November Newsletter

River Valley Place of Ottumwa

173 E. Rochester Rd, Ottumwa, IA 52501

UPCOMING EVENTS & ACTIVITIES:

Nov. 2 | 10:30 AM – Joyful Living Committee
Nov. 4 | 10 AM – Resident Council
Nov. 9 | 8 AM – Veterans Breakfast
10:30 AM – Veteran Thank You Cards
Nov. 10 | 10 AM – Albia Road Baptist Church
Nov. 11 | 2 PM – Veterans Day Program
Nov. 12 | 2 PM – Walmart Shopping Trip
Nov. 14 | 10:30 AM – Ottumwa Baptist Temple
Nov. 16 | 10:30 AM – Crafty Bunch: Button Pumpkins
Nov. 17 | 2 PM – Birthday Party
Nov. 18 | 2 PM – Dave & Jeff Band
Nov. 19 | 10:30 AM – Man Cave: Birdhouses
Nov. 23 | 2 PM – Ladies Lounge: Thanksgiving Centerpieces
Nov. 24 | 10 AM – Albia Road Baptist Church
1 PM – Live Music with Dave Gray
Nov. 25 | 2 PM – Pumpkin Pies with Tammy
Nov. 26 | Happy Thanksgiving!
Nov. 27 | 12 PM – Thanksgiving Family Feast with ED Shelby Frank
Nov. 30 | 10:30 AM – Holiday Decorating Committee

WEEKLY ACTIVITIES:

Sundays | 9:30 AM – The Bridge Church on TV
Monday-Saturday | 12:30 PM – Daily Devotions
Fridays | 2 PM – Bingo
Fridays | 3 PM – Happy Hour

A NOTE FROM EXECUTIVE DIRECTOR, SHELBY FRANK:

November is here, and with it comes one of my favorite times of the year—a season of gratitude, family, and togetherness! As we approach Thanksgiving, I find myself reflecting on all the things I have to be thankful for, both personally and professionally. I am especially grateful for the wonderful residents, families, and dedicated staff who make River Valley Place such a special community. Each day brings new opportunities to make memories, share laughter, and make a positive difference in someone's life. As the holiday season approaches, I encourage everyone to slow down, enjoy the little moments, and remember what truly matters. I look forward to celebrating this season of thankfulness with our River Valley Place family. Wishing you all a November filled with warmth, love, and plenty of reasons to be thankful!



WELCOMING OUR NEW RESIDENTS!!

Joann Chambers



INTRODUCING OUR NEW RESIDENT AMBASSADOR!

Please join us in congratulating our newest Resident Ambassador, Darlene Kirchner!

Darlene is such a wonderful addition to our Resident Ambassador team! She is always so kind, friendly, and welcoming to everyone around her, making others feel right at home.

We couldn't be more thrilled that Darlene saw herself as a great fit for this role, because we certainly couldn't agree more! Her warm personality and caring heart are exactly what make a wonderful ambassador.

Congratulations, Darlene!



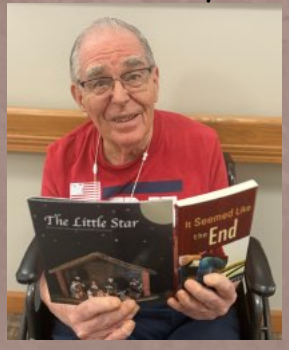
WE LOVE -RESIDENT OF THE MONTH, GLENN MCCOY

This month, we are excited to recognize Glenn as our Resident of the Month!

Glenn grew up in Ottumwa, Iowa, with five brothers and three sisters. Glenn enjoys gardening, reading, and listening to music, and finds great joy in attending church. When asked about his favorite part of living at River Valley Place, Glenn shared that it's the people! Glenn is also a published author of two books, including a children's book titled The Little Star and a book for adults titled It Seemed Like the End.

When asked what advice to share with the younger generation, Glenn offered a simple but meaningful message: "Be kind and smile!"

We are so happy to have Glenn as part of our community!



A NOTE FROM HEALTH & WELLNESS DIRECTOR, MICHELLE REINERT:

Health, Harmony, and Habits: Staying Safe This Holiday Season

The holiday season is a wonderful time to gather with loved ones, celebrate traditions, and create lasting memories. With all the excitement, it's important to keep health and safety in mind.

- Prevent Seasonal Illness: Wash hands frequently, stay up to date on vaccinations, and avoid gatherings when feeling sick to help protect those around you.
- Practice Food Safety: Cook meats thoroughly, keep hot foods hot and cold foods cold, and refrigerate leftovers promptly.
- Prevent Falls: Keep walkways clear of decorations, cords, and clutter. Make sure spaces are well-lit and safe for guests of all ages.
- Prioritize Your Well-Being: Get plenty of rest, stay hydrated, maintain healthy routines, and take time to relax during the busy holiday season.

