

Manor Chatter Talk



Email activities@pocahontasmanor.com
www.pocahontasmanor.com

October
2009

October Staff Birthdays

Libby Ahlrichs and

Jenny Benna, Oct. 1

Ashley Thorsbakken, Oct 2

Jenny Madison, Oct. 17

Work Anniversaries

Gloria Jackson, 4 years

Jenny Benna, 6 years

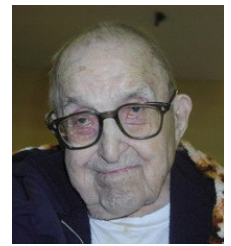
Barb Ahlrichs, 12 years

Welcome New Employees

Valentine Rotich, Jacqueline

Koeh, Eliud Tabut, Margaret

Reis and Samantha Norris



Happy Birthday To You!

Lola Hausman, Oct. 3; Jerome Poduska, Oct. 9;
Florence Cihlar, Oct. 21; and Herb Hammer, Oct. 28



A very big thank you to the Pocahontas Garden Club for the beautiful flowers they plant for us every year. The geraniums & alyssum have been beautiful all season. We appreciate your kindness and for thinking of us again.

Quick & Healthy Meals for One or Two

All are welcome to attend! If you cook for 1 or 2 and are tired of all the leftovers and limited options, this program is for you! Come for new ideas to jazz up your menus!

Thurs., Oct 8 at 9:30 am at the Pocahontas Manor

Refreshments will be served at 9:15 am. Nancy Clark, ISU Extension Nutrition & Field Health Specialist will speak on shopping and preparing meals for one or two!

It was a full house when the Lutheran ladies came for Bible Study! Pastor Kahle assisted with the program, which was followed by lunch. The residents had a wonderful time seeing friends and really enjoyed the afternoon.



If your church or organization has members who live here at the Manor, please consider having an occasional meeting here. We can have the coffee ready or even assist with the snacks.

WANTED: Pets (and their owners) to help us establish a pet therapy day. What would work for you - day/time? We would like to add this to our calendar, but would really appreciate your input. A quick visit from a friendly animal is a great way to get a beautiful smile from a Manor resident!

WANTED: Pumpkins and gourds. We would like to paint and decorate with them, but all of our previous suppliers of pumpkins and gourds aren't available this year. Any extras or leads for more would be appreciated.

Community Coffee will be Monday, Oct. 5 at 10:00 am. Please join us!

Think Pink! Please remember to take care of yourself this month as we observe Breast Cancer Awareness in October.

National Health-care Food Service Week is Oct. 5-11! Happiness is being well fed!

Bring your trick-or-treaters
to the Manor on
Sat., Oct. 31, 6:00 to 7:30 pm.
The residents will have treats
galore and look forward to their