



TIMELESS

AN EDITORIAL BY HERITAGE OAKS

OCTOBER 2026

**On Your Mark,
Get Set,
Game!**

Celebrate the spirit of friendly
competition, active living,
and cheering each other on.

HERITAGE OAKS | MEMORY CARE

Lights, Camera, Senior Living!

When most people hear the word “Broadway,” they think of bright lights, standing ovations, and unforgettable performances. What many don’t realize is that every day in senior living, we witness productions that are just as inspiring, meaningful, and deserving of applause. As an Executive Director, I have the privilege of watching life’s stories continue to unfold on a stage that looks very different from New York City’s famous theaters. Here at our community, the spotlight shines on resilience, friendship, purpose, and joy. Our residents are the stars of the show. Each person who walks through our doors brings a lifetime of experiences, achievements, challenges, and memories. Some have raised families, served in the military, built businesses, taught students, cared for others, or helped shape their communities. Their stories are rich, diverse, and worth celebrating. Like any great Broadway production, senior living is filled with different acts. There are scenes of laughter shared over morning coffee, heartfelt conversations between friends, and moments of triumph when a resident discovers a new hobby or regains confidence in an activity they once loved. There are also quieter scenes. A daughter holding her mother’s hand during a visit. A caregiver patiently helping a resident through a difficult day. A team member going above and beyond to make someone smile. These moments may never receive a standing ovation, but they are often the most powerful performances of all. Beyond the activities, events, and celebrations, what truly makes our community special is the people. Residents support one another, families remain connected, and team members dedicate themselves to creating an environment where each individual feels valued and respected. Together, we create something far greater than a place to live. We create a community. Our residents continue to write new chapters, pursue new interests, build new friendships, and inspire those around them. Their stories remind us that life does not stop after retirement, after a diagnosis, or after moving into assisted living. In many ways, a new act is just beginning. As we celebrate the incredible individuals who call our community home, I am reminded that aging is not about reaching the final curtain. It is about embracing each day as another opportunity to learn, connect, laugh, and create meaningful moments. The lights may be softer than those on Broadway, but the stories are every bit as remarkable.

Resident Spotlight

Phyllis W. Loves to Lend a Helping Hand

This month, we are delighted to shine our Resident Spotlight on the wonderful Phyllis W.! Phyllis truly loves to lend a helping hand and brings kindness, friendship, and a welcoming spirit wherever she goes.

A wonderful friend to everyone she meets, Phyllis has a special way of making sure others feel included. She loves encouraging each and every one of her friends to participate in the many events and activities happening throughout our community. Whether she is inviting someone to join in the fun or helping make an event more special, Phyllis is always thinking of others.

Phyllis also has a heart for volunteering and staying involved! She generously gives her time to many of our community committees, including the Welcoming Committee, Crafter’s Corner Committee, and Event Planning Committee. If there is an opportunity to get involved and help make our community a better place, you can almost always count on Phyllis to be there!

Beyond her friendships and community involvement, Phyllis is also a wonderful mother and grandmother who treasures her family dearly. Her love for those around her shines brightly in everything she does.

We are so thankful to have Phyllis as part of our community. Her caring heart, willingness to help, and dedication to including others make her truly special. Congratulations, Phyllis, on being featured in this month’s Resident Spotlight!



On Your Mark, Get Set, Game!

There is magic in movement, as evidenced by the ever-popular Sagora Senior Games, which is at the center of this month's theme, "On Your Mark, Get Set, Game". As we continue to highlight ways to live life in the spotlight through every age and stage of life, you’ll see that there’s plenty of opportunity to celebrate the self in the Sagora Senior Games and ways to maintain and enhance the thriving lifestyle in which you’re currently living. Forming new friendships, collaborating as a team, honing in on one’s skills, whether that’s related to a new hobby or a pastime ... interactions at the Sagora Senior Games are significant and impactful, working toward providing a lively home life that fosters joy in each moment.

Competition is at the core of the games, with the “National Senior Games – The Senior Olympics,” serving as its primary source of inspiration. Residents can participate on every level based on ability and interest, and the games are tailored to the residents at the individual facilities. Games are both traditional and exceptional, and include options such as chair volleyball, bowling, bean bag baseball, shuffleboard, and more. There’s an opening ceremony, as well as an ending awards ceremony, and it’s proven to be a community favorite over the years.

