

Why Should We Get Vaccinated?



Vaccines are the best defense we have against serious preventable, and sometimes deadly contagious diseases.

Vaccines help the body's immune system prepare for future attacks. A vaccinated person's body is tricked into attacking the harmless vaccine and prepares for invasions against the kind of microbe the vaccine contained. If exposure happens to the microbe the body quickly recognizes how to stop the infection.

Vaccines can prevent outbreaks of disease and save lives. When a critical portion of a community is vaccinated against a contagious disease, most member of the community are then protected. Even of those not eligible to be immunized such as infants, pregnant women, or immunocompromised individuals. This is known as Community Immunity.

So why should you get vaccinated? Remember at your age, you become more at risk for certain diseases, even ones you were vaccinated against when you were a child. Immunizations should be a life-long priority.

Flu Shots

The CDC still recommends vaccinations for seniors 65 and older. The FDA has approved higher-dose vaccines for older patients that may produce more antibodies to help fight off the flu better than the low dose vaccine.

Boulder Estates does offer the Flu shot. On October the 5th in the morning Thrifty White will be coming in to administer the injections. If you are interested please make an appointment with Stepping Stone Home Care. Also have your insurance card available to it can be submitted for payment. There will not be a make up day for shots at Boulder. If you are unable to get immunized that day please call your primary

care doctor or pharmacy. Let's make sure we have "Community Immunity" here at Boulder Estates.



The Boulder Reminder

Autumn

The leaves are falling one by one. The summer days are passed and gone. The nights are cold and damp. The little children think it strange at teatime, for they note the change: We have to light the lamp. To roost the chickens earlier go, and everything has ceased to grow.

The pumpkins now are big and round. Have turned to yellow on the ground. The leaves are drifting down. The farm seems

bigger than before. Tis stripped of all its wondrous store. Only the russets brown still linger on the trees, and they will soon be picked and packed away. The storeroom's filled with rare delights, to while away the winter night. The squeaking cider mill is gushing forth its nectar rare. A

drink that all the gods call fair; and oh the world is still; a hush has settled over all. The summer's gone, and it is fall. -Edgar A. Guest-



Month At A Glance

Oct 4-Mystery Theater

Oct 6- Sing-along w/ Beth

Oct 18- Bday's w/ Ron

Oct 20-Celebrate Color Wk

Oct 25- Doug Bengtson- Poet

Oct 27- Spooktacular

Oct 31- Trick or Treaters

Football Friday—Dress in your teams colors

Get your ticket for the Quarry Theaters weekly movie @ The Tenant Service's office.

House Calls w/ Dr. Clarissa Tues in a.m.

Wellness Clinic Thurs @ 1230 sign up w/ Georgette

Fixen Chiropractic in the 1st Fl Activity rm. See Calendar in lobby

Avera Eyewear Clinic-1st fl Activity rm. See calendar in lobby

Town & Country hearing Aid Clinic- 1st fl activity rm. See calendar in lobby.



Congregate & Assisted Living 601 Village Dr. Marshall, MN 56258 P:507-537-3834 F: 507-537-2488

Meet your new neighbors! We are so proud to have so many wonderful residents here at Boulder Estates! You get a special feeling when you see so many friendly faces. If you see one of our new residents, stop by and say hello. Anyone can be a neighbor, but it takes someone special to be a friend. It gives us great pleasure to introduce:

Betty Fust # 131 Les & Lois Kraft # 208 Warren Snyder #205

Fred Gottskalkson #241 Melba Pack #249



October Birthday Celebrants:



Count your life by smiles, not by tears. Remember to count your age by friends not by years.

Delores Rans Oct 12 Vera Mohwinkel Oct 15 Evie Lozenski Oct 16

Joan Derynck Oct 17 Avis Bedow Oct 19 Shirley Stensrud Oct 23

Lucille Hay Oct 24 Gordon Knofczynski Oct 25 Sandi Rettmer Oct 27

Jerome Benedict Oct 28 Leone Pedersen Oct 29 Jan Slagel Oct 30

What's New At Boulder

“Get Those Detective Juices Flowing”

We need all the Boulder Sleuths because on Oct 4th we will be having a Murder Mystery Theater in the Summit. We need your deductive reasoning skills to help us solve this heinous crime. It's a fun filled afternoon of “Who done it?” with a bunch of suspects. You will be surprised at who the guilty party is. A prize will be awarded to Boulders best detective.





THE MYSTERIES BEHIND HALLOWEEN

Have you ever picked up a penny lying face-up on the ground with the hope of bringing yourself a little luck? Of course you have. You knew it wouldn't make a difference, and you're not superstitious, but no one wants to take any chances. Especially at this time of year, with Halloween just around the corner. It is this uncertainty about the unknown and the desire to avoid tempting fate that gave birth to some of the "scary" Halloween customs that we remember from our childhood.

Take carving jack-o'-lanterns. Though it was loads of fun for us to scoop out the "guts" and carve a friendly face, the tradition has a sinister origin. According to Irish folklore, a rogue named Jack tricked the devil, but when he died he was doomed to wander the world for eternity. To light his way, he carved a turnip into a makeshift lantern and placed a burning ember inside. For centuries, the Irish carved turnips and gourds into lanterns to help restless spirits find their way home. Then they came to the New World and discovered pumpkins—big and easy to carve with a natural lantern shape—and the modern jack-o'-lantern was born.

My brothers and I took trick-or-treating very seriously, but we didn't know we had the ancient Celts to thank for it. They believed that once a year, on an October night, the boundary between this world and the afterlife was at its thinnest, and that spirits would walk freely among the living in disguise. So if a stranger came to your door asking for a treat, you didn't dare turn them away empty-handed; you might anger the spirit of an ancestor. Every kid who ever came home with a huge pillowcase full of candy has benefited from that superstition.

