



## Our Community Newsletter

*Discover what's going on in our community.*



Please make sure you are checking in with your loved ones. We want to ensure that they have all they need. We have noticed recently some residents are running out of staples. We will do our best to contact the family when this happens but want to make sure they don't get to that point.

We are looking for volunteers to spend time with our residents. If you are interested you may request an application from the front desk.

All residents have a bottle in their freezer containing their POLST (Physician Orders for Life Sustaining Treatment). There are three copies of the POLST. Lifespark created a policy where all of their buildings will follow this policy. The reason there are multiple copies is because when emergency personnel come to the facility they take a copy with them. Please leave these bottles in the freezer. We do audit freezers to ensure they are still there.

We are filling up! We will only have a few more rooms to rent out come this fall. We appreciate everything you do for your loved ones while they are here. If you have any questions, please feel free to contact us.



We are very blessed to have two new Chefs at Boden!

Chef Marcus comes to us with 10 years in the industry. His favorite things to cook are ribs and homemade soups. In his free time he enjoys going to church and making music.

Meet Chef Luz! Luz has 15 years of cooking in the USA. Prior to that she was the owner and head chef at a cafe in the Phillipines.

Her favorite things to cook are egg rolls and adobo chicken.

In her free time she competes in ballroom dancing and loves to sing Karaoke.

When you are in the building next stop by and say Hello!

We are starting our next SPARK challenge on Oct 8th. This 10 week program will be a multigenerational activity that takes place on Tues and Wed's in our building at 1:00 PM. There are many roles that need to be filled to make our building successful in the challenge. If you are interested in joining please see Kris or Ron

I have alot of fun entertainment this month! Limitless Cycling will be here to give our residents and family members bicycle rides around Cobblestone Lake. The Singing Cowgirl will be entertaining us with her musical talents and a local artist will be hosting an acrylic paint session in our building.

For all the animal lovers in our building I have the MN Zoo coming with animals, Our favorite Pet Therapy Dogs Gilly and Abby will be here to visit, local friend Les will be bringing his pet chickens and piegons to our building and lastly we are parterning with our neighbor Three Dog Bakery in Grownl-O-Ween. Local Pets and owners will be visiting our building to receive a tasty treat made by the bakery. Its always fun to see the animals dressed up and our residents enjoy passing out treats!

This month we will have 60 Residents living at Boden. It is so fun to meet new people and see everyone in the community filling up the dining room. Thanksgiving is coming and we have the opportunity to give back to those around us. Our Building Food Drive will be October 12-18th. Here are some ideas of things you could donate. Collection boxes are located in the front entrance. Peanut Butter, Canned Beans, Cereal, Pasta Canned Soup, Crackers, Pasta Sauce etc...

A final thought,  
With Autumn's beauty embracing us, I'm grateful for precious memories of sun-kissed apple orchards, rustic pumpkin patches, and hauntingly spooky houses. Mulled wine and hot apple cider ignite heartfelt warmth at a campfire. As life unfolds, traditions provide an unwavering source of comfort and peace. At Boden Senior Living, I invite you to cherish and share your family's treasured traditions. These stories and customs kindles a sense of community, empowering us to navigate life's changes with confidence and connection.

**October Birthdays !!**

**HAPPY  
BIRTHDAY**

**Linda C. 10/2**

**Ron K. 10/25**

**Don S. 10/30**