



9/10- Eileen Dittmer
9/15- Joan Harpel
9/22- Betty Chmielecki

Getting to Know...
Mary Ann Teubert

Mary Ann Teubert moved to Grand Meadows in March of this year from an assisted living in NYA. She was born in Lester Prairie & attended high school there before attending Ridgewater College for computer classes. She & her husband John were married on December 23, 1964 and he passed away in October of 2022. They are proud parents to Tammy (Allen) Diehn, Kari (Mark) Schurmann, & Shelly Teubert (passed away in 2017), grandparents to Jesse (fiancée Missy), Bethany (Mike) Fiecke, Caressa & Desiree, & great-grandparents to River, Brooklyn, Oakley, Liliana, Jack, Will, Henry, Ryder, Kayden, & Cooper. Mary Ann had a career in word processing & administration. She enjoys fishing, watching TV (big sports fan), sewing & embroidery. We're happy to have her as a part of our Grand Meadows' family!



October Birthdays

In astrology, those born between October 1–22 balance the scales of Libra. Libras seek harmony and value fairness and justice. Although they'd rather avoid conflict, they are excellent team players—tactful and polite at soothing those embroiled in an argument. If you're born between October 23–31, you are a Scorpio. Scorpions are powerful investigators who stay abreast of all the comings and goings of their peers, take control, and lead the way to success. Celebrities born in October include16-:

- 10/2 - Michele Mackenthun
- 10/9 - Deborah Haag
- 10/10 - Julia Gomez
- 10/14 - Gloria Gustafson
- 10/15 - Islam Barrera-Colin
- 10/16 - Chester Dammann
- 10/16 - Howard Hoecke
- 10/16 - Sandra Chaplin
- 10/20 - Angelee Wilkerson
- 10/23 - Doris Worm
- 10/23 - Willis Herrmann
- 10/26 - Harold Von Berge
- 10/30 - Warren Winterfeldt

Grand Meadows' Management Team:

Janelle Kellermann ... Executive Director
Michele Mackenthun ... Operations Manager
Mikaylin Goetze... Clinical Nurse Supervisor
Kathleen Holland ... RN Care Manager
Sandy Voelkel ... Support LPN
Islam Barrera-Colin ... Maintenance Director
Mark Rieger ... Maintenance Assistant
Angelee Wilkerson ... Director of Dining Services
Sara Brown ... Meaningful Days Coordinator
Sara Fasching ... Health & Wellness Director
Sandra Chaplin ... Administrative Support

GRAND MEADOWS

1420 PRAIRIE AVENUE, GLENCOE, MN 55336 | (320) 864-5577



Celebrating October

Ergonomics Month

Organize Your Medical Information Month

Cookbook Month

Balloons Around the World Day
October 1

James Bond Day
October 5

World Day of Architecture
October 6

Pet Peeve Week
October 12–18

Train Your Brain Day
October 13

Chemistry Week
October 19–25

Count Your Buttons Day
October 21

International Artists Day
October 25

Halloween
October 31

Greeting from Janelle Kellermann,
Executive Director

The last few weeks have been interesting with our parking lot renovation; but it's finally complete! Thank you to our residents and families for their patience during the construction.

Autumn is here and so is cold and flu season. Please remember to wash your hands to minimize the spread of germs.

Enjoy fall!



Photo above was taken on September 8th featuring four generations of Dittmer/Hill women. From right to left: Eileen Dittmer (resident), Lisa Hill (Care Specialist & Housekeeper), Kylie Hill (Dietary Specialist), & baby Jade.

Health & Wellness

By: Sara Brown & Sara Fasching

Fall is in full swing, and we hope everyone is enjoying the cooler weather and the beautiful change of colors. We would like to thank all of those involved in making the Classic Car Show such a success. We were delighted in the large turn out and variety of vehicles. Next year we are thinking of adding food trucks to the Classic Car Show.

Sign up in the office to go out to lunch at **Carlson Apple Orchard** on Tuesday, October 7th at 10:00 AM. Space is limited, so be sure to sign-up early if interested.

The Ridgewater Nursing Students will be putting on a **Health Fair** on **Wednesday, October 15th at 2:00 PM** in the Lounge, Extended Dining Room & Coffee Shop.

The **First Lutheran Kindergarten Class** had the first visit of the year on September 17th and we look forward to having **Goat Shine** bring baby goats at their next visit on **October 28th at 1:45 PM** in the lounge.



We will once again be welcome **Trick or Treaters** in our lobby on Friday, **October 31st from 3:30 – 5:00 PM**. If anyone is interested in donating wrapped candy or goodies, feel free to drop donations off in

the office, Residents are welcome to bring their own wrapped candies to pass out to children as well; no need to turn the candy into the office.

Be sure to check out the October Activity Calendar for all that we have planned for the month. Also, feel free to stop and let us know if you ever have entertainment requests or activity ideas.



Recipe of the Month

EASY PUMPKIN SPICE MUFFINS



Ingredients:

1 (18.25 oz.) package spice cake mix
1 (15 oz.) can pumpkin puree
9 oz. cinnamon chips
1 c. chopped pecans (optional)

Directions:

Preheat the oven to 375 degrees. Line 18 muffin cups with paper liners.

Mix spice cake mix, pumpkin puree, and cinnamon chips together in a bowl until cake mix is completely moistened; add nuts and stir. Spoon batter into prepared muffin cups to about 2/3 full.

Bake in the preheated oven until a toothpick inserted comes out clean (about 25 to 30 minutes). Cool in the pan for 10 minutes before removing to cool on a wire rack.



Nursing Notes

**By: Mikaylin Goetze,
Clinical Nursing Supervisor**



Happy Fall Y'all!

This month we will be having our annual flu vaccination clinic on Tuesday, October 28th at 10:00 AM in the Great Room.

We are seeing COVID slowly rise in Minnesota again. Our COVID vaccine clinic will be Tuesday, November 11th at 10:00 AM in the Great Room.

Wishing you a happy & healthful October! ☺

