

3 Helpful Tips For Keeping Your Mind Active

1. Keep learning

A higher level of education is associated with better mental functioning in old age. Experts think that advanced education may help keep memory strong by getting a person into the habit of being mentally active. Challenging your brain with mental exercise is believed to activate processes that help maintain individual brain cells and stimulate communication among them. Many people have jobs that keep them mentally active. Pursuing a hobby, learning a new skill, volunteering or mentoring are additional ways to keep your mind sharp.

2. Use all your senses

The more senses you use in learning something, the more of your brain that will be involved in retaining the memory. In one study, adults were shown a series of emotionally neutral images, each presented along with a smell. They were not asked to remember what they saw. Later, they were shown a set of images, this time without odors, and asked to indicate which they'd seen before. They had excellent recall for all odor-paired pictures, and especially for those associated with pleasant smells. Brain imaging indicated that the piriform cortex, the main odor-processing region of the brain, became active when people saw objects originally paired with odors, even though the smells were no longer present and the subjects hadn't tried to remember them. So challenge all your senses as you venture into the unfamiliar.

3. Believe in yourself

Myths about aging can contribute to a failing memory. Middle-aged and older learners do worse on memory tasks when they're exposed to negative stereotypes about aging and memory, and better when the messages are positive about memory preservation into old age. People who believe that they are not in control of their memory function — joking about "senior moments" too often, perhaps — are less likely to work at maintaining or improving their memory skills and therefore are more likely to experience cognitive decline. If you believe you can improve and you translate that belief into practice, you have a better chance of keeping your mind sharp.

September Recap



Resident of the Month Beverly Baran

Our resident spotlight for the month of October is Beverly Baran! Beverly attended the University of Massachusetts. She has lived in Kentucky and New Jersey. You can catch Beverly dancing with Joe for our ballroom dancing exercise. Beverly loves music. She is calm, kind, and loving. We are pleased to present Beverly with the Resident Spotlight for the month of October.



STEP 3

Pour the remaining jelly into the mould and return to the fridge for at least 2 hrs until firmly set.

STEP 4

Make the red jelly following pack instructions, then pour into the mould. Chill for at least 2-3 hrs, or up to two days ahead. To serve, dip the outside of the jelly mould in hot water for about 30 seconds, put a serving plate on top of the mould, then quickly flip over and give the mould a gentle shake to encourage it to come out onto the plate. Will keep chilled for two days.

Associate of the Month Daly



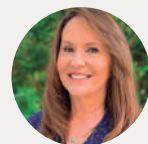
Madison at Oviedo would like to congratulate Daly on being selected as our October Associate of the Month. Daly is a Cook with years of experience. She's a mother of 2 and has worked in our facility for 21 years. Daly is very passionate about everything she does here at Madison. When she's not working, she enjoys dancing, playing Bingo with our Memory Care residents or her friends outside of work and spending time with her family.

Thank you, Daly, for being a Ray of Sunshine here at Madison at Oviedo!

Collaborators



Janice Givens



Pam McCune

OCTOBER Madison at Oviedo Newsletter

1725 Pine Bark Point Oviedo, FL 35173
October 1st 2023

From The Desk of the Executive Director



We are very excited to be moving into the end of the year holiday season! The Lifestyles department is working on many fun events coming up. We are also planning to re-install our Veteran's Honor Wall in November.

We welcomed our new Sales and Marketing Director this month, Rebecca (Becca) Gorman. Please let her know if you have any friends or family members interested in assisted living information.

We recently had the front porch pressure washed and will paint the drive-up entrance a new color to freshen up the exterior. Pressure washing will continue with the exterior windows of the community. We have continued with community wide commercial carpet cleaning. The holidays are just around the corner. We will send out another update for events to come. Please feel free to decorate your doors with fall décor. The maintenance team will be working on adding exterior lighting towards the end of the month to prepare the upcoming celebrations.

News Tidbits

Contact Sharon to sign up for Covid booster / Flu Clinic Please continue to help us give a warm welcome to our new residents!



Quote of the Month

"October is crisp days and cool nights, a time to curl up around the dancing flames and sink into a good book."-

John S.

