

Kayla's Korner

October is Emotional Wellness Month

Emotional well-being has effects on overall health. Negative physical reactions, poor health, and a weakened immune system can be caused by stress, both mental and emotional.

“Emotional wellness” refers to being able to manage everyday stresses and process feelings in a healthy way. If you are ever feeling stressed or overwhelmed, try to complete a soothing activity (meditation, light exercise, music, coloring). Good sleep and a healthy diet can have an effect on emotions. Try to ensure you are getting enough sleep and are eating a balanced diet with needed nutrients.

5 Facts about Emotional Wellness

Emotions start in the brain– Feelings are controlled by chemicals in our body that control signals in response to outside stimuli.

Emotions help us survive– Feelings direct the way we react to outside actions with things like panic, fear, or joy.

We feel with our entire body– Increased or decreased heart rate, sweating, numbness, or temperature changes are physical changes that emotions can cause.

Emotions are contagious– Studies show that humans unconsciously mimic expressions of others around them.

A SMILE CAN BE INFECTIOUS

Negative feelings are important– It is important to experience and process bad feelings in order to maintain a balance and strong mental health.

–Kayla Carter , R.N.



BAKA presents
BEAVER DAM
ASSISTED LIVING & MEMORY CARE

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it isn't just for Halloween!!!

...it's Italian American Heritage Month



...It's Polish American Heritage Month

...National Breast Cancer Month



...National Pizza Month



...National Book Fair Month



...National Dessert Month



...Country Music Month

October Trivia

1. National Fire Prevention Week falls in October to commemorate which tragic event in 1871?
2. How do you say October in Danish?
3. T/F: In October of 1938 “The War of the Worlds” was broadcast, but people thought it was real, creating a nationwide panic!
4. Which famous Beatles singer’s Birthday is in October?

FROM THE EXECUTIVE DIRECTOR'S DESK



Your Executive Director.

Hello everyone! My name is Michele Peterson and I am the new Executive Director here at Beaver Dam Assisted Living. I'm excited to be a part of the Beaver Dam Assisted Living family and community. I look forward to learning more about each and every one of you. My past experience in long term care has included working with Alzheimer's and Dementia communities, as well as Advanced Age/ Frail Elderly. My passion is to ensure all residents receive quality in the services we provide through positive staff interactions and quality of care. I strive to mentor caregivers on all aspects of care to ensure your living experience at our community is top notch. Communication is key to increasing overall satisfaction and in enhancing your living experience. I welcome any resident, family member or friend to stop by my office and say hello.

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September Moments



Resident Testimonials



"I really enjoy it here. The food is enjoyable and the rooms are very comfortable. There always seems to be things going on. Overall, it's a great place to live."

-Marie V.



"I just love it here. The rooms are so nice, and I think the food is extremely good."

-Pat M.



Megan Bernau



David Nehl

Hello, we are new here!

Hi! My name is Megan Bernau and I am the Director of Rehab and Occupational Therapist. My husband and I live here in Beaver Dam and are new to this area. We lived in Wyoming for the last two years, but are originally from WI. I love to explore the outdoors by hiking or camping, read a good book and love on my two kitties. I am so excited to help you live your best life!

Hello, my name is David Nehls and I am a Physical Therapist. I am from the Beaver Dam area but have lived in many cities across the state. Some things about me is I like to travel, get outdoors to hunt and fish, and I like to watch Wisconsin sports teams. If you would like to know more about me feel free to stop me if you see me walking around, I would be happy to introduce myself.

Genesis Rehab Services (GRS) currently provides on-site outpatient therapy at Beaver Dam Assisted Living and Memory Care. GRS therapy staff deliver a comprehensive rehabilitation program that includes outpatient physical, occupational, and speech therapy, with the convenience of being located on-site, right within the community. Every day we passionately work to improve the lives we touch through the delivery of high-quality health care and everyday compassion. Rehabilitation Therapy Services Include:

Physical Therapy restores function for individuals who have experienced neuromuscular or skeletal dysfunction. Individualized therapeutic treatment may include:

- Training in mobility, gait stability, posture and positioning
- Exercise programs to increase muscle function, coordination and endurance
- Joint and soft tissue mobilization to increase range-of-motion
- Pain management

