

October Newsletter

RIVER VALLEY PLACE OF OTTUMWA

173 E Rochester Rd, Ottumwa, IA 52501



Upcoming Events

- October 1 @ 2:00 PM - Oktoberfest Social
- October 6 @ 2:00 PM - Mad Hatter's Tea Party
- October 7 @ 11:00 AM - Coffee with a Cop
- October 7 @ 2:00 PM - Joyful Living Committee
- October 10 @ 10:30 AM - Ottumwa Baptist Temple Church Service
- October 12 @ 1:00 PM - Fall Scenic Drive
- October 13 @ 10:00 AM - Albia Road Baptist Church
- October 13 | 1:00–3:00 PM - Flu Clinic
- October 14 @ 2:00 PM - October Monthly Birthday Party
- October 20 @ 11:15 AM - Employee Soup Cook-Off – Resident Judging
- October 21 @ 2:00 PM - Apple Festival
- October 27 @ 10:00 AM - Albia Road Baptist Church
- October 27 - Music with Dave Gray
- October 30 @ 2:00 PM - Halloween Party – Hosted by our Executive Director, Shelby Frank
- October 31 | 5:30–7:30 PM - Community Trick-or-Treat at River Valley Place

A Note from Our Executive Director, Shelby Frank

October is here, and I couldn't be more excited! Fall is my favorite time of year—the cooler weather, changing leaves, football, and cozy evenings. My family and I are especially looking forward to a trip to the Smoky Mountains. I can't wait to spend time together, take in the fall colors, and hopefully see a few waterfalls! Between the beautiful fall weather, football season, seasonal activities, and time spent together, there's plenty to look forward to here at River Valley Place. We're especially excited for our Halloween Party on October 30! I hope our residents, families, and staff will join us for a fun afternoon.

Costumes are welcome!

Happy fall!

Shelby,
Executive Director



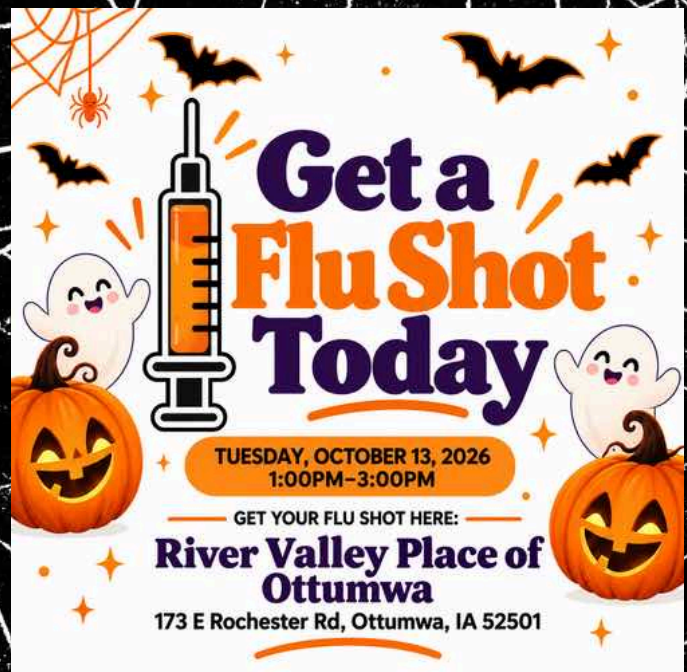
A Note from Our Health and Wellness Director, Michelle Reinert

Hi, I'm Michelle Reinert. I am a wife and proud mother of 5 wonderful children, and I have been a nurse for the past 11 years. My nursing career began in orthopedics, followed by valuable experience in urology, neurology, cardiac step-down, and the ICU at Mercy Hospital in Fort Smith, AR. In 2024, I transitioned into assisted living and memory care, and I absolutely love what we do here. My favorite part of working in assisted living is meeting new people and deeply getting to know their unique personal histories. I look forward to connecting with you all through this newsletter!



Safety Tips for Autumn from Our Health and Wellness Director!

- Watch for slick courtyard and patio spaces: Wet leaves on community walkways and outdoor seating areas can become incredibly slick, so always stick to the main, freshly cleared paths during morning or evening walks.
- Report drafty windows or uneven heating: Assisted living apartments can experience uneven temperatures during the transition into autumn; notify maintenance immediately if your room feels chilly or if you notice a draft.
- Participate in the community's seasonal vaccine clinic: Most facilities host on-site clinics in the fall, making it convenient to get your annual flu vaccines alongside your neighbors to protect the whole community.
- Adjust your routine for earlier sunsets: Since it gets dark much earlier, plan your independent walks or outdoor visits earlier in the day, and ensure your apartment's entryway and nightlights are bright enough for evening navigation.



A Note from Our Life Enrichment Director, Bailey Boettcher

Hello everyone! I'm Bailey Boettcher, and I'm so excited to introduce myself as the new Life Enrichment Director at River Valley Place of Ottumwa. I started at the beginning of September, and I've already enjoyed meeting so many of you.

I've spent the past 12 years in nursing as a CNA, including 10 years as a CMA. Nearly two years ago, I found my passion in life enrichment.

Helping residents connect with others, enjoy new experiences, and feel at home is the most rewarding part of my career. I absolutely love what I do!

I'm excited to bring new ideas and experiences to our community. I'd love to hear your feedback and suggestions, so please don't hesitate to share them with me.