A little preparation and mindfulness can go a long way in keeping everyone safe and healthy while enjoying the special moments that make the holidays meaningful.

Wishing you and your loved ones a safe, healthy, and joyful holiday season!



WE LOVE - EMPLOYEE OF THE MONTH, TAMMY NINER

Please join us in congratulating Tammy Niner, our Employee of the Month!

Tammy joined the River Valley Place team on June 4, 2026, and enjoys staying busy while helping our community members with their daily activities, schedules, and individual care needs. One of her favorite memories is playing golf and questionable cubes with a community member in Memory Care.

Outside of work, Tammy enjoys playing soccer, frisbee golf, biking, camping, fishing, and other outdoor adventures. She was also named Soccer Coach of the Year in 2023!

Family is an important part of Tammy's life. She has two children and two grandchildren and is looking forward to a family trip to the Outer Banks.

Tammy brings so much energy, kindness, and warmth to our community each day. Her caring heart, hard work, and dedication never go unnoticed. We are incredibly grateful for everything she does, and both our team and our community members are so fortunate to have her as part of the River Valley Place family!

Congratulations, Tammy, on this well-deserved recognition!



WELCOMING OUR NEW STAFF!!

Abigayle Briggs - Resident Assistant

Ashley Rumley - Resident Assistant

Somia Elkadak - Resident Assistant

Kierra Collins - Resident Assistant

Jordan Van Wyk - Maintenance Director

A NOTE FROM MAINTENANCE DIRECTOR, JORDAN VAN WYK:

Hello, my name is Jordan, and I am the Maintenance Director at River Valley Place. I've been working in the trades since 2014, with experience ranging from commercial maintenance to residential construction.

I am married with two children, and we stay busy enjoying outdoor family activities and attending our kids' school sporting events.

I look forward to helping with all building and grounds needs to make River Valley Place as pleasant and comfortable as possible for everyone!



FALL & WINTER MAINTENANCE TIPS

As temperatures begin to drop, it's important to prepare for the colder months ahead! Here are a few simple tips to help keep your home safe and comfortable this season.

- Check Your Heat: Make sure heating systems are working properly and vents are clear.
- Prevent Frozen Pipes: Keep indoor temperatures consistent and protect exposed pipes.
- Seal Out Drafts: Check windows and doors for gaps that let cold air inside.
- Stay Safe Outdoors: Keep sidewalks and entryways clear of leaves, snow, and ice.
- Test Safety Detectors: Make sure smoke and carbon monoxide detectors are working properly.
- Prepare for Winter Storms: Keep flashlights, blankets, and emergency supplies handy.

A little preparation now can prevent bigger problems later! Stay warm, stay safe, and enjoy the season!

A NOTE FROM LIFE ENRICHMENT DIRECTOR, BAILEY BOETTCHER:

What a wonderful first month it has been here at River Valley Place! I have truly enjoyed getting to know our community members, their families, and our amazing team. Everyone has been so kind and welcoming, and I am incredibly grateful for the warm welcome I have received.

We have had such a fun-filled month with wonderful activities, special events, and plenty of laughter and memories made along the way! I am so excited for everything we have planned for November, including crafts, baking, games, holiday gatherings, decorating, and so much more!

As we head into the busy holiday season, with Veterans Day, Thanksgiving, and Christmas right around the corner, I look forward to bringing everyone together to celebrate, create new memories, and enjoy this special time of year.

I also want to take a moment to thank everyone for their continued support, encouragement, and patience as I settle into my new role. It has meant so much to me, and I am truly looking forward to all the wonderful things ahead!

Here's to a November filled with joy, laughter, togetherness, and plenty of reasons to smile!







CONGRATULATIONS, SHELBY!

Celebrating Outstanding Leadership!

Please join us in congratulating our incredible Executive Director, Shelby Frank, on receiving Better Living's Q3 2026 Rising Star Award!

Shelby leads with compassion, dedication, and a genuine heart for the people around her. Whether she's supporting our community members and their families, encouraging her team, or working behind the scenes to make River Valley Place the very best it can be, her commitment never goes unnoticed.

Great leadership is about more than a title. It's about showing up, making a difference, and leading by example – and Shelby does just that!

We are so fortunate to have her leading our River Valley Place family, and we couldn't be more proud to see her hard work and dedication recognized.

Congratulations, Shelby! This recognition is so well deserved!