Occupational Therapy assists individuals with adapting to their social and physical environment. Our therapists enhance patient functionality through:

- Education and training in areas such as dressing, bathing, eating and grooming
- Activities for memory, orientation, and cognitive integration
- Adaptive techniques or equipment to overcome physical disabilities
- Strengthening and coordination exercises or other conditions designed to maintain normal joint movement

Speech Therapy addresses communication and swallowing dysfunction. Treatment plans are designed for individual needs, such as:

- Recovery of speech, language and memory
- Verbal and non-verbal communication, including programs for the hearing

Meet Our New Residents!

Beverly S.



Beverly was born in Milwaukee, Wisconsin to Stanley and Hilda Semrau on April 24, 1930. Her father was a mechanic and her mother worked at home. She had one brother, Robert, who is now deceased. Beverly attended Riverside High School in Milwaukee and took business classes. She worked in Milwaukee for an engineering firm called Harnes Corp. "They made ship loader equipment. I was the stenographer for them." Beverly worked there for three years before she married Alfred Schroeder on November 11, 1950. Alfred went into the service. After he returned home from the service, the couple bought a beautiful farm by Holy Hill in Hartford, Wisconsin. They had 40 acres and raised beef cattle, chickens and had plenty of dogs running around. The couple enjoyed traveling from coast to coast. Together they had two daughters; Emily and Pauline. Beverly's hobbies include exercise, sewing, knitting, and reading classic books. "I love it here at Beaver Dam Assisted Living. The rooms are so spacious and clean. I know I will enjoy it here." Please welcome Beverly to Beaver Dam Assisted Living.

RESIDENT SPOTLIGHT

Lois T.



Lois was born April 18, 1941 in Beaver Dam, Wisconsin to John and Mildred Schmidt. Lois lived in Horicon until she was married to Darwin Tesch in 1962. They bought their first house in Beaver Dam in 1962 and then in 1976, built their own home on Hwy 33. She has one brother; John W, now deceased. Lois worked for the county with the Aging Programs. Her husband, Darwin, retired from John Deere after 30 years of employment. Lois' hobbies include quilting, puzzles, reading and any type of crafting project. She says she really loves embroidery work. Lois is proud to say she had a big garden where she spent many hours canning tomatoes, corn, relish, pickles, beans, beets and carrots. She and Darwin went on short trips to South Dakota and Niagara Falls. "It was fun," Lois said, because Darwin had a huge toy collection. He had all farm toys, ranging from tractors to plows. Lois said he had 500 or more farm toys. "It was an adventure to travel and find more farm toys," Lois said. In 1996 they sold their home in Horicon. "I enjoy it here. The rooms and meals are very good. The staff are friendly and helpful."

Donald "Don" M.



Don was born on February 10, 1934 in West Bend, Wisconsin to Curtis and Marie Mayo. His dad did road construction and his mom worked as a manager for a home store. Don has one sister, Kaye, who is still living and one brother, Dick, who is deceased. Don attended High School in West Bend and then graduated from Marquette University with a degree in English & History and with minors in Military Science, Theology & Philosophy. He married his childhood sweetheart and together they had six children; four girls and two boys. Don taught in various places in Wilton, Marshall, and Janesville, WI. After teaching, he was the Superintendent of Schools in Horicon, WI. Don also coached the basketball, baseball, football, AND swimming teams. His hobbies include golf and watching sports on TV. He and his wife traveled a lot to various places and throughout the United States, but his favorite places include Europe and South America. Please welcome Don to Beaver Dam Assisted Living!

10/02—Laura K 10/19—Maggie L
10/09—Merlin K 10/27—Laverne J
10/18—Paul R 10/27 Evelyn S

FUN FALL WORD SEARCH

Find each of the fall words hidden below.

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

WORDS TO FIND:

pumpkin	harvest
yellow	apples
scarecrow	hayride
autumn	red
leaves	Thanksgiving
sunflower	football
acorns	orange
corn	



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SCHOLASTIC

Trivia Answers

1. The Great Chicago Fire
2. Oktober (ahk-toe-bah)
3. True
4. John Lennon