Outside of work, I'm a mom to my five-year-old son, Auggie, who is in kindergarten. I also have a home bakery where I make custom cakes, cookies, and treats for special events. I can't wait to get to know everyone better and build meaningful connections. Be sure to watch the October calendars for all the fun things we have planned!



Meet our New Employees!!

- Bailey Boettcher - Life Enrichment Director
- Ashley Rumley- Resident Aide
- Somia Eldak - Resident Aide
- Brooklyn Roberts - Cook

Welcome to the team!
We're so excited to have you join us. We look forward to getting to know you and can't wait to see the wonderful things you'll bring to our community!



A Note from Our Culinary Director, Tammy Bencze

Fall is here, and we're looking forward to bringing more of the season's favorite flavors to our residents! From warm apple and peach cobblers to fruit crisps and my famous snickerdoodle cobbler, there's plenty to enjoy when the weather turns cool.

Residents have also shared that they'd love more hearty, comforting meals, including beef and noodles, turkey, chicken, and a variety of soups.

There's something special about sitting down to a warm meal on a chilly fall day.

We've received some wonderful recipes from residents and are looking through them now to see what we can add to the menu in the coming weeks. We enjoy hearing about the meals and desserts that mean something to them, and we'd love for residents to keep sharing their favorites with us!



Resident of the Month, Bill Campbell

This October, we're happy to celebrate Bill Campbell as our Resident of the Month!

Bill grew up around Batavia and Eldon, Iowa, where he met his wife when they were in 8th and 9th grade. They have now been married for an incredible 67 years and have three children, six grandchildren, and 13 great-grandchildren.

Bill enjoys golfing and swimming and has an interesting story to share—he played professional baseball, starting with the Kansas City Athletics before going on to play with several other teams. He later spent more than 30 years as a funeral director.

Some of Bill's favorite memories are raising his children and watching them grow up. Above all, what brings him the most joy is his family—and his wonderful wife of 67 years!

We're so happy to celebrate Bill this month!



Employee of the Month, Daniella Camacho-West

Congratulations to Daniella Camacho-West, Resident Assistant. Daniella has been with River Valley Place for three months and says her favorite part of the job is seeing and caring for our residents. She enjoys spending quality time talking with residents and coworkers and says every memory made here is a favorite.

Outside of work, Daniella enjoys relaxing and treating herself. We're so happy to have her on our team. Congratulations, Daniella!



Congratulations Darian!!

Congratulations, Darian! We're sending lots of love and congratulations to our Sales and Marketing Director, Darian Louth, on the arrival of her baby! Our team and residents at River Valley Place of Ottumwa are so happy for Darian and her family. Wishing them plenty of baby snuggles, sweet moments, and wonderful memories together. Congratulations from all of us!



October Birthdays

12th - Shirley B.

27th - Rita J.



Halloween Trick or Treat

Join us for an evening of treats!

 Saturday, October 31, 2026

 5:30–7:30 PM

 River Valley Place of Ottumwa
173 E Rochester Rd, Ottumwa, IA 52501





Want to donate candy?

Please bring candy to Bailey, Life Enrichment Director, by October 30.

HALLOWEEN WORD SEARCH

Q V A M P I R E Z T C B L
F P U M P K I N X H O J M
S G D C A N D Y U A S F W
K E L W I T C H N U T G S
E O C T O B E R T N U H P
L S M D Z X F A C T M O I
E T C O S T U M E E E S D
T H A J S P I D E R D T E
O B V N Q K L R F Z W C R
N G H A U N T E D Y O A W
X F S K J M L Q P C E T U
Z C Y S G H O S T N R B V

WORDS TO FIND

PUMPKIN
GHOST
CANDY
WITCH
SPIDER

COSTUME
HAUNTED
VAMPIRE
SKELETON
OCTOBER

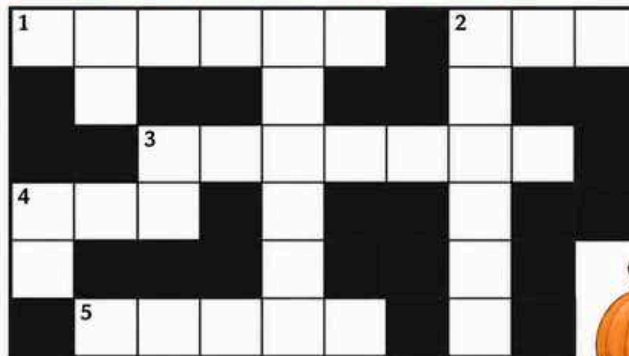
DON'T LET A FALL HAUNT YOU!



Need a hand?
Please ask for help before getting up.

HALLOWEEN CROSSWORD

Spooky
Words
Brighten
Our Days!



Good
Friends
Make Life
Spooktacular!

KIND
PEOPLE
ARE A REAL
TREAT

Across

1. A large orange fruit often carved into a jack-o'-lantern. (7)
3. A sweet treat often collected on Halloween. (5)
4. A spooky spirit that goes "boo!" (5)
5. A person who uses magic and often rides a broom. (5)

Down

1. A nocturnal flying creature with wings. (3)
2. October 31st. (9)
3. A place where spooky things are said to live. (6)
4. Worn on your face to disguise yourself. (5)

Same
Good People...
A Spooktacular
Season!