With the Senior Games, there are myriad ways to showcase life in the spotlight. Get excited!



October 2026

Team of Directors

Kelly Seaux
Executive Director

Lynsey Bendler
Business Director

Scott Combs
Sales and Marketing Director

Heather Walden
Lifestyle Director

Lynn Chavis
Culinary Director

LaTruan Weary
Maintenance Director

Le-Andrea Callier
Resident Care Coordinator



903 Longmire Rd
Conroe, TX 77304
(936) 760-2010



October 2026
MC Monthly Calendar

created with **sagely**

created with  **Sage** sagepub.com

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Location Keys Activity RoomAR Dining RoomDR				“As I walked out the door toward the gate that would lead to my freedom, I knew if I didn't leave my bitterness behind, I'd still be in prison.” — <i>Nelson Mandela</i>				9:00 ♡ Daily Perk 9:30 ♡ Current Events [AR] 10:00 ⬡ Coffee Social [DR] 10:30 ⬢ Movin & Groovin [AR] 11:00 ♢ Freshen Up Program [DR] 1:00 ⬢ Bingo [DR] 2:00 ♡ Tricky Trivia [AR] 2:30 ⬡ Soda Shop Talk [DR] 3:00 ⬢ Stand and Stretch [AR] 3:30 ♢ Table Stations [DR] 4:00 ♢ Freshen Up Program [DR] 6:00 ♢ Relaxation and Meditation Music [AR] 1		9:00 ♡ Daily Perk 9:30 + Bible Study Longmire Church [AR] 9:30 ♡ Current Events [AR] 10:00 ⬡ Coffee Social [DR] 10:30 ⬢ Movin & Groovin [AR] 11:00 ♢ Freshen Up Program [DR] 1:00 ⬢ Pizza Toss [AR] 2:00 Activity Meeting with Heather [AR] 2:30 ⬡ Soda Shop Talk [DR] 3:00 ⬢ Stand and Stretch [AR] 3:30 ♢ Table Stations [DR] 4:00 ♢ Freshen Up Program [DR] 6:00 ♢ Relaxation and Meditation Music [AR] 2		9:00 ♡ Daily Perk 9:30 ♡ Current Events [AR] 10:00 ⬡ Coffee Social [DR] 10:30 ⬢ Movin & Groovin [AR] 11:00 ♢ Freshen Up Program [DR] 1:00 ⬢ Balloon Toss [AR] 2:30 ⬡ Smoothie Sensations [DR] 3:00 ⬢ Stand and Stretch [AR] 3:30 ♢ Table Stations [DR] 4:00 ♢ Freshen Up Program [DR] 6:00 ♢ Relaxation and Meditation Music [AR] 3	
9:00 ♡ Daily Perk 9:30 ♡ Current Events [AR] 9:30 + Sunday Church Service Longmire Church [AR] 10:00 ⬡ Coffee Social [DR] 10:30 ⬢ Movin & Groovin [AR] 11:00 ♢ Freshen Up Program [DR] 1:00 ♧ Puzzled Puzzlers [AR] 1:30 ⬢ Balloon Volleyball 2:30 ⬡ Root Beer Floats [DR] 3:00 ⬢ Stand and Stretch [AR] 3:30 ♢ Table Stations [DR] 4:00 ♢ Freshen Up Program [DR] 6:00 ♢ Relaxation and Meditation Music [AR] 4		9:00 ♡ Daily Perk 9:30 ♡ Current Events [AR] 10:00 ⬡ Coffee Social [DR] 10:30 ⬢ Movin & Groovin [AR] 11:00 ♢ Freshen Up Program [DR] 1:00 ♢ Monday Manicure [AR] 2:00 Parachute Lift Off [AR] 2:30 ⬡ Soda Shop Talk [DR] 3:00 ⬢ Stand and Stretch [AR] 3:30 ♢ Table Stations [DR] 4:00 ♢ Freshen Up Program [DR] 6:00 ♢ Relaxation and Meditation Music [AR] 5		9:00 ♡ Daily Perk 9:30 ♡ Current Events [AR] 10:00 ⬡ Coffee Social [DR] 10:30 ⬢ Movin & Groovin [AR] 11:00 ♢ Freshen Up Program [DR] 1:00 ⬢ Bingo [DR] 2:00 ♡ Tricky Trivia [AR] 2:30 ⬡ Soda Shop Talk [DR] 3:00 ⬢ Stand and Stretch [AR] 3:30 ♢ Table Stations [DR] 4:00 ♢ Freshen Up Program [DR] 6:00 ♢ Relaxation and Meditation Music [AR] 6		9:00 ♡ Daily Perk 9:30 ♡ Current Events [AR] 10:00 ⬡ Coffee Social [DR] 10:00 Community Outing 10:30 ⬢ Movin & Groovin [AR] 11:00 ♢ Freshen Up Program [DR] 1:00 ♢ Baking Club [DR] 2:00 ♢ Scented Hand Massages [DR] 2:30 ⬡ Soda Shop Talk [DR] 3:00 ⬢ Stand and Stretch [AR] 3:30 ♢ Table Stations [DR] 4:00 ♢ Freshen Up Program [DR] 6:00 ♢ Relaxation and Meditation Music [AR] 7		9:00 ♡ Daily Perk 9:30 ♡ Current Events [AR] 10:00 ⬡ Coffee Social [DR] 10:30 ⬢ Movin & Groovin [AR] 11:00 ♢ Freshen Up Program [DR] 1:00 ⬢ Bingo [DR] 2:00 ♡ Tricky Trivia [AR] 2:30 ⬡ Soda Shop Talk [DR] 3:00 ⬢ Stand and Stretch [AR] 3:30 ♢ Table Stations [DR] 4:00 ♢ Freshen Up Program [DR] 6:00 ♢ Relaxation and Meditation Music [AR] 8		9:00 ♡ Daily Perk 9:30 + Bible Study Longmire Church [AR] 9:30 ♡ Current Events [AR] 10:00 ⬡ Coffee Social [DR] 10:30 ⬢ Movin & Groovin [AR] 11:00 ♢ Freshen Up Program [DR] 1:00 ⬢ Pizza Toss [AR] 2:00 Resident Council Meeting [AR] 2:30 ⬡ Soda Shop Talk [DR] 3:00 ⬢ Stand and Stretch [AR] 3:30 ♢ Table Stations [DR] 4:00 ♢ Freshen Up Program [DR] 6:00 ♢ Relaxation and Meditation Music [AR] 9		Lemonade Party 9:00 ♡ Daily Perk 9:30 ♡ Current Events [AR] 10:00 ⬡ Coffee Social [DR] 10:30 ⬢ Movin & Groovin [AR] 11:00 ♢ Freshen Up Program [DR] 1:00 ⬢ Balloon Toss [AR] 2:30 ⬡ Smoothie Sensations [DR] 3:00 ⬢ Stand and Stretch [AR] 3:30 ♢ Table Stations [DR] 4:00 ♢ Freshen Up Program [DR] 6:00 ♢ Relaxation and Meditation Music [AR] 10	
9:00 ♡ Daily Perk 9:30 ♡ Current Events [AR] 9:30 + Sunday Church Service Longmire Church [AR] 10:00 ⬡ Coffee Social [DR] 10:30 ⬢ Movin & Groovin [AR] 11:00 ♢ Freshen Up Program [DR] 1:00 ♧ Puzzled Puzzlers [AR] 1:30 ⬢ Balloon Volleyball 2:30 ⬡ Root Beer Floats [DR] 3:00 ⬢ Stand and Stretch [AR] 3:30 ♢ Table Stations [DR] 4:00 ♢ Freshen Up Program [DR] 6:00 ♢ Relaxation and Meditation Music [AR] 11		Columbus Day 9:00 ♡ Daily Perk 9:30 ♡ Current Events [AR] 10:00 ⬡ Coffee Social [DR] 10:30 ⬢ Movin & Groovin [AR] 11:00 ♢ Freshen Up Program [DR] 1:00 ♢ Monday Manicure [AR] 2:00 Parachute Lift Off [AR] 2:30 ⬡ Soda Shop Talk [DR] 3:00 ⬢ Stand and Stretch [AR] 3:30 ♢ Table Stations [DR] 4:00 ♢ Freshen Up Program [DR] 6:00 ♢ Relaxation and Meditation Music [AR] 12		9:00 ♡ Daily Perk 9:30 ♡ Current Events [AR] 10:00 ⬡ Coffee Social [DR] 10:30 ⬢ Movin & Groovin [AR] 11:00 ♢ Freshen Up Program [DR] 1:00 ⬢ Bingo [DR] 2:00 ♡ Tricky Trivia [AR] 2:30 ⬡ Soda Shop Talk [DR] 3:00 ⬢ Stand and Stretch [AR] 3:30 ♢ Table Stations [DR] 4:00 ♢ Freshen Up Program [DR] 6:00 ♢ Relaxation and Meditation Music [AR] 13		Family Craft Night 9:00 ♡ Daily Perk 9:30 ♡ Current Events [AR] 10:00 ⬡ Coffee Social [DR] 10:00 Community Outing 10:30 ⬢ Movin & Groovin [AR] 11:00 ♢ Freshen Up Program [DR] 1:00 ♢ Crafters' Corner [DR] 2:00 ♢ Scented Hand Massages [DR] 2:30 ⬡ Soda Shop Talk [DR] 3:00 ⬢ Stand and Stretch [AR] 3:30 ♢ Table Stations [DR] 4:00 ♢ Freshen Up Program [DR] 6:00 ♢ Relaxation and Meditation Music [AR] 14		9:00 ♡ Daily Perk 9:30 ♡ Current Events [AR] 10:00 ⬡ Coffee Social [DR] 10:30 ⬢ Movin & Groovin [AR] 