

October 2026



Edgewood | Lincolnwood
convalescent home | assisted living
kind • compassionate • care



Celebrating October

**Breast Cancer Awareness
Month**

Residents' Rights Month

**National Physical Therapy
Month**

**Healthcare Food Service
Workers Week**
October 4-10

Do Something Nice Day
October 5

Columbus Day
October 12

Boss's Day
October 16

**National Chocolate
Cupcake Day**
October 18

National Apple Day
October 21

Make a Difference Day
October 25

**National First Responders
Day**
October 28

Halloween
October 31

Activities in Action

🍁🍵 Happy Fall, Everyone! 🍵🍁

We have been quite busy in Activities! Last month was all about the '70s, and our residents sure had a *GROOVY* time! 🙌🕺🕺

Now that October is here, we're ready to embrace all things fall!

🍁🍵 We have lots of fun activities planned, including seasonal games, crafts, baking, and plenty of opportunities to enjoy the beautiful fall season.

Our residents will have a couple of opportunities to get out and enjoy the scenery on our "Tiny Town Tours!" 🚗🍁 We'll take a little drive around the area and see if we can spot some beautiful fall foliage.

We'll also be baking and enjoying S'mores with Destiny 🔥🍫, and Chef Jacob will be back with another fun fall cooking demonstration! 🍷🍵 We're always excited to see what delicious creation he has in store for us!

As we get closer to Halloween, we'll be getting into the spooky spirit with Haunted Bingo! 👻🍵

And we have something extra special planned for Halloween! This month, we have partnered with Care Initiatives Hospice to bring our residents and the community a Haunted Hallway! 👻🕷️🍵 On Halloween, please come check it out and see what spooky surprises are waiting for you!

🍁 October is sure to be full of fun, laughter, good food, and a little bit of spooky! We can't wait to enjoy the season with our residents, families, and community! ❤️🍵🍁

Destiny Ortman
Recreation Program Director



Nursing News

ECH Influenza & COVID Vaccination Clinic

Our annual vaccination clinic will be held on October 22, 2026. We will be offering Influenza (flu) and COVID-19 vaccinations, which will be administered by Right Dose Pharmacy.

Vaccinations are an important part of keeping our residents safe, healthy, and protected throughout the upcoming flu and respiratory illness season.

Facility staff will reach out during the first week of October to obtain the necessary consents. If you have any questions, please contact the nursing staff at ECH. ❤️

Thank you for helping us keep our residents protected!

*Wynn Christen RN
Director of Nursing*

Dietary News

October is a great time to recognize the role our Dietary Department with Healthcare Food Service Week being October 4-10!

Every meal we serve is an opportunity to provide nourishment while also creating something residents can look forward to. We work hard to accommodate special diets, food preferences, allergies, and individual needs while following strict food-safety and healthcare regulations. Our dietary team works hard behind the scenes daily to make sure meals are prepared safely, served at proper temps, kitchen is clean and sanitary, and residents receive the right food for their needs.

As we move into fall season we look forward to bringing a little extra warmth and comfort to the table with seasonal favorites and meals made with love and care!

From the Administrator's Desk

October brings crisp mornings, colorful leaves, cozy sweaters, and the comforting flavors of fall. It is a wonderful time to slow down, enjoy the beauty around us, and appreciate the warmth of friendship and community.

This month, we look forward to seasonal activities, delicious fall treats, plenty of laughter, and opportunities to create special memories together. As the days grow cooler, may our home remain filled with warmth, kindness, and joy.

Happy October to all our residents, families, friends, and dedicated staff!

*Gisele Carbone Kruger MHA, LNHA
Administrator*

Dietary News Cont.

Thank you to our Dietary team for all you do! Your work truly makes a difference not only in what our residents eat, but in how they feel, connect and enjoy their day!