October Recipe Spotlight

Eerie eyeball jelly



Ingredients:

- 1.- 100g blueberries
- 2.- 425g can lychees in syrup, drained (use the syrup to make a cocktail - see below)
- 3.- Popping candy (optional) 135g pack each red and green jelly

STEP 1

Push a blueberry into the hole of each drained lychee to make spooky 'eyeballs'. Pop the lychee eyeballs into a jelly mould or pudding bowl (ours was 1.2 litres, and measured 18cm across the base). Sprinkle over the popping candy, if using.

STEP 2

Make the green jelly following pack instructions, then pour enough of it into the mould to hold the lychees at the base once set (if you skip this step, the lychees will float to the top of the mould). Chill for 30 mins, or until lightly set. Keep the rest of the jelly at room temperature.

* continues on the back

Resident's Birthdays

10/10 Enzo F.

10/23 Paul B.

10/28 Sheila M.

Month's Celebrations

National Angel Food Cake Day
10/10

Boss's Day 10/16



Halloween 10/31

Celebrations & Events Spotlights

Monthly Birthday Celebration
10/25

Halloween Costume contest w/
Entertainment 10/27

October Zodiacs Libra
10/1-10/22 and Scorpio
10/23-10/31

October 2023

DATES TO REMEMBER

Alzheimer's Walk
10/7

Lunch Outing
10/13

Birthday Celebration
10/25



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 Hello October 10:00 Walking Club w/Friends 10:30 Monthly Gazette 1:00 Afternoon Puzzles- L 2:00 3:15 Daily Chronicle 3:30 Color Therapy</p>	<p>2 National Custodian Day 10:00 Morning Workout 10:30 Porch Visits/ Trivia 1:00 Daily Devotions 2:00 Arts & Crafts w/ Zmira 3:15 Cards for Housekeepers</p>	<p>3 Parachutes for Soldiers 10:00 Catholic Service- B 10:30 Pete the Piano Player 1:00 Bingo w/ Norma 2:00 Shopping: Walmart (\$) 2:30 Words in a Word 3:30 Parachute Exercise- AR</p>	<p>4 Coffee with a Cop Day 10:00 Word Game Wednesday 10:30 Coffee Social w/ Nancy 1:00 SPA Hour- AR 2:00- Coffee w/ a Cop- Bistro 3:15 Daily Chronicle 4:00 Wine Down Wednesday</p>	<p>5 World Teachers' Day 10:00 Morning Exercise 10:30 Scenic Drive 1:00 Bingo w/ Norma 2:00 Bible Study w/ Howard 3:00 School Reminisce and Tea</p>	<p>6 National Noodle Day 10:00 Noodle Ball Exercise 10:30 Ballroom Dancing 1:00 Exercise w/ SOBE 2:00 Entertainment w/ Ginger 3:15 Daily Chronicle 3:30 Crochet Club</p>	<p>7 Boost Your Brain Day 10:00 Morning News 10:30 Cranium Crunches 1:00 Bingo 2:00 Board Games w/Friends 3:15 Daily Chronicle 3:30 Porch Chatter w/Friends</p>
<p>8 10:00 Walking Club 10:30 Rumi 500 1:00 Word Games 2:00 Entertainment- Ukelele Drifters- MC 3:15 Daily Chronicle 3:30 Color Me Happy</p>	<p>9 Columbus Day 10:00 Morning Workout 10:30 Porch Visit & Trivia 1:00 Daily Devotions- A.R. 2:00- Pink Tie Dye Shirts- B 3:15- Daily Chronicle 3:30- Shut the box Game.</p>	<p>10 Nat'l Angel Food Cake 10:00 Catholic Services-B 10:30 Pete the Piano Player 1:00 Bingo w/ Norma and Angel Food Cake 2:00 Shopping: Publix (\$) 2:30 CATEGORIES 3:30 Daily Chronicle</p>	<p>11 10:00 Word Game Wednesday 10:30 Coffee Social w/ Nancy 1:00 Canvas Painting - A.R. 2:00 Book Club - A.R. 3:15 Daily Chronicle 4:00 Wine Down Wednesday</p>	<p>12 10:00 Walking Club 10:30 Jeopardy Trivia 1:00 Bingo w/ Norma 2:00 Bible Study w/ Howard 3:00 Thirsty Thursday & Snacks- Bistro</p>	<p>13 PINK DAY (WEAR PINK) 10:00 Morning Exercise 11:00 Lunch Outing [\$] 1:00 Afternoon Puzzles 2:00 Karaoke w/ Friends- MC 3:15 Corn Hole 3:30 Daily Chronicles</p>	<p>14 10:00 Courtyard Strolls 10:30 Whacky Wordies 1:00 Bingo 2:00 Movie Saturdays 3:15 Daily Chronicle 3:30 Can You Picture It?</p>