11:00 ♢ Freshen Up Program [DR] 1:00 ⬢ Bingo [DR] 2:00 ♡ Tricky Trivia [AR] 2:30 ⬡ Soda Shop Talk [DR] 3:00 ⬢ Stand and Stretch [AR] 3:30 ♢ Table Stations [DR] 4:00 ♢ Freshen Up Program [DR] 6:00 ♢ Relaxation and Meditation Music [AR] 15		9:00 ♡ Daily Perk 9:30 + Bible Study Longmire Church [AR] 9:30 ♡ Current Events [AR] 10:00 ⬡ Coffee Social [DR] 10:30 ⬢ Movin & Groovin [AR] 11:00 ♢ Freshen Up Program [DR] 1:00 ⬢ Pizza Toss [AR] 2:00 Town Hall [AR] 2:30 ⬡ Soda Shop Talk [DR] 3:00 ⬢ Stand and Stretch [AR] 3:30 ♢ Table Stations [DR] 4:00 ♢ Freshen Up Program [DR] 6:00 ♢ Relaxation and Meditation Music [AR] 16		9:00 ♡ Daily Perk 9:30 ♡ Current Events [AR] 10:00 ⬡ Coffee Social [DR] 10:30 ⬢ Movin & Groovin [AR] 11:00 ♢ Freshen Up Program [DR] 1:00 ⬢ Balloon Toss [AR] 2:30 ⬡ Smoothie Sensations [DR] 3:00 ⬢ Stand and Stretch [AR] 3:30 ♢ Table Stations [DR] 4:00 ♢ Freshen Up Program [DR] 6:00 ♢ Relaxation and Meditation Music [AR] 17	
9:00 ♡ Daily Perk 9:30 ♡ Current Events [AR] 9:30 + Sunday Church Service Longmire Church [AR] 10:00 ⬡ Coffee Social [DR] 10:30 ⬢ Movin & Groovin [AR] 11:00 ♢ Freshen Up Program [DR] 1:00 ♧ Puzzled Puzzlers [AR] 1:30 ⬢ Balloon Volleyball 2:30 ⬡ Root Beer Floats [DR] 3:00 ⬢ Stand and Stretch [AR] 3:30 ♢ Table Stations [DR] 4:00 ♢ Freshen Up Program [DR] 6:00 ♢ Relaxation and Meditation Music [AR] 18		9:00 ♡ Daily Perk 9:30 ♡ Current Events [AR] 10:00 ⬡ Coffee Social [DR] 10:30 ⬢ Movin & Groovin [AR] 11:00 ♢ Freshen Up Program [DR] 1:00 ♢ Monday Manicure [AR] 2:00 Parachute Lift Off [AR] 2:30 ⬡ Soda Shop Talk [DR] 3:00 ⬢ Stand and Stretch [AR] 3:30 ♢ Table Stations [DR] 4:00 ♢ Freshen Up Program [DR] 6:00 ♢ Relaxation and Meditation Music [AR] 19		Resident Monthly Birthday Party 9:00 ♡ Daily Perk 9:30 ♡ Current Events [AR] 10:00 ⬡ Coffee Social [DR] 10:30 ⬢ Movin & Groovin [AR] 11:00 ♢ Freshen Up Program [DR] 1:00 ⬢ Bingo [DR] 2:00 ♡ Tricky Trivia [AR] 2:30 ⬡ Soda Shop Talk [DR] 3:00 ⬢ Stand and Stretch [AR] 3:30 ♢ Table Stations [DR] 4:00 ♢ Freshen Up Program [DR] 6:00 ♢ Relaxation and Meditation Music [AR] 20		9:00 ♡ Daily Perk 9:30 ♡ Current Events [AR] 10:00 ⬡ Coffee Social [DR] 10:00 Community Outing 10:30 ⬢ Movin & Groovin [AR] 11:00 ♢ Freshen Up Program [DR] 1:00 ♢ Baking Club [DR] 2:00 ♢ Scented Hand Massages [DR] 2:30 ⬡ Soda Shop Talk [DR] 3:00 ⬢ Stand and Stretch [AR] 3:30 ♢ Table Stations [DR] 4:00 ♢ Freshen Up Program [DR] 6:00 ♢ Relaxation and Meditation Music [AR] 21		9:00 ♡ Daily Perk 9:30 ♡ Current Events [AR] 10:00 ⬡ Coffee Social [DR] 10:30 ⬢ Movin & Groovin [AR] 11:00 ♢ Freshen Up Program [DR] 1:00 ⬢ Bingo [DR] 2:00 ♡ Tricky Trivia [AR] 2:30 ⬡ Soda Shop Talk [DR] 3:00 ⬢ Stand and Stretch [AR] 3:30 ♢ Table Stations [DR] 4:00 ♢ Freshen Up Program [DR] 6:00 ♢ Relaxation and Meditation Music [AR] 22		9:00 ♡ Daily Perk 9:30 + Bible Study Longmire Church [AR] 9:30 ♡ Current Events [AR] 10:00 ⬡ Coffee Social [DR] 10:30 ⬢ Movin & Groovin [AR] 11:00 ♢ Freshen Up Program [DR] 1:00 ⬢ Pizza Toss [AR] 2:30 ⬡ Soda Shop Talk [DR] 3:00 ⬢ Stand and Stretch [AR] 3:30 ♢ Table Stations [DR] 4:00 ♢ Freshen Up Program [DR] 6:00 ♢ Relaxation and Meditation Music [AR] 23		9:00 ♡ Daily Perk 9:30 ♡ Current Events [AR] 10:00 ⬡ Coffee Social [DR] 10:30 ⬢ Movin & Groovin [AR] 11:00 ♢ Freshen Up Program [DR] 1:00 ⬢ Balloon Toss [AR] 2:30 ⬡ Smoothie Sensations [DR] 3:00 ⬢ Stand and Stretch [AR] 3:30 ♢ Table Stations [DR] 4:00 ♢ Freshen Up Program [DR] 6:00 ♢ Relaxation and Meditation Music [AR] 24	
9:00 ♡ Daily Perk 9:30 ♡ Current Events [AR] 9:30 + Sunday Church Service Longmire Church [AR] 10:00 ⬡ Coffee Social [DR] 10:30 ⬢ Movin & Groovin [AR] 11:00 ♢ Freshen Up Program [DR] 1:00 ♧ Puzzled Puzzlers [AR] 1:30 ⬢ Balloon Volleyball 2:30 ⬡ Root Beer Floats [DR] 3:00 ⬢ Stand and Stretch [AR] 3:30 ♢ Table Stations [DR] 4:00 ♢ Freshen Up Program [DR] 6:00 ♢ Relaxation and Meditation Music [AR] 25		9:00 ♡ Daily Perk 9:30 ♡ Current Events [AR] 10:00 ⬡ Coffee Social [DR] 10:30 ⬢ Movin & Groovin [AR] 11:00 ♢ Freshen Up Program [DR] 1:00 ♢ Monday Manicure [AR] 2:00 Parachute Lift Off [AR] 2:30 ⬡ Soda Shop Talk [DR] 3:00 ⬢ Stand and Stretch [AR] 3:30 ♢ Table Stations [DR] 4:00 ♢ Freshen Up Program [DR] 6:00 ♢ Relaxation and Meditation Music [AR] 26		9:00 ♡ Daily Perk 9:30 ♡ Current Events [AR] 10:00 ⬡ Coffee Social [DR] 10:30 ⬢ Movin & Groovin [AR] 11:00 ♢ Freshen Up Program [DR] 1:00 ⬢ Bingo [DR] 2:00 ♡ Tricky Trivia [AR] 2:30 ⬡ Soda Shop Talk [DR] 3:00 ⬢ Stand and Stretch [AR] 3:30 ♢ Table Stations [DR] 4:00 ♢ Freshen Up Program [DR] 6:00 ♢ Relaxation and Meditation Music [AR] 27		9:00 ♡ Daily Perk 9:30 ♡ Current Events [AR] 10:00 ⬡ Coffee Social [DR] 10:00 Community Outing 10:30 ⬢ Movin & Groovin [AR] 11:00 ♢ Freshen Up Program [DR] 1:00 ♢ Crafters' Corner [DR] 2:00 ♢ Scented Hand Massages [DR] 2:30 ⬡ Soda Shop Talk [DR] 3:00 ⬢ Stand and Stretch [AR] 3:30 ♢ Table Stations [DR] 4:00 ♢ Freshen Up Program [DR] 6:00 ♢ Relaxation and Meditation Music [AR] 28		9:00 ♡ Daily Perk 9:30 ♡ Current Events [AR] 10:00 ⬡ Coffee Social [DR] 10:30 ⬢ Movin & Groovin [AR] 11:00 ♢ Freshen Up Program [DR] 1:00 ⬢ Bingo [DR] 2:00 ♡ Tricky Trivia [AR] 2:30 ⬡ Soda Shop Talk [DR] 3:00 ⬢ Stand and Stretch [AR] 3:30 ♢ Table Stations [DR] 4:00 ♢ Freshen Up Program [DR] 6:00 ♢ Relaxation and Meditation Music [AR] 29		Halloween Spooktacular Event 9:00 ♡ Daily Perk 9:30 + Bible Study Longmire Church [AR] 9:30 ♡ Current Events [AR] 10:00 ⬡ Coffee Social [DR] 10:30 ⬢ Movin & Groovin [AR] 11:00 ♢ Freshen Up Program [DR] 1:00 ⬢ Pizza Toss [AR] 2:30 ⬡ Soda Shop Talk [DR] 3:00 ⬢ Stand and Stretch [AR] 3:30 ♢ Table Stations [DR] 4:00 ♢ Freshen Up Program [DR] 6:00 ♢ Relaxation and Meditation Music [AR] 30		Halloween 9:00 ♡ Daily Perk 9:30 ♡ Current Events [AR] 10:00 ⬡ Coffee Social [DR] 10:30 ⬢ Movin & Groovin [AR] 11:00 ♢ Freshen Up Program [DR] 1:00 ⬢ Balloon Toss [AR] 2:30 ⬡ Smoothie Sensations [DR] 3:00 ⬢ Stand and Stretch [AR] 3:30 ♢ Table Stations [DR] 4:00 ♢ Freshen Up Program [DR] 6:00 ♢ Relaxation and Meditation Music [AR] 31	

