



# Good Neighbor Society

Continuing Care Retirement Community

Neighborhood News | September 2025

Fall is fast approaching, bringing with it football games, harvest, vibrant changing leaves, and cooler weather. As fall rolls in, winter isn't far behind, a season that often keeps us indoors, bundled up and watching the weather change from the warmth of our homes.

However, don't let the weather slow you down. Fall and winter are the perfect seasons to stay active and continue with your daily exercise routines. Continuing with physical activity during this time helps you maintain your strength, boost endurance, and support your overall well-being—both physically and mentally.



As we may not always be able to enjoy our walks or exercise outside, there are plenty of alternatives for movement while indoors. Walking indoors is a great way to maintain your endurance whether it's walking the long corridors of the facility, going to a rec center for indoor walking, or even getting up every few hours and walking throughout your apartment/home to complete tasks here and there.

Getting active can be fun, especially when you're doing it with others who share the same goals! Participating in a group exercise class is a great way to stay motivated and enjoy the benefits of movement together. If standing exercises are a challenge by yourself, seated chair exercises are a great alternative! Simple movements such as seated marches, leg raises, and gentle stretching can go a long ways.

Here at our facility, residents have the opportunity to participate in our Restorative Program. Whether it's guided exercises, using our fitness equipment, or simply taking a walk around the facility, we're here to support your ongoing wellness and independence. And when needed, our therapy department is always here to help you get back on track by offering physical, occupational, and speech therapies.

So, as the seasons change, let's stay committed to our health and continue to stay active together!

Good Neighbor Society Therapy Department



# FALL WORD SEARCH

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

## WORD BANK

WWW.ALWAYSTHEHOLIDAYS.COM

ACORNS  
APPLES  
BONFIRE  
CIDER

CORN  
FOOTBALL  
GOURD  
HALLOWEEN

HARVEST  
HAYRIDE  
LEAVES  
PUMPKIN  
ORANGE

RED  
SCARECROW  
SWEATER  
THANKSGIVING  
YELLOW



## STAFF

ANGIE HELMREICH 9/2

MARISSA DUART 9/4

VICKY WITTE 9/4

RACHEL ANDERSON 9/9

MARVIN GUDENKAUF 9/9

DENNIS SCHERBRING 9/11

ALEX STEFFEN 9/11

MOLLY WATERHOUSE 9/11

REESE HERMANSON 9/16

LACIE RICHARDSON 9/18

BRITTONI ROSE 9/18

CONNIE HAPPEL 9/24

## Milestones

Trisia Lahr - 15 Years

Robin Franks - 10 Years

Marissa Quart - 5 Years

Amira Thurn - 5 Years



## RESIDENTS

FRED PHELPS 9/1

MAE JETTER 9/2

DELORES BURKLE 9/3

DOROTHY HOFFMANN 9/6

RANDY GILDS 9/8

THELMA BESSEY 9/18

RITA ENGELKEN 9/19

LAVONDA RYAN 9/21

MARY O' LEARY 9/25

JANET HOLLOWAY 9/28

LILLIAN BURNS 9/29



Thank you for your dedication to serve  
"Compassionate Christian Care!"



# The Magic Touch

Good Neighbor Home | August Highlights

## IOWA RAPTOR PROGRAM

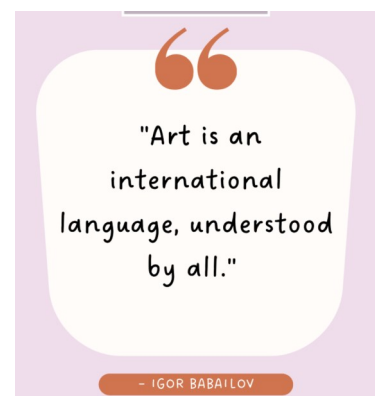




## MP HELPING W/BACK TO SCHOOL BAGS



# Watercolor





# The Magic Touch

## New Neighbors

Lawrence Taken  
Billie Nightengale

Janet Gaffney  
Carol Jebens

Linda Gearhart  
Carol Cole

## Wishing You The Best

Billie Nightengale

## Always In Our Hearts

Lois Morris

Joyce Brennen

## Sunflower Social





# Recurring Events

## Exercise Class

Twice a week our team, with the help of our Restorative nurse here at GNH, offers a head to toe exercise experience, including active games. All residents are encouraged to participate! Moving your body as much as you are able will help you stay in motion as long as possible. We always keep this group fun, fresh, and adaptive to all ability levels. We also play fun word games regularly to keep your minds thinking in creative ways!

## Wine Tasting/Happy Hour/Gazebo Get-Together

These social events are monthly gatherings. Nice music, good food and fun fellowship are our goals for this recreational activity. These are resident favorites and beverages are served (with or without alcohol).

## Pamper and Polish

Join us every other Friday to enjoy a relaxing spa experience. We use various relaxing techniques, which include: aroma therapy, hand massages and music. Quick paint touch ups are offered and light filing. Only nurses and bath aids are certified to cut nails. If you need your nails cut, please let your nurse know before Pamper and Polish. Pamper and Polish is a great opportunity to make new friends. Come hang out, even if you don't want your nails done. We would love to have you!

## Religious Services

- Every Sunday morning, our Non Denominational Church service is lead by Pastor Tim,
- Once a month, Pastor Phil leads Methodist Communion.
- Every Thursday, Father Louis & Father Kremer lead Catholic Mass

Group activities are subject to change.

Please reference your Community Calendar and LifeShare screens for the most up to date activity schedule.

**Auxiliary Fund**  
**\$225.00**  
**Used in August**

## Town Talk

Every month, residents get together with the Recreation Director to talk about any comments, suggestions and concerns they may have. We also talk about upcoming events, updates, and ask for your suggestions for the next months community calendar. The purpose of this meeting is to record any concerns/suggestions and get them to the right place, so we can work on a solution, but also to keep you updated on what is going on here at Good Neighbor Home.

## Beauty Shop

If you would like your hair done, let your recreation team know, and they will get you on the beauty shop list. Amy Stone is here Tuesdays and Thursdays and is always wonderful about working people in!

### *Beauty Shop Pricing*

Haircut - Male	\$11.00
Haircut Female	\$15.00
Shampoo/Set/Style	\$17.00
Shampoo/Cut/ Set/Style	\$24.00
Color & Style	\$37.00
Color/Cut/Style	\$47.00
Perm/Cut/Style	\$55.00

# CALLING ALL TRACTORS!

Our residents and tenants are  
looking forward to our  
Annual Tractor Show!

When: Saturday, September 6

Time: 10 am –11:30 am

Where: R2H Parking Lot

If you are able to bring your tractors and park  
them for our residents and tenants to come out  
to see them, please contact Val:  
[vschlicht@goodneighborsociety.org](mailto:vschlicht@goodneighborsociety.org) or  
563-927-3907 (ext. 305)

Good Neighbor Home  
& Neighborhood Villas  
563-927-3907

Marietta's Place  
563-927-1490

The Meadows  
563-927-6467

## Board Members

Terry Rauch, President  
Charlie Button, Vice President  
Linda Bessey, Secretary  
Diane Hammell, Treasurer  
Randy Mahoney  
Teresa Greve  
Milt Kramer  
Marvin Waterhouse  
Rachel York



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Meadows PIN: 2000

Marietta's Place PIN: 2011