Yes, there's definitely more to Halloween than meets the eye. Maybe you believe it, maybe not. But just to play it safe, you might want to walk backwards around your house three times before sunset-it will keep the evil spirits away. ~Gardener Orton~ from Fall 2017 magazine "The Vermont Country Store".



Get your flu shot here at Boulder. Thursday Oct. 5th from 9-12. Sign up with Georgette. Bring your insurance card with you the day of the shot.



Did you know its Fall Prevention Awareness Month?

Among older adults, falls are the leading cause of injury deaths, unintentional injuries, and hospital admissions for trauma. Falls can take a serious toll on older adults' quality of life and independence.



Boulder Estates takes fall prevention very seriously and will be hosting a special class called "Matter of Balance".

Matter of Balance Class

This is an 8 week evidence based class that works on fall prevention starting Oct 18th. If you are interested please check with Stepping Stone. They will be able to tell you if you meet the criteria to attend.



Join us for Movie Night at The Quarry Theater. The Quarry will be showing:

“Miracle” Friday Oct 6 @ 7pm (Sandi R)

“Freaky Friday” Friday Oct 13th @ 7pm (Pending Volunteer)

“The Absent Minded Professor” Sunday Oct 22nd @ 2pm

“Invisible Man” Friday Oct 27th @ 7pm (Pending Volunteer)

We are looking for Tenant Volunteers to help with movie night!



We received a thank you back from Red Cross for our generous donation of \$450.00. They said the funds would be used to help with the immediate needs of the hurricane victims such as water, food, and diapers. I am so incredibly proud of all of you. This is just one more example of how you are all “Aging out loud” and Making a Difference!

Boulder Estates will be hosting a community “Trick or Treating Event on Tuesday Oct. 31” from 4:30 until 6pm. The idea is to provide a safe environment for the children and tenants to have a wonderful time.



You can come down to the Summit to watch all the cute little trick or treaters. If you would like to buy/hand out candy we will be setting up an area for this. Please remember that we can only use store bought wrapped candy. If you are unable to pick up your own Halloween candy, please give Tenant Services your money and we will pick it up for you. Then you can pass it out on Halloween to the children.

Football Friday's: Every Friday wear your favorite team's jersey or colors. This can be anything from pee wee on up to the pros.



**No act of kindness,
no matter how small,
is ever wasted.**
- Aesop



October 23rd – 27th we will be having a “Creepy Crawler” hunt. If you find a creepy crawler bring it to Tenant Services for a prize. The creepy crawlers will be placed throughout the building.





Have you heard of the game “Where is Waldo?”? Well each month we will be hiding an image on the newsletter with a clue. The first person to bring the correct answer to Tenant Services will get a prize. (Some might say I’m squirrely because they crack me up). People struggled a bit this last month but Sandi Rettmer finally found The white eraser hidden in the Boulder Emblem at mid month.

Riddles of the week:

What is greater than God, more evil than the devil,

The poor have it, the rich need it,

And if you eat it, you’ll die? (answer on last page)

2) The day before yesterday I was 25 and the next year I will be 28. This is true only one day in a year. What day is my birthday?

(answer is on last page)

3) Pandora’s Box

Once upon a time, there was a girl named Pandora, who wanted a bridegroom so she made up a few logic problems for the wannabe. This is one of them. Based upon the inscriptions on the boxes (none or just one of them is true), choose one box where the wedding ring is hidden.

Golden Box:
The ring is in
this box.

Silver Box:
The ring is not
in this box.

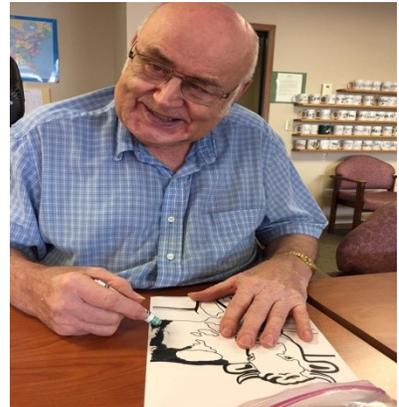
Lead Box:
The ring is not
in the golden
box.

(answer is on the last page)

4) A fellow encountered a bear in a wasteland. Both got frightened-fellow ran to the north, bear to the west. Suddenly the fellow stopped, aimed his gun to the south and shot the bear. What color was the bear?

(answer is on the last page)

Boulders Photo Album



Riddle Answers:

Nothing. Good riddles like this never get old.

He was born on December 31st and spoke about it on January 1st.

The given conditions indicate that only the inscription on the lead box is true. So the ring is in the silver box.

White – they were on the North Pole.



HALLOWEEN



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Across

- a large, round vegetable with hard yellow or orange flesh
- believed to be visited by ghosts
- a dead body wrapped in long narrow pieces of cloth
- the bones of the head
- a net that a spider makes out of thin sticky strings
- a large round metal container used for cooking over a fire
- a large, flat stone that lies over a grave or stands at one end, that shows the name, age, etc. of the person buried there
- a character in stories who appears at night to bite people's necks and suck their blood
- an area of ground where dead people are buried



Down

- a trick that is done to someone usually as a joke
- a farming tool with a curved blade and long handle that is used for cutting grass, grain, etc.
- the set of bones that supports a human or animal body
- (in stories) a small, ugly creature that is harmful to humans
- a long coat without sleeves, that fastens around your neck
- someone who, in stories, changes into a wolf at the time of the full moon
- a small animal like a mouse with wings that flies at night
- a set of clothes worn in order to look like someone or something else
- a woman in stories who has magic powers