Global Handwashing Day

“Be a handwashing hero!” This is the 2026 theme of Global Handwashing Day, October 15. You might not have heard of Global Handwashing Day, and this occasion isn’t highlighted as often as it should be; its existence is vital. It first came to pass in 2008 and was a worldwide event. More than 70 countries participated, including roughly 120 million children. The goal was to raise awareness about hygienic best practices and effective handwashing techniques, and how this impacts the spread of disease. Handwashing can be a total game-changer. The message was, and is, pretty simple.

Despite that notion, the importance of hand hygiene has been a hard sell over the years. Hungarian physician and scientist Ignaz Philipp Semmelweis was one of the earliest known advocates on record for handwashing. In the mid-1800s, the number of childbed fever deaths was incredibly high, and he was determined to find the root of the problem. As it turns out, hand hygiene, or lack thereof, played a large part in the high number of deaths. Doctors moved from autopsies to delivery rooms without proper sanitization, leading to bacterial infections among mothers giving birth. The fatality rate of childbed fever dropped drastically when Semmelweis employed a mandatory handwashing protocol that required medical professionals to wash their hands with a chlorinated lime solution before any patient examination. Despite his research, evidence, and advocacy, he was



shunned by many of his peers and colleagues. Germ theory hadn’t yet been introduced to the world, and neither had antiseptic methods, so his theories seemed too far-fetched for some to acknowledge. Imagine how many deaths could have been prevented if people had listened to Semmelweis right from the get-go?

