The Villager

OFFICIAL NEWSLETTER OF NORTHRIDGE VILLAGE

October 2026

HALLOWEEN MEMORIES

Sonja M. (AL) – "I dressed my son up as a mummy and wound him round and around with lots of toilet paper. After I was finished, we headed out only to get soaked by rain!"

Oscar H. (AL) – "I put on my sons' football uniform, and I looked like Bronco Nugerski! (football player for the Chicago Bears back in the day!) Bronco bought a gas station in International Falls, MN and I would stop there on my way to Canada to go fishing."

Karen C. (Commons) – "I lived on a farm and never went trick or treating. We didn't go into town very often. I did take my kids trick or treating. I loved seeing the kids in their costumes!"

Gloria R. (Commons)– "I remember dressing up and doing the "hobo" thing or dressing like a clown!"

Sherri E. (Staff) – "My favorite memory is of my grandparents taking all 8 of my cousins and me in the box of the pickup; which you can't do anymore, and we'd use pillowcases for candy bags. They would be FILLED with candy."

Tara S. – "Dressing up in a couples' costume (I can't say what it was, HAHA) and embarrassing Greg!"

Ariel O. (Staff) - my favorite costumes were dressing up as minions in middle school and then as the M&M's in High School!

Wanda G. (HC) - I dressed up often with things we had around the house. One year I was a football player- my dad had played and I wore his old shoulder pads, leather helmet, and mom fashioned me leg pads from items she had! Football players didn't wear as much as they do now, so it was much easier.

Carl L. (HC) - "Whenever I dressed up for Halloween, I would always try to have my face covered (with masks) but I was the tallest, so everyone always knew it was me!"

HALLOWEEN MEMORIES

Margaret S. (HC) - I never really dressed up but I always wear my pumpkin shirt on Halloween!"

Janet B. (Maggie's) – "Not a big thing. I was an only child but remember making paper pumpkins and jack-o-lanterns and putting them in our windows. I do remember the older boys at school putting up a heavy wagon on top of the schoolhouse!"

Arliss S. (Maggie's) – "We were free to go out by ourselves without our parents. I remember the outhouses being tipped over during Halloween at school and my dad was in charge of getting them back up."

Art P. (IL) – "I didn't do much for Halloween since I was a farm kid. I didn't wear a costume, but I do remember wearing a ghost mask. Kids back then thought they were entitled to mischief, and they would take apart a wagon and put it on top of the barn!"

Lois H. (IL) – "I made my daughter a bunny costume out of flannel and it had a big carrot with that went with it. She was in a contest and won!"

Clyde H. (IL) – "I remember two carloads of teenagers going through the alleys in Huxley. I was in one of the cars and in one of those alleys I could make out a silhouette of a man with a gun. The driver quickly reversed the car, and we got to a streetlight and could see a bullet hole in the car. We took Blackjack chewing gum and plugged the hole and found someone to fix it and the driver's dad never found out!"

Jerry D. (IL) – "Tipping over toilets (outhouses). We were in a dark area, and a friend fell into one, and we had to get him out. We made him ride on the outside of the car to get him back home!"

September Highlights

New Residents

- Shari Read - IL
- Jan Hopper - MC
- Marilyn Fausch - AL

New Employees

- Carrie Lushinsky - Care Partner
- Danelle Brown - CMA/CNA
- Ashley Goodspeed - Care Partner
- Kelsey Heidt - Culinary Aide
- Kayla Wisgerber - CNA
- Grant Kalb - CNA
- Lucian Tyndall - CNA
- Alivia Schilling - Culinary Aide
- Caitronia Paul - CNA
- Terri Pratt - LPN
- Galilea Melena-Cortes - CNA
- Ashley Oerman - Care Partner
- Daisy Bouvier - CNA
- Briana Partida - Care Partner
- Elise Sternhagen - Life Services Coordinator
- Makiah Hoversten - Housekeeper
- Brianna Hernandez - CNA

Employee Anniversaries

- Greg Stassen - 8 years
- Kayla Zellmer - 5 years
- Sue Sprong - 5 years
- Marissa Brinkman - 2 years
- Zach Andrews - 1 year
- Ava Chase - 1 year
- Emma Engelkes - 1 year
- Haven Witherspoon - 1 year

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My Patchwork Quilt

Made up of different colors
and patterns and memories.
My body is a patchwork quilt
for all my friends to see.
A variety of materials
some left from years gone by.
Some that make me laugh out loud
and some that make me cry.
My veins are blue and lumpy
and my hair thin and gray.
I find a brand new purple bruise
almost every day.
I have bags underneath my eyes
and cancer spots on my face.
My arms have so many colored marks
it makes them look like lace.
My bulges bulge and jiggle
but in the mirror I see
A picture of the final gift
the quilt God made for me.

Beverly Bass - Resident

Medicare Open Enrollment Is Here

From October 15 through December 7, the Medicare Open Enrollment window is open for the upcoming year. This annual period allows you to review your current healthcare coverage and decide which structure best fits your personal financial and medical situation. Beneficiaries generally choose between two primary paths:

- Traditional Medicare (Parts A & B): Run directly by the federal government, this path allows you to visit any doctor or hospital in the United States that accepts Medicare, without a referral. Many beneficiaries choose to pair this with a separate, private Medigap policy and a standalone Part D prescription plan to help cover out-of-pocket costs.
- Medicare Advantage (Part C): Approved by Medicare but run by private insurance companies, these plans bundle Part A, Part B, and usually Part D into a single plan. They operate through specific provider networks (like HMOs or PPOs), frequently offer lower upfront premiums, and may include extra benefits like routine dental or vision care.

