



THE NEWS IN OCTOBER AT PRAIRIE VILLAGE RETIREMENT 2026



4th~ Joan Boss
6th ~ Katelyn Luther
Food Service
13th ~ Frances Sleddens
15th ~ Norma Hudson
15th ~ Nick Zedicher
18th ~ Dorothy Tilden,
Healthcare
19th ~ Ardyce Mittan



Holidays



1st~ Homemade Cookie Day
& International Coffee Day
4th~ Nat'l Golf & Taco Day
9th~ Fire Prevention Day
12th ~ Columbus Day
14th ~ Remembrance Day
for Charlie Kirk

15th ~ I love Lucy Day
16th ~ Bosses Day
17th~ Nat'l Pasta Day
25th ~ Mother-in-Law Day
30th ~ Frankenstein Day
& Candy Corn Day
31st~ Halloween

HEALTH TALK

HEALTHY FALL HABITS

As summer comes to an end and school starts up, many students encounter issues with both their physical and mental health. Follow these tips to avoid falling ill with colds or the flu and to improve your mental health.

WASH UP



After coughing or sneezing, before eating, whenever hands are thought to need it.

HYDRATE



Drink water. Decrease caffeine intake. Limit alcohol consumption.

FRIENDSHIP



Seeking social support through friendships is proven to reduce anxiety and depression.

COVER IT



Cover your nose and mouth if coughing or sneezing. If using a tissue, throw it away immediately after use and wash hands.

EXERCISE



Relieves endorphins and serotonin. Increases self-esteem. Enhances social connections.

DISINFECT



Using household disinfectant on kitchen and bathroom surfaces is proven to reduce risk of cold and flu.

VACCINATE



Center for Disease Control recommends the flu vaccination to prevent illness.

SLEEP



National Sleep Foundation recommends 7-9 hours more of sleep for young adults. Good sleep reduces risk of sickness and improves mental health.

HALLOWEEN CROSSWORD



1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					



1. OPPOSITE OF DAY.
2. A WITCH'S PET.
3. A SCARY GUY MADE OF BONES.
4. A LARGE KETTLE.
5. MONTH OF HALLOWEEN.
6. SHE RIDES ON A BROOM.
7. FRIGHTENING CREATURES.
8. EIGHT LEGGED INSECT WALKING ON A WEB.
9. YOU'RE GOING TO CARVE IT.



EVENTS

Mark Your Calendar

October is here, and we have a fun-filled month ahead at Prairie Village Retirement Center! Our activity calendar is packed with plenty of opportunities to get together, stay active, enjoy some friendly competition, and celebrate the season.

Residents can look forward to favorites like BINGO, card games, Bible study, exercise, crafts, movies, music, happy hour, and plenty of social time throughout the month. We'll also be getting into the fall spirit with special seasonal activities, including pumpkin painting, Halloween fun, Trick or Treaters, and our Halloween celebration!

We love seeing our residents come together to laugh, visit, play, and make memories. Be sure to check the October activity calendar for dates and times, and join us for as many activities as you can. There's always something happening at Prairie Village!

Happy October!

A Message from Maintenance

Independent Living Apartment Safety Inspections

Our annual Independent Living apartment safety inspections will begin **October 1st**. Residents will receive a notice in their **message box** with the exact date their apartment is scheduled for inspection.

Annual Garage Cleaning

Our annual garage cleaning is scheduled for **October 16th**. Please have all vehicles and belongings removed from the garage between **10:00 a.m. and 1:00 p.m.** so our maintenance team can complete the cleaning.

Thank you for your cooperation and for helping us keep Prairie Village safe, clean, and well maintained!



On October 29th from 4:30pm to 6:00pm, we will have Trick or Treaters in the Building! Prairie Village will be spoiling the kids with hotdogs, chips, a drink and a cookie! Spread the word so all those cute little ghosts and goblins make a stop at Prairie Village!

PRAIRIE VILLAGE RETIREMENT CENTER



Assisted & Independent
Apartments Available

3000 39th Ave | Columbus, NE

Contact Tanisha for a Tour
402.563.4213 | www.pvrc.net



We currently have apartments available in our amazing Prairie Village community. If you know someone who would love to join us, please inform Tanisha and encourage them to reach out to schedule a tour. When they move in, both you and your referral will receive \$500 off a month's rent. Help spread the word and let's grow our community together!

PRAIRIE VILLAGE TEAM

Dawn Pavel, Administrator
Kim Webster, Director of Healthcare
Tanisha Palensky, Marketing Director
Ashley Nielsen, Business Office Manager

Jaydon Pavel, Food Service Director
Heather Faz, Life Enrichment Coordinator
Theresa Krzycki, Housekeeping Supervisor
Derek Baloun, Maintenance Supervisor



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RAIRIE VILLAGE
Retirement Center

CONTACT US

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