That’s just one of many stories that go hand-in-hand with ways to “be a handwashing hero.” That’s a memorable theme you can easily embrace on Global Handwashing Day. Here are a few ways you can participate:

- **Spread the word:** Share information about the importance of handwashing with friends, family, and neighbors, and on social media if you’re active online. A little post can go a long way.
- **Lead by example:** Make sure you’re washing your hands thoroughly and frequently, especially after using the restroom and before eating. Others might notice and follow suit.
- **Educate those around you:** Make it a community conversation. Have a friendly chat with loved ones about why handwashing is so crucial for health. You can even get creative, adding a fun craft or handout to the mix.
- **Support organizations:** Consider donating time, talents, or funds to organizations that promote hygiene and sanitation globally.

October 2026

Dates to Celebrate

Birthstone: Opal | **Flower:** Marigold | **Zodiac:** Libra & Scorpio

World Smile Day	10/2	Indigenous Peoples’ Day.....	10/12
Active Aging Week.....	10/5-11	Healthcare Quality Week	10/18-24
National Physician Assistant Day ..	10/6	National Medical Assistant Day ...	10/21
World Mental Health Day	10/10	Full Moon	10/26
Columbus Day	10/12	Halloween.....	10/31



Heritage Oaks Memories

Elvis week was a rockin’ good time at Heritage Oaks!



Our residents celebrated National Senior Citizens Day in style, dressing up in their finest-and funniest-outfits for a joyful parade filled with laughter, fun, and celebration!



Upcoming Events

Oktoberfest

10/02 @ 1:00 p.m.

We will be having a fun pub crawl event German Festival Style followed by German style appetizers in the bisto.

Lemonade Party

10/10 @ 2:00 p.m.

Enjoy refreshing lemonade and fresh baked cookies while spending time with family.

Family Craft Night

10/14 @ 5:30 p.m.

Create fun seasonal crafts while enjoying crisp fresh wine, and snacking on a delicious delight from the charcuterie board.

Senior Olympics

10/19 - 10/23

Let the challenge begin. We will have a fun-filled week of senior games.

Halloween Spooktacular

10/30 from 12:30 p.m. - 2:30 p.m.

A fun day filled with sweet treats and spooky tricks.

Let's Celebrate!

Resident Birthdays

Bennie S. 10/1
Waymon D. 10/4
Phyllis W. 10/9
Jeannette Y. 10/22
Gary S. 10/25
Nola B. 10/31

Employee Birthdays

Tina U. - Resident Assistant 10/4
Tiffany C. - Med Tech 10/5
Trashaun B. - Resident Assistant 10/17
Asia H. - Med Tech 10/19
Nicole J. - Resident Assistant 10/22
Laura S. - Resident Assistant 10/28
Josiett P. 10/31
Willieshea D. - Server 10/31

Employee Work Anniversaries

Ashley M. - Resident Assistant... 10/11/2024
Lovella J. - Med Tech 10/21/2020
Barbara B. - Med Tech 10/22/2021

Champion Challenge!

BRONZE
CHAMPION
COMPETITION
EXCELLENCE
GOLD
MEDAL
OLYMPICS
PERSEVERANCE
PODIUM
SILVER
SPIRIT
TEAMWORK
TORCH
VICTORY

B V I C T A R Y C H I M P A O N S M T I O
R B P O O D U I M C M T E A W O R K E P C
W R A Z T E A M W O R K S E B O E E A E G
L C E R L E X C E L L A N C E R I I M R O
I H L A U R E L B R O N Z Z S P O R W S E
C A P P A L M C H A M P I O N O Z N O E E
O M E I R A S I L L R I E N T D M T Z V C
M P R T I U P D R E C L O S V I E R P E N
P I S O L R I A O R X I E R R U C R U R T
E S E R R E R V O V T C I I E M Y O T E I
T C V C M R I T I I I P E S G O G O L N D
I O E C C O T P T C S C Y L O B A N O C O
T M R S I L V E R M T O T L L S R T L E P
O P A C O N P S I L V O R O D E E I A C C
I E N H H M S I L V E V T C R R N H N E E
N T C I O E X C E L L E N A I Y A C P Z M
T I E C I O L Y M P I C S P K B H O E E U
H T M U D O P U M O I Z S T C I E U S C E