## What's Cookin'

**Food Committee w/Chef Mike**
Wednesday, October 1st 1:00pm

**Penn Breakfast**
Tuesday, October 14th 7:00am
Menu: Biscuits & Sausage Gravy
Hashbrowns & Bacon

**Homemade Pizza Night**
Friday, October 17th 5:00pm
Featuring: **SUPREME**

## Happy Birthday

### October

People born in October are charming, lovable, fair and sincere. They are resourceful, brave, passionate, and a true friend.
**October's flowers:** Marigold & Cosmo
**Birthstone:** Tourmaline or Opal

**Penn Place**
2 Dot Stevens
16 Janice Stockwell
19 Mary Handy
24 Ross Eells

**Sylvan Woods**
4 Sue Sandage
13 Beverly Sylvester
30 Janice Ferrell

**The Haven**
1 Roy Mathias
22 Micki Fligg

**Kudos to our Food Service Chef & Staff**

"There is no way to express how great our kitchen staff is. I've watched their work - their attention to detail, their quick response. They really amaze me; even when they are under pressure, they always greet you. I have expressed my appreciation to them often. And the food—it is always so tasty!! They do a great job!!!"
*IL Resident*

## Meet Our Staff

| | | |
|---|---|---|
| Brenda Hostetler | Executive Director | Ext. 121 |
| Tayah Spiker | Office Coordinator | Ext. 148 |
| Lu Quinn | Maintenance/Housekeeping Facility Manager | Ext. 134 |
| Mike Kopp | Chef/Dietary Manager | Ext. 131 |
| Cindy Hewitt | Director of Nursing | Ext. 139 |
| Cora Beltremea | Social Worker | Ext. 127 |
| Jodi German | Marketing Director | Ext. 199 |
| Meggie Parker | Activities Director/AL & MS | Ext. 147 |
| Lee Ann Glade | Front Desk/IL Activities | Ext. 120 |

**SAVE THE DATE!**
A New Year's Celebration: "A Night on the Town"
Thursday, January 8th 5:00-7:00pm
*Featuring: Aaron Lotzow, Piano & Vocal Entertainer*
·HAPPY NEW YEAR·

Pennsylvania Place
Independent Living · Assisted Living · Memory Support
*A place to call home - friends to call family*

*Any questions or corrections to our Newsletter, please let Lee Ann know at lglade@pennplace.com or 641-684-4000.*

# Penn Place Promise October 2025

Pennsylvania Place | #1 Pennsylvania Place\ Ottumwa IA 52501 | 641-684-4000 |www.pennplace.com

### Pennsylvania Place Independent Living
### October
### Clip & Keep Calendar Events

| | | |
|---|---|---|
| Oct 1 | Food Committee | 1:00pm |
| Oct 2 | Donuts & Coffee w/Jodi | 9:00am |
| Oct 2 | Podiatrist here today | |
| Oct 6 | Country Music w/Dave | 2:00pm |
| Oct 8 | Book Club with Sonja | 9:00am |
| Oct 9 | Life-long Learning: Breast Cancer Awareness Month | 1:30pm |
| Oct 9 | Communion on AL | 2:00pm |
| Oct 13 | Columbus Day | No Mail |
| Oct 13 | Resident Meeting | 10:00am |
| Oct 14 | Penn Breakfast | 7:00am |
| Oct 14 | Catholic Mass | 2:00pm |
| Oct 14 | Community Project | 3:30pm |
| Oct 16 | Birthday Lunch | Noon |
| Oct 17 | Music w/Dan Gideon | 2:00pm |
| Oct 17 | Homemade Pizza Night | 5:00pm |
| Oct 18 | Movie Matinee | 2:00pm |
| Oct 21 | Bible Study on AL | 2:00pm |
| Oct 24 | Virtual Barn Tour | 1:30pm |
| Oct 24 | Mennonite Singers/AL | 6:45pm |
| Oct 26 | Happy Hour | 5:00pm |
| Oct 28 | Trick-or-Treat (Independent & Assisted Living) | 4:00-5:00pm |
| Oct 31 | Staff Costume Parade | Noon |

| | | |
|---|---|---|
| Worship Service | 10:30am | Sundays |
| Bingo | 3:00pm | Mon/Wed |
| Fitnessize | 10:00am | Mon-Sat |
| Fall Into Fitness | 10:00am | Tues/Thurs |
| Cards & Games | 2:00pm | Tues/Fri |
| Sing-A-Long | 2:00pm | Saturdays |