*Misty Grover
Environmental/Dietary Services Supervisor*



Lincolnwood Activities

🍁 Welcome, October! 🍁

October is here, and we are excited to welcome all the beauty and fun that fall brings! We want to take a moment to say thank you to our wonderful tenants, employees, families, and community members. We had a wonderful time celebrating Assisted Living Week, September 13–18! We are so grateful to everyone who helped make the week special and filled with fun, laughter, and appreciation. Our community is truly strong because of the people who make it so special. Now we're looking forward to a busy and fun-filled fall! 🍎🍁 Upcoming activities include bus trips to enjoy the changing leaves, apple orchard visits, baking, coffee and conversation, going out to eat, watching football, community brunches, and much more!

🎃 Come See Us on Halloween! On October 31st, our doors will be open to trick-or-treaters one hour before the town begins trick-or-treating! 🧛🍁 Stop by to see us, say hello, grab a treat, and get your name entered into our BOO Basket drawing!

We hope to see you there!

Sidney Pritchard
Recreation Program Director



News From Environmental Services

A belated Thank you to our Environmental Services and Laundry Services team! Although Environmental Services and Housekeeping Week was celebrated in September, we didn't want the opportunity to recognize our amazing team to pass by without saying THANK YOU!

Our housekeeping and laundry staff work hard every day to keep our home clean, safe, comfortable and welcoming for our residents, families and staff! So much of what they do happens behind the scenes, but their work is an important part of providing quality care. From keeping residents rooms clean, laundry washed, dried and put away and keeping all nooks and crannies of our facility clean! What they do matters every day, so even though recognition comes a little late, it comes with plenty of appreciation: Thank you for everything you do!

I also wanted to mention a few improvements we made last month: we got new table tops for our dining room tables and they look so nice! We also got new window shades for all the resident rooms, they look amazing!

Misty Grover
Environmental/Dietary Services Supervisor

🍁 Move Into Fall! 🎃

This October, our restorative team is encouraging residents to stay active with fun, seasonal activities. From pumpkin passes 🎃 to fall walks 🍁, there are plenty of ways to get moving while enjoying the spirit of the season! Every movement counts! 🧘❤️

Audrey Payne LPN
Restorative Supervisor

News From Maintenance

Keeping ECH Safe, Warm & Ready for Fall 🍁

As October arrives and the leaves begin to change, our Maintenance Department is busy getting ECH ready for the cooler months ahead. There is always plenty happening behind the scenes to make sure our residents, families, and staff have a safe, comfortable, and welcoming place to call home.

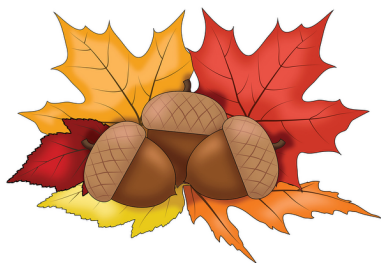
During the fall season, our Maintenance Team focuses on important tasks such as checking heating systems, inspecting doors and windows, making sure walkways are safe, changing filters, and preparing outdoor areas for the colder weather ahead. They also continue with everyday repairs, inspections, and preventative maintenance throughout the facility.

A large part of maintenance work happens before something becomes a problem. Regular inspections and preventative care help keep our equipment, building systems, and resident areas operating safely and efficiently.

🔧 As the seasons change, remember: If you notice something that needs attention—such as a light that is out, a loose handrail, a temperature concern, or another maintenance issue—please let a staff member know so it can be addressed.

Thank you to our Maintenance Department for all the hard work they do behind the scenes each day! Your dedication helps keep ECH safe, comfortable, and running smoothly. 🛠️❤️

Travis Jaster
Maintenance Supervisor



10/3 – Rosemary Lahr & Wynn Christen

10/7 – CJ Drops

10/8 – Shirley Vorwald

10/13 – Faith Wills

10/18 – Cherryl Fenton

10/20 – Ronalyn Oswald

10/26 Marlene Dalziel

10/28 – Bruce Helmrichs

