



Welcome to October, probably the month that brings the most changes to our lives each year. We see the leaves change, the crops are harvested, we prepare for winter and maybe even start thinking about the Holidays.

This year there have been so many changes it has made our heads spin. How do we handle those changes? Do we think positive, knowing that the changes we have had to go through is something we need to adjust to, or do we get all out of sorts because it happens, and we don't see why it has to be that way?

When we let change affect us, sometimes it shows, but yet it happens. How we respond affects those around us. I for one would like to say I am okay with changes but then change comes and I'm not so sure. I would rather someone else would change rather than me. It's a two-way street, we all travel daily, and how we respond can make the journey easy or hard. Maybe we should all take the positive approach, and make life easier for ourselves

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and others. Life is too short not to, and sometimes it may be too late.

May all your changes be positive ones, for you and those you care about. Happy Changing and Keep Smiling!!!!

Our attendance for Brown Bag'n and Bingo has been growing, and we hope that continues. It was discussed and decided that we would go back to our regular pot luck meal on October 8th at 5 p.m., Eric Hevelone from American Senior Benefits will be our guest, Eric will share with us information concerning Medicare supplements, Life insurance, and long-term care and more. Since the open enrollment time is near you may have questions concerning the coverage you now have, so jot them down to ask about. Eric will be glad to make an appointment to help you individually also.

Because of all the changes we've had to make, we also have had to think ahead, many of you have signed the

list at the club house stating that you are interested in the Thanksgiving Dinner, and a Christmas gathering, it has been decided that the Thanksgiving dinner would be held as usual, on November 12th at NOON.

You still have time to sign up, each person attending will pay \$5 toward the main dish of potatoes, gravy, turkey, and stuffing, which will be catered.

At the October pot luck, we will discuss the provisions for the vegetables, salads, and dessert. If you feel uncomfortable and choose not to be involved, we will totally understand and respect that. If you would be willing to act as a host for the Thanksgiving dinner, please sign the sheet by the kitchen. The Christmas gathering will be discussed at the dinner.

Talking about changes, we have had several changes in our residents here at Somers Point. Wanda S. has moved to be with her daughter, Joann L. is now residing at Pathfinder House. Aileen and Pete H. are residing at Dunklau Gardens, and Jean B. has moved to a home in Blair. We are sorry to see them leave and wish them all well with their "change". We hope to be welcoming new residents to our Somers Point Family soon.

Recently one of our residents fell in her home and it was very difficult for her neighbor to get into her home to help her because of a locked door. Please remember do not lock your outside doors, a master key is available for your main door only. This is for your safety. If you get locked out, you can contact Gib P. in Somers I or Louis E. in Somers II for a lock out key.

Reminder: If you wish to use the Club House for a family event, please be sure you sign your name on the calendar by the front door on the date and with the time. If you need to cancel please cross of you name as soon as possible, as someone else may want that date.

You are responsible for cleaning up afterwards, taking out the garbage, and locking the door if you are there past 5 p.m. Remember we all share the responsibility of keeping the Club House looking presentable at all times. We appreciate your help.

Many of us have used eye glasses laying around not knowing what to do with them. There is now a box at the club house where you can leave them so people who do Medical Mission work can use them in their work. Any other medical needs are

welcome, aides of any kind, and unopened items, NO PILLS please.

The garage sales held recently were a success, even on Tuesday and Wednesday, it was a fun time also, remember "one man's junk is another man's treasure"

Because of the virus, the cleaning and disinfecting at the club house has been done by the same people every couple of weeks, if you are willing to help with that please contact Rachel or Virginia S. we hope to be able to keep the club house open for use all the time.

The Sunday movies were a good idea, but the attendance has been low, and several say that the hearing is difficult, so they will no longer be held, however, there is a small amount of DVD's at the club house that you may borrow to watch at home and return, if you have DVDs you'd like to share please leave them at the club house.

We will be making small crafts as favors for the Care Homes on Wednesday's activity time, supplies are furnished, come join the fun with your ideas.

Our October recipe is shared by LeNore P.

Coffee Cake

3 cup Flour 6 tsp. baking powder

¾ cup sugar ¾ tsp. salt

Mix together & cut in 1/3 c. softened shortening.

Mix together 2 eggs beaten 1 ¼ c. milk 2/3 tsp vanilla add to above dry ingredients and mix well.

Streusel

2 T. flour 2/3 c. br. Sugar

2 tsp. cinnamon 1 c. chopped nuts

2 T. melted butter, mix well

Layer both mixtures alternately in 9x13 pan, Bake at 350* for 25-20 minutes and test.

Apple Spread/Dip

¾ c. brown sugar, 8 oz. cream cheese softened, 1 T. vanilla 1 ½ to ¾ cup chopped nuts. Cinnamon to taste.

Mix well and serve with sliced apples or pears.

To report Maintenance Work Orders

Call Amanda - Fremont Housing Office -

402-727-4848

For After Office Hours -

Maintenance Emergencies ONLY!

Call -

Ed (Maintenance Supervisor) 402-720-1264

or Rita (Executive Director) 402-720-9643