

OCTOBER 2018

The Bridges Tribune

The Bridges at Ankeny • 3510 NW Abilene Rd, Ankeny IA 50023 • 515.963.9815



Celebrating October

Country Music Month

Positive Attitude Month

Popcorn Poppin' Month

Spinning and Weaving Week

October 1–7

Guardian Angels Day

October 2

**International
Top Spinning Day**

October 14

Mulligan Day

October 17

International Artists Day

October 25

All Hallows' Eve

October 31

Jack of the Lantern

Every October, once pumpkins have grown fat and orange, these gorgeous gourds are picked and used in a wide variety of ritual activities from baking pumpkin pie to carving jack-o'-lanterns for Halloween. But there's no need to wait until October 26, Pumpkin Day, to make the most of your favorite pumpkin traditions.

Pumpkins have been grown in North America for 5,000 years. While these gourds are native to Central America and Mexico, the tradition of carving pumpkins began across the Atlantic Ocean in Ireland. The practice of carving "jack-o'-lanterns" began with an Irish folktale about a man named "Stingy Jack."

The legend says that Stingy Jack invited the Devil to have a drink, but then the tightfisted fellow did not want to pay. Jack tricked the Devil into transforming himself into a coin he could use to buy the drinks, but Jack put the coin into his pocket next to a silver cross. The Devil, so near a cross, could not change back into his devilish self. Jack made the Devil promise not to claim his soul should he die. The Devil had no choice but to agree. However, when Jack did die, God would not allow someone who caroused with the Devil into heaven. In the end, Jack was sent into the dark of night with nothing but a lamp fashioned from a carved-out turnip, lit with a lump of glowing coal. For this reason, the Irish have long carved images of "Jack of the Lantern" from turnips and, later, potatoes or beets. The scary, glowing faces were used to frighten away Stingy Jack and any other evil spirits.

When Irish immigrants came to North America, they discovered a new medium for their jack-o'-lanterns: pumpkins. With their hollow centers and wide, thick, orange shells, these gourds were a perfect vessel. Today, pumpkins are grown on every continent except Antarctica, and people around the world use them to carve jack-o'-lanterns.

Phone Changes

During the week of October 15th, we'll be connecting all resident rooms to a phone line dedicated to in-room calls for more direct access to your loved one. You'll be able to connect to this line with a phone that you (or resident) will need to provide. For safety reasons, memory care residents should use cordless phones. The new number for all resident room use is below. When calling, use the number shown and then enter the resident room number when prompted.

Resident rooms direct line:
(515) 697-4817 + resident room number

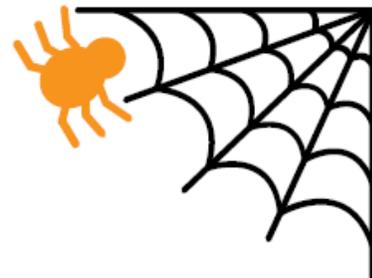
For any calls to nursing, social services, care coordinators or administrative staff, continue to use The Bridges main number, which has not changed. Please do not expect your resident to find nursing or other staff for you via their in-room phone. As the connections are set up during the week of October 15th, if you have any issues getting through to residents that currently have an in-room phone, please use The Bridges main number and go through the nurse's station.

Main Number: (515) 963-9815

Trick or Treat Night

On October 31st, the Bridges at Ankeny is excited to host its 2nd annual trick or treat night. Festivities will start at 6:00pm where we will have residents lining the main corridor of building and will get to hand out candy to trick or treaters. We will also have coloring pages and other fun Halloween themed worksheets for all ages to work on. Spread the word and bring your little ones out for this indoor trick or treat night! This event is open for everyone in the community, whether they have a loved one living at the Bridges or not.

Donations Needed



Help us create a successful 'trick-or-treat' night by bringing bags of individually wrapped candy. Donations are needed by October 30th. Please see Kim Soukup, Activities Director, with any questions.



Kids Read program with Rock Creek Elementary

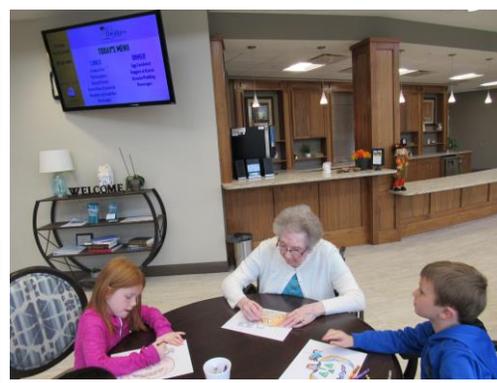
Rock Creek is an elementary school within the Ankeny Community School District and is located across the street from the Bridges. The Bridges began working with Rock Creek last year to create a reading program which gave both the kids and our residents a chance to interact and spend time together. This was a great opportunity for both the kids and residents as it is good exposure for the kids to interact with elderly and it gives our residents an opportunity to help the kids work on their reading. The program was such a great success last year that we have brought it back and have opened it up for all grades! Kindergarten and first grade will work on simple crafts with the residents while the older grades will be reading. Here are some pictures of one of our first afternoons spent with the kids!

Bean Bag Baseball

Our Fall 2018 Bean Bag Baseball season is fully underway and the residents are having so much fun! We are currently undefeated with two wins! Games are played at 2:00pm, our schedule is listed below. Family members are welcome to join us to cheer our Bridges Ballers on!

10/3/18 – VS. Journey Senior Living
 10/10/18 – @ Prairie Hills
 10/17/18 – @ Luther Park
 10/24/18 – VS. Bickford of Urbandale
 10/31/18 – VS. Prairie Hills
 11/7/18 – VS. Bickford West Des Moines
 11/14/18 – Bye
 11/28/18 – @ Senior Suites of Ankeny

12/5/18 – World Series Tournament @ West Des Moines Christian Church (9:30a – 3:00p)



Resident of the Month: Donald Donovan

Congratulations to Don, our October Resident of the Month. This is a well-deserved honor as he is funny, outgoing, and always looking out for others. Don likes to participate in activities such as bingo, bean bag baseball, cheering on the Green Bay Packers, watching old westerns and a variety of sports.

Don had four children and spent three years in the army. A lifelong goal Don has had is to travel to Australia. He has already traveled to Ireland and Scotland.

Some of Don's favorite memories include watching the Green Bay Packers play and traveling to Alaska.

A fun fact about Don is that he lived in New York for three years.

When asked what he liked about The Bridges, Don replied, "Spending time around other people and having things to do."

October Birthdays

In astrology, Libras are those born between October 1–22. Libras, symbolized by the scales, strive for balance, avoid conflict, and desire fairness for everyone. To achieve this, they are sociable, strategic, charming, and diplomatic. Those born between October 23–31 are Scorpios. Scorpios are passionate and deep, qualities that help them counsel others in meaningful ways. Resourceful and determined, Scorpios make good managers.

*Happy
Birthday*

- Jean F ... 4th
- Bernie S ... 14th
- Melba M ... 21st
- Norma H ... 24th