**Welcome New Residents!**

**Don Rysdam**

## Upcoming Events - October

***Please see Flyers for Additional Details ...***

### *Country Music w/Dave & Diana*
Monday, October 6th 2:00pm
Penn Room

### *Life-Long Learning: Breast Cancer Awareness Month w/Lisa Garrison from ORHC*
Thursday, October 9th 1:30pm
Penn Room

### *Columbus Day*
Monday, October 13th NO MAIL

### *Community Project*
***Gifts for our Educators—Sign Up to Help!***
Tuesday, October 14th 3:30pm
Arts & Crafts/Bingo Room

### *Virtual Barn Tour w/Bob Davis*
***Join us for an awesome pictorial tour of Iowa Barns!***
Friday, October 24th 1:30pm
Penn Room

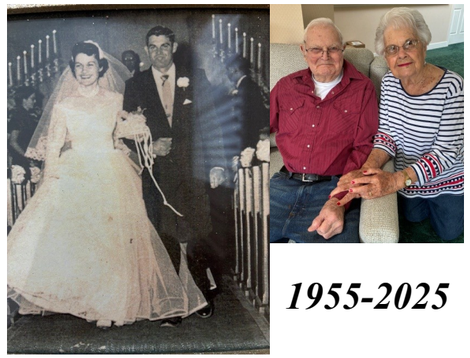
### *Trick-or-Treat*
Tuesday, October 28th 4:00-5:00pm
Independent & Assisted Living

### *Celebrate Halloween with Us !*
Friday, October 31st
Annual Staff Costume Parade during lunch meal

**Celebrating 30 years! 1995-2025**

# October 2025 — The Month of September in Review …

***Pennsylvania Place celebrated our 30th year anniversary … Enjoy some photos of the day! Special guests were our Residents, Ottumwa Mayor Rick Johnson, and past Board Members. Thanks to ALL for our first 30 years and looking forward to many more years of serving our residents and community with excellence! Check out more photos on our Facebook page.***





***1955-2025***

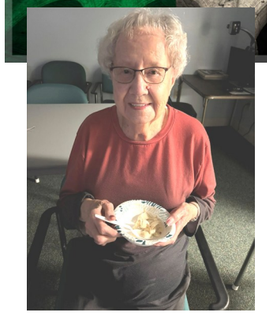
*Congratulations!*
*Ronnie & Sondra Guiter*
*Celebrated 70 years on September 11th*

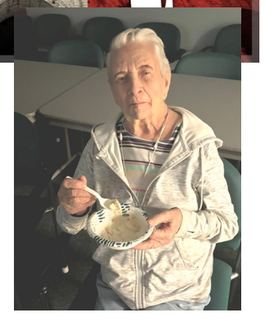
*National Housekeeping Week!*
*A huge thank you to our housekeepers who keep Pennsylvania Place shining brightly! We appreciate your dedication every day of the year!*

*Penn Place Cares Team participated in Ottumwa's "Walk to End Alzheimer's" on September 20th. We are proud to be a local sponsor for a cause that is near and dear to our hearts! Great Teamwork, Everyone!*

# Assisted Living — October 2025

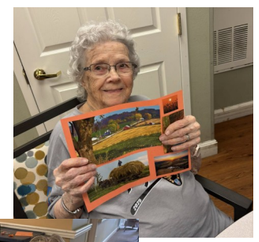
*Celebrating "Ageless Adventures" during National Assisted Living Week— Triple B's Food Truck served staff an awesome meal, we toured Italy "virtually" and enjoyed gelato's. Residents also brought photos from their own adventures to share!*





# Memory Support

*Sonja from Ottumwa Pubic Library visits monthly for a "Read Aloud" session!*



*Showing our "artsy," creative side— Seasonal collages were unique to each resident's interests!*