

SOLSTICE RESIDENT SPOTLIGHT:

Our Solstice resident spotlight is dedicated to Geri! Geri has been apart of our Solstice family for over 6 months now. Geri is a proud Veteran, mother, grandmother, cat mom and most importantly, a dear friend to our Solstice family. Geri's vibrant, caring and humorous personality is irreplaceable! Geri recently shared with us, "I fought my daughter tooth and nail for forcing me to come to Solstice. Boy was I ever wrong! I've been here only six months and this is my HOME! I am well cared for, and I LOVE living here. There are so many wonderful people here and I've made many friends, staff is superb and everyone pulls together in time of need. I am totally enjoying my life here...it is what you make it!"



HAPPY OCTOBER BIRTHDAY'S!

OLGA A. 10/20

ROBERT E. 10/20

JOAN S. 10/26

**BINGO IS TAKING PLACE ON WEDNESDAY
NIGHT AT 6:30 PM & SATURDAY'S AT 2:00 PM!**

**WE WOULD LIKE TO GIVE
A WARM WELCOME TO
OUR NEW RESIDENTS!**

MARY H. #256

HELEN D. #242

GEORGE M. #109

CHRISTINE K. #151

OCTOBER NEWS:

"October is the opal month of the year. It is the month of glory, of ripeness. It is the picture-month." -Henry Ward Beecher

The Buffalo Bills are back! Check the calendar for when the Bills are playing and cheer them on together with your fellow friends in the Activity Room!

We are kicking off October with "Active Aging Week." During the week of October 4th- October 10th we will be hosting multiple different activities and events to celebrate active aging! Check out the calendar during that week to see what is happening during that week!

**Live Entertainment Line-Up for
October:**

Tues., 10/05 ~Mike

**Fri., 10/15~ Oktoberfest W/ Dick O. &
Group**

Fri. 10/22- Andy B

Thurs, 10/28 ~Scott C

**FLU SHOT CLINIC WILL BE
HELD ON TUESDAY,**

Executive Monthly Memo:

Welcome October! We are excited for two special reasons. Our efforts in charity support will be highlighted for breast cancer awareness month. We will all be wearing PINK, selling pink cookies and flowers to support and raise proceeds going to our care partner Roswell Park Cancer Institute. If you or a loved one has battled breast cancer and are willing to share experiences with us, we'll be honoring resident warrior interviews.

October is our focused Aging Wellness Month. Our entire company portfolio will be hosting even more physical, mental, spiritual, intellectual, social and vocational wellness events throughout the month. Please join us for yoga, meditation, relaxation therapy as well as some tai chi, Pilates and sittersize classes. Grief support groups and book clubs are on! Worship Wednesdays continue with our volunteers from St. Mary's parish. Our daily walking club will continue to be led by Dorothy and Iry and our ED will be hosting brain-food lecture seminars after our documentaries. Enjoy Fall- Margaret

OCTOBER 13th AT 10:00

DID YOU KNOW? OCTOBER FUN FACTS:

~October's full moon, known as the Hunter's Moon, arrives on Wednesday, October 20. It is closely tied to autumnal equinox.


~Why do leaves change colors? Did you know that fall's vivid colors are actually hidden underneath summer's green? The main reason for the color change is not autumn's chilly weather, but light—or rather the lack of it. The green color of leaves disappears when photosynthesis slows down and the chlorophyll breaks down. Trees with a lot of direct sunlight will produce red leaves, while other trees may turn yellow, orange, or brown.

Solstice Star, Associate of the Month:

Our Solstice Employee Spotlight for the month of October is Chuck! Chuck has been associate of our Solstice family here for two years. During the two years, he has never said no to residents and fellow associates. Chuck is a proud Veteran, father & grandfather! When Chuck isn't dedicating his time here, he is babysitting his granddaughter! We thank you Chuck for always being a great associate and team player!




















#SolsticeCelebrates



2021 BUFFALO

BILLS

SCHEDULE

WEEK 1	 SEP 12 SUN	WEEK 2	 SEP 19 SUN	WEEK 3	 SEP 26 SUN	WEEK 4	 OCT 3 SUN
WEEK 5	 OCT 10 SUN 8:20 PM	WEEK 6	 OCT 18 MON 8:15 PM	WEEK 7	 OCT 31 SUN 1 PM	WEEK 8	 NOV 7 SUN 1 PM
WEEK 9	 NOV 14 SUN 1 PM	WEEK 10	 NOV 21 SUN 1 PM	WEEK 11	 NOV 25 THUR 8:20 PM	WEEK 12	 DEC 6 MON 8:15 PM
WEEK 13	 DEC 12 SUN 4:25 PM	WEEK 14	 DEC 19 SUN TBD	WEEK 15	 DEC 26 SUN 1 PM	WEEK 16	 JAN 2 SUN 1 PM
WEEK 17	 JAN 9 SUN 1 PM	HOME		BYE WEEK		WEEK 7	
AWAY							

Solstice Senior Living at East Amherst

October 2021 Newsletter

Operations Team:

- ~Margaret Kleinmann, Executive Director
 - ~Katherine Johnson, Business Office Director
 - ~Stephanie Mruczek, Sales & Marketing Director
 - ~Harold Johnson, Building Services Director
 - ~Jesse Thiel, Culinary Services Director
 - ~Rebecca Rumschik, Vibrant Life Director
 - ~Concierges: Laura, Dianne & Debbie
- Welcome new Associates: Ohmar & Marilyn