Join us on Wednesday, November 11th at 2:00 PM as we come together to honor and recognize the brave veterans within our community. We will share stories, reflect on their service, and express our heartfelt gratitude for the sacrifices they have made for our country. We invite everyone to join us for this special afternoon of remembrance, appreciation, and recognition. We hope to see you there!

THANK YOU TO ALL VETERANS FOR YOUR COURAGE, SACRIFICE, AND SERVICE TO OUR COUNTRY!

In Flanders Fields
By Lieutenant Colonel John McCrae (1915)

In Flanders fields the poppies blow, Between the crosses, row on row, That mark our place; and in the sky. The larks, still bravely singing, fly. Scarce heard amid the guns below.

We are the Dead. Short days ago We lived, felt dawn, saw sunset glow, Loved and were loved, and now we lie, In Flanders fields. Take up our quarrel with the foe: To you from failing hands we throw The torch; be yours to hold it high. If ye break faith with us who die We shall not sleep, though poppies grow In Flanders fields.

A LOOK BACK AT LAST MONTH!





















CONTINUED:










Expect Better...
No One Sits Alone
We don't let people go unnoticed. Everyone has a place.

THE MOST WONDERFUL TIME OF THE YEAR IS ALMOST HERE: A LOOK AHEAD AT DECEMBER





Holiday Vendor Fair – Vendors Wanted!

The holiday season is right around the corner, and River Valley Place of Ottumwa is excited to host our upcoming Holiday Vendor Fair!

We are currently looking for vendors who would love to join us for a festive shopping experience! Vendor spaces are completely FREE, with no registration or setup fees.

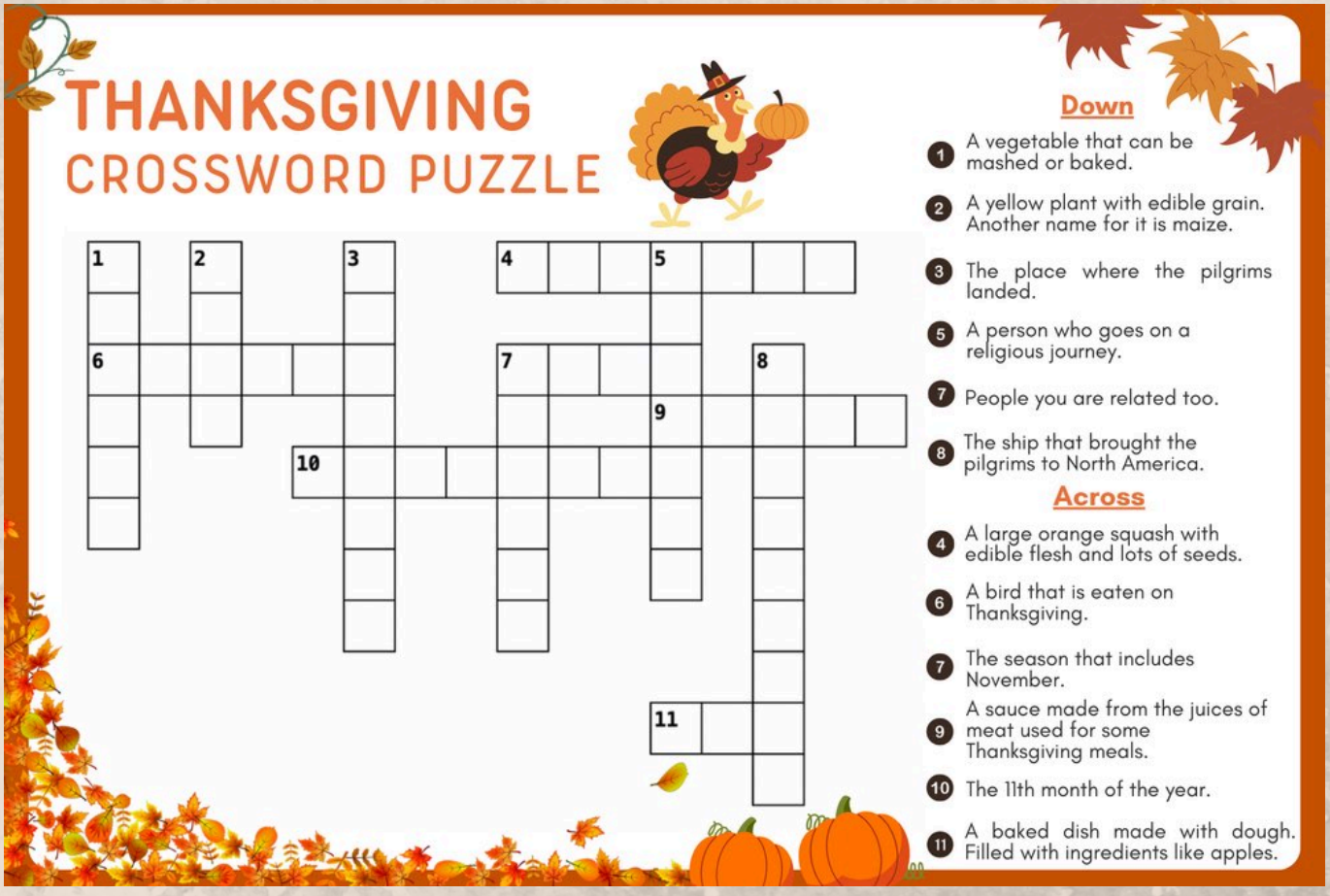
Our goal is to bring a wonderful holiday shopping experience right to our community members' doorstep, allowing them to shop for unique gifts, support local businesses, and enjoy the holiday spirit from the comfort of their own home.

