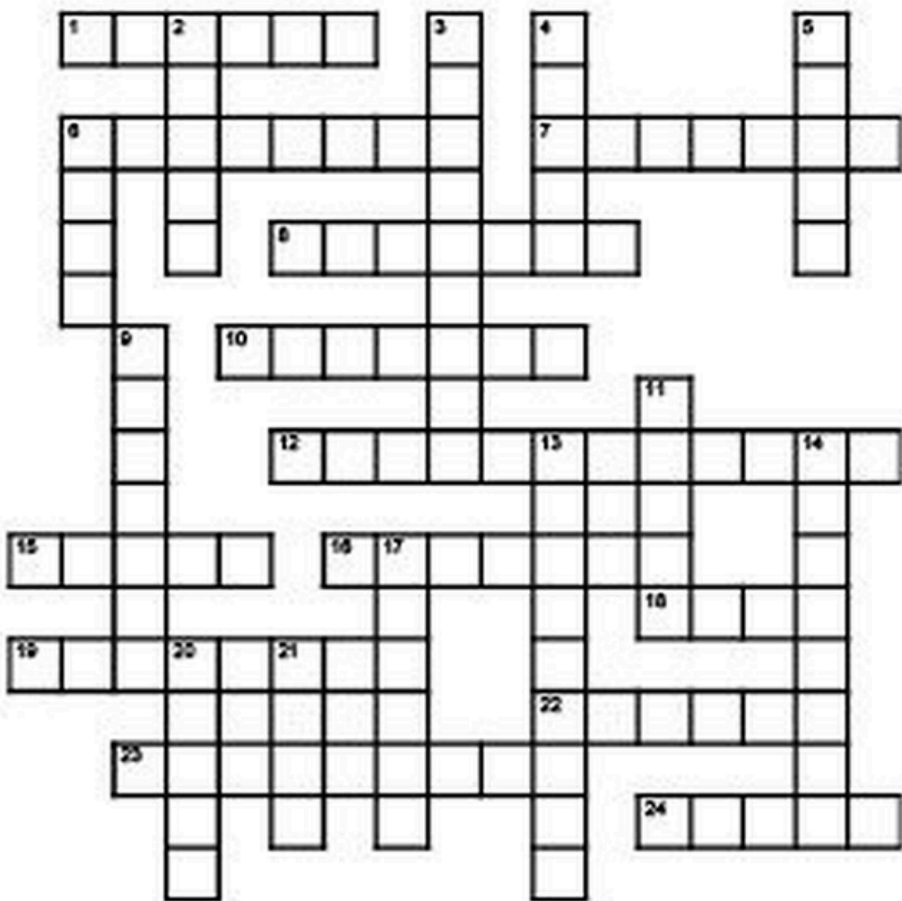
"I'm a pretty shy person, so making friends hasn't always been easy for me. Since coming to River Valley Place, I've found that everyone is so nice, and I finally have friendships again; and that means so much to me. People always make sure to include me in things, and I especially love sitting around the table with my friends at mealtime. It's nice to feel included, to have people to laugh with, and to know that I belong."



Name: _____ Date: _____

I LOVE FALL

Acorn
Apple
Autumn
Chestnut
Cider
Cobweb
Fall
Football
Gourd
Halloween
Harvest
Hay Bale
Hayride
Leaves
Maize
November
Nuts
October
Pumpkin
Quilt
Rake
Scarecrow
September
Sleet
Thanksgiving



ACROSS

1. They fall from trees.
6. Popular autumn sport.
7. Jack-o-lantern gourd.
8. The 10th month of the year.
10. The gathering of crops.
12. The fourth Thursday in November.
15. Might be patchwork.
16. Seat at a square dance (two words).
18. Leaf gathering yard tool.
19. They are roasted on an open fire.
22. Halloween decoration made by a spider.
23. The 9th month of the year.
24. Decorative squash.

DOWN

2. Oak tree's fruit.
3. October 31st.
4. Honeycrisp.
5. Also known as corn.
6. The season that follows summer.
9. Fun activity on a farm.
11. Drink made from apples.
13. Used to keep birds off of crops.
14. The 11th month of the year.
17. Another word for the fall season.
20. Semi-frozen rain.
21. What squirrels often gather.



National Assisted Living Week
Celebrating the Heart of Assisted Living
September 13-19, 2026



September is a special time to celebrate the people who make assisted living communities so meaningful. National Assisted Living Week takes place September 13-19, and we are excited to celebrate the residents, families, team members, and community members who make our community a place filled with connection, purpose, laughter, and love.

Assisted living is about so much more than a place to live. It is about creating Better Days filled with meaningful moments, friendships, new experiences, and opportunities to continue doing the things that bring joy and purpose to life.

Throughout National Assisted Living Week, we have lots of fun and meaningful things planned for our residents! From special activities and opportunities to reminisce, to laughter, music, fellowship, and plenty of surprises, we will be making memories together and celebrating what makes each of our residents so special.

This week is also a wonderful reminder of the importance of recognizing the individual stories, accomplishments, personalities, and contributions of every resident. Each person has a lifetime of memories and experiences that deserve to be celebrated.

We look forward to filling the week with smiles, memories, and moments worth remembering. Here's to celebrating our residents and the Better Days we create together!



Celebrating the Wisdom, Love & Memories of
Grandparents
September 13, 2026

Grandparents Day is a beautiful opportunity to celebrate the special place grandparents hold in our families and in our hearts. On September 13, 2026, we will take time to honor the love, wisdom, stories, traditions, and memories that grandparents have shared throughout the generations.

Grandparents have a unique way of bringing families together. They carry stories from the past, pass down traditions, share lessons learned through life, and create memories that can be treasured for generations to come. At our community, we know that every resident has a story worth hearing. Grandparents Day gives us a wonderful opportunity to celebrate those stories and remind our residents just how much they mean to the people around them.

We have lots of fun planned to celebrate Grandparents Day, with activities designed to bring smiles, encourage reminiscing, and create meaningful moments together. We hope this special day inspires families to visit, call, share a memory, look through old photographs, or simply spend a little extra time together.

To all of the grandparents, great-grandparents, and special family members in our community: thank you for the love, lessons, laughter, and memories you have given to the generations who came after you.

Your stories matter. Your memories matter. And you matter. ❤️