<p>15 10:00 Walking Club 10:30 Word Games 1:00 Afternoon Puzzles 2:00 Shut the Box w/ Friends 3:15 Daily Chronicle 3:30 Brain Busters</p>	<p>16 10:00 Morning Workout 10:30 Porch Visits & Trivia 1:00 Daily Devotions- A.R. 2:00 Wacky Bingo 3:15 Daily Chronicle 3:30 UNO w/ Friends- A.R.</p>	<p>17 10:00 Catholic Services -Bistro 10:30 Pete the Piano Player 1:00 Bingo w/ Norma 2:00 Shopping- Target (\$) 2:30 Zumba w/ Zmira 3:30- Daily Chronicles</p>	<p>18 National Prayer Day 10:00 Word Game Wednesday 1:00 Activity w/ SOBE 2:00 Snack Social 3:15 Prayer Circle Chat- AR 4:00 Wine Down Wednesday</p>	<p>19 10:00 Walking Club 10:30 Scenic Drive 1:00 Bingo w/ Norma 2:00 Bible Study w/ Howard 3:00 Movie Matinee & Donuts</p>	<p>20 10:00 Morning Workout 10:30 Ballroom Dancing 1:00 Exercise w/ SOBE 2:00 Entertainment w/ Chris B. 3:15 Wacky Bingo</p>	<p>21 10:00 Morning Newsletter 10:30 Word Scramble 1:00 Bingo w/ Alice 2:00 Board Games w/Friends 3:15 Daily Chronicle 3:30 Dot-To-Dot</p>
<p>22 10:00 Walking Club 10:30 Pictionary 1:00 Creative Writing: Life Stories 2:00 Entertainment: Joseph 3:15 Daily Chronicle 3:30 Adult Coloring</p>	<p>23 10:00 Morning Workout 10:30 Porch Visits & Trivia 1:00 Daily Devotions- A.R. 2:00 Craft Corner 3:00 Ice Cream Social- Bistro 3:00 Daily Chronicle 3:30 Men's Club.</p>	<p>24 10:00 Catholic Services -Bistro 10:30 Pete the Piano Player 1:00 Bingo w/ Norma 2:00 Shopping-TJ Maxx (\$) 2:30 Afternoon Puzzles- Library 3:15 Daily Chronicle</p>	<p>25 International Artist Day 10:00 Word Game Wednesday 10:30 Balloon Exercise - A.R. 1:00 SPA Hour- AR 2:00 Monthly Birthday Bash- 3:15 Daily Chronicle 4:00 Wine Down Wednesday</p>	<p>26 10:00 Walking Club 10:30 Book Club 1:00 Bingo w/ Norma 2:00 Bible Study w/ Howard 3:00 Daily Chronicles 3:30 Shut the Box Game</p>	<p>10:00 Daily Chronicle 10:30 Daycare Trick or Treaters 1:00 Pet Therapy 2:00 Entertainment- Tom Evans (COSTUME CONTEST) 3:15 Daily Chronicle 3:30 Wacky Bingo</p>	<p>28 10:00 Courtyard Strolls 10:30 Cranium Crunches 1:00 Bingo w/ Alice 2:00 Movie Saturdays 3:15 Daily Chronicle 3:30 Porch Chatter w/ Friends</p>
<p>29 Nat'l Cat Day 10:00 Walking Club 10:30 Cat Trivia 1:00 Cat Craft 2:00 Puzzle Hour 3:15 Daily Chronicle 3:30 Rummikub</p>	<p>30 10:00 Morning Workout 10:30 Porch Visits & Trivia 1:00 Daily Devotions- A.R. 2:00 Wacky Bingo & Margaritas- A.R 3:15- Daily Chronicle</p>	<p>31 Halloween 10:00 Catholic Services -Bistro 10:30 Pete the Piano Player 1:00 Bingo w/ Norma 2:00 Shopping- Publix (\$) 3:30 Halloween Movies and Candy</p>			<p>ACTIVITIES ARE SUBJECT TO CHANGE</p>	<p>Key: A.R- Activities Room M.C- Memory Care (\$)- Requires Money L- Library B- Bistro</p>