If you or someone you know would be interested in participating, please contact Life Enrichment Director Bailey Boettcher at 641-684-1871 to get registered.

We look forward to bringing our community together for a little holiday shopping and cheer!


THANKSGIVING
WORD SEARCH
WORD LIST
AMERICA
APPLES
COLONY
CORN
CORNUCOPIA
CRANBERRIES
FAMILY
FEAST
GRATITUDE
HARVEST
HOLIDAY
MAYFLOWER
NATIVE AMERICAN
NOVEMBER
PIE
PILGRIM
PLYMOUTH
PUMPKIN
SETTLERS
SQUASH
STUFFING
SWEET POTATOES
THANKFUL
THANKSGIVING
TRADITION
TURKEY
VEGETABLE
WISHBONE
F T R A D I T I O N I I C
S P I L G R I M J B H K B
W C W I S H B O N E E K O
E V R N R O C J U Y D Z N
E R O A V U W R A I U R A
T E I P N T F D Y I T V C
P W L W S B I Q T L I H I
O R X A W L E Q W A T S R
T S E S O Z Y R I C A A E
A F G H E E Y P R T R U M
T L Q D K T O O S I G Q A
O X V R P C T E V G E S E
E G U E U L V L J M B S V
S T O N G R Y R E I I E I
H X R V A E A M U R K L T
J O K H Y N T M O Q S P A
C M Y G E J O A E U L P N
E J F A M I L Y B R T A V
P B P U M P K I N L I H G
C M A Y F L O W E R E C O
A Y N O L O C Q L O M R A
E U N O V E M B E R T Q A
A L U F K N A H T K I D S
B G N I V I G S K N A H T
I S T U F F I N G H J Y Y
https://everydaychaosandcalm.com


FALL & THANKSGIVING
SAFETY TIPS
Stay Safe Stay Well This Season!
STAY WARM
Dress in layers, keep a jacket handy, and don't forget a hat and gloves on chilly days.
PREVENT FALLS
Wear sturdy, non-slip shoes and keep walkways clear of leaves, decorations, and clutter.
STAY HYDRATED
Cooler weather can still lead to dehydration. Drink water throughout the day.
FIRE SAFETY
Enjoy candles and decorations safely. Keep them away from anything that can burn and never leave them unattended.
FOOD SAFETY
Keep hot foods hot and cold foods cold. Wash hands, use clean utensils, and store leftovers properly.
BE AWARE OUTDOORS
Watch for wet leaves, uneven ground, and slippery surfaces when walking outside.
TAKE CARE OF YOUR HEALTH
Keep up with medications, get plenty of rest, and let staff know if you're not feeling well.
SAFE TRAVELS
If you're visiting family or friends, plan ahead, take your time, and always buckle up.
ENJOY THE SEASON SAFELY
Take time to appreciate the beauty, good food, and time with loved ones while keeping these safety tips in mind.


THANKSGIVING
CROSSWORD PUZZLE
Down
1 A vegetable that can be mashed or baked.
2 A yellow plant with edible grain. Another name for it is maize.
3 The place where the pilgrims landed.
5 A person who goes on a religious journey.
7 People you are related too.
8 The ship that brought the pilgrims to North America.
Across
4 A large orange squash with edible flesh and lots of seeds.
6 A bird that is eaten on Thanksgiving.
7 The season that includes November.
9 A sauce made from the juices of meat used for some Thanksgiving meals.
10 The 11th month of the year.
11 A baked dish made with dough. Filled with ingredients like apples.