To evaluate your coverage before the December 7 deadline, consider these official resources:

- Review Your Plan's Changes: If you currently have a plan, read your Annual Notice of Change (ANOC) to see how your specific costs, benefits, and doctor networks will change.
- Use the Plan Finder: Visit the official website at Medicare.gov to plug in your current prescriptions and doctors to see how different plans cover them.
- Get Free Guidance: You can contact the State Health Insurance Assistance Program (SHIP) at shiphelp.org or call 1-800-MEDICARE for free, unbiased counseling from advisors who do not sell insurance plans.

This article is provided for general educational purposes and is not intended to provide insurance, financial or legal advice.

KNOWLEDGE @ NORTHRIDGE

SUPPORTING MENTAL WELLNESS IN AGING

BOONE HOSPITAL'S SENIOR LIFE SOLUTIONS WILL SHARE HOW THEY SUPPORT OLDER ADULTS FACING CHALLENGES LIKE GRIEF, RETIREMENT, OR DECLINING INDEPENDENCE.

BRITTANY GUS, BSN, RN, CHPN
PROGRAM DIRECTOR

BOONE COUNTY HOSPITAL

TUESDAY
OCT. 13TH 2:30

3300 GEORGE W. CARVER

****OPEN TO THE PUBLIC****

Northridge VILLAGE

Birthdays

- Margaret Fossel 10/2
- Clyde Hill 10/2
- Betty Runge 10/2
- Margaret Fossel 10/2
- Thayer Brown 10/3
- Larrie Stone 10/3
- Sandra Lundquist 10/3
- David Williams 10/5
- Charlotte Keller 10/7
- Lois Taylor 10/7
- Ellen Zimmerman 10/10
- Sandy Thompson 10/11
- Phyllis Madden 10/12
- Phyllis Kvidera 10/13
- Elizabeth Middleton 10/14
- Char Beisner 10/16
- Esther Weisshaar 10/18
- John Beisner 10/20
- Shirley Warren 10/21
- Kathy Tener 10/21
- Dixie McMasters 10/28

September Highlights

October 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:30 Chair Yoga 1:30 Art Hour! 3:00-4:00 Bingo	2 10:30 Exercise **3:00 Afternoon Happy Hour**	3 10:30 Exercise/Noodleball 3:00 Coloring Club 6:00 Watch: The Lawrence Welk Show (Available on Youtube) Simchat Torah Begins
4 10:30 Exercise AM: Church Service 2:30 Afternoon Noodle ball	5 10:30 Exercise AM/PM Manicures 3:00 Coloring Club 6:30 Movie Night	6 10:30 Noodle ball 1:30 Afternoon Free Time 3:00-4:00 Small Prize Bingo	7 10:30 Exercise **3:00 Craft with Kim!** 6:45 Evening Devotions	8 10:30 Chair Yoga 1:30 Art Hour! 3:00-4:00 Bingo	9 **Hearing Unlimited 8-9:30** **10:30 Pet Therapy with Michelle** **1:00 Music with Tom Hofer**	10 10:30 Exercise/Noodleball 3:00 Coloring Club 6:00 Watch: The Lawrence Welk Show (Available on Youtube)
11 10:30 Exercise AM: Church Service 2:30 Afternoon Noodle ball	12 10:30 Exercise AM/PM Manicures 3:00 Coloring Club 6:30 Movie Night Indigenous Peoples' Day Columbus Day (U.S.) Thanksgiving Day (Canada)	13 10:30 Noodle ball 1:30 Afternoon Free Time **3:00: Visit from the Ames Animal Shelter**	14 10:30 Exercise **3:00 Craft with Allyson!** 6:45 Evening Devotions	15 10:30 Chair Yoga 1:30 Art Hour! 3:00-4:00 Bingo	16 10:30 Exercise **3:00 Afternoon Happy Hour**	17 10:30 Exercise/Noodleball 3:00 Coloring Club 6:00 Watch: The Lawrence Welk Show (Available on Youtube)
18 10:30 Exercise AM: Church Service 2:30 Afternoon Noodle ball	19 10:30 Exercise AM/PM Manicures 3:00 Coloring Club 6:30 Movie Night	20 10:30 Noodle ball **2:00 Fall Scenic Bus Tour** 3:00-4:00 Small Prize Bingo	21 10:30 Exercise **3:00 Craft with Kim!** 6:45 Evening Devotions	22 10:30 Chair Yoga 1:30 Art Hour! 3:00-4:00 Bingo	23 **10:30 Pet Therapy with Michelle** **3:30 Music with Ron Smith**	24 10:30 Exercise/Noodleball 3:00 Coloring Club 6:00 Watch: The Lawrence Welk Show (Available on Youtube)
25 10:30 Exercise AM: Church Service 2:30 Afternoon Noodle ball	26 10:30 Exercise AM/PM Manicures 3:00 Coloring Club 6:30 Movie Night	27 10:30 Noodle ball 1:30 Afternoon Free Time 3:00-4:00 Small Prize Bingo	28 10:30 Exercise **4-5:30 Trunk or Treat - outside of Commons** 6:45 Evening Devotions	29 **National Cat Day!** 10:30 Chair Yoga 1:30 Art Hour! **3:00: Visit from the Ames Animal Shelter**	30 10:30 Exercise **6:45 After Hours Halloween Glow Party**	31 10:30 Exercise/Noodleball 3:00 Coloring Club 6:00 Watch: The Lawrence Welk Show (Available on Youtube) Halloween

Maggie's Place