

# The CrossRoads' Chronicle

## CROSSROADS ASSISTED LIVING

### A NOTE FROM VICKI HOLDEN: SEASONS OF CHANGE



Glorious Fall! While I am always sad to see Summer end, Fall is invigorating. I love the cool air, horseback riding without tons of fly spray, the beautiful colors of the leaves, pumpkins—just awesome. I believe God gave us seasons as a reminder that life is full of changes and that change is necessary.

Why then do we fight change? Getting upset with change will not prevent it from occurring, that is for sure. There are some changes in our life that are very difficult to weather: the loss of a loved one, loss of a job, a move, divorce, etc. Most changes in our life take place without our consent, but we can choose to adapt to them. Flexibility is an asset!

Our Residents often tell me that they do not like change—that as you get older you like it even less! Many of them have gone through major changes in their lives which have precipitated their move to CrossRoads. I am in awe of their coping mechanisms, the amount of love in their heart and the wisdom they have acquired by navigating life. They may not like change, but they handle it very well.

Change forces us to extend our comfort zone and in turn we become stronger and we grow. So let's embrace the changing leaves and appreciate each other and the trials and tribulations we have been through with an understanding that those changes have caused us to stretch, making us who and what we are and enabling us to see the abundant beauty around us.

Blessings to You and Yours,  
Vicki Holden

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*"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring; all of which have the potential to turn a life around."*

- Leo Buscaglia

AROUND CROSSROADS...

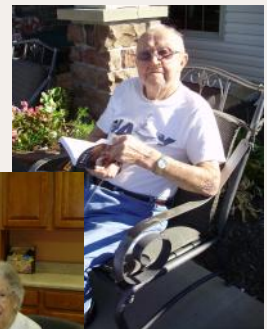


S'more Night

Playing Bunco



Reading outside



Husking corn for dinner



Arts & Crafts

**BINGO PRAYER**

Now I lay me down to slumber  
I pray the Lord  
just one more number  
Off to another game I go  
Pray the Lord  
I yell "BINGO"!

Bingo is on  
Mondays at  
2:00pm in the  
Dining Room

**SOME UPCOMING**

**ACTIVITIES:**

- ♦ Wii Bowling
- ♦ The Lisbon Library Bookmobile
- ♦ Chuck "That Long-Haired Guy"
- ♦ Visit from the Calcutta Fire Department - *Firefighting Past and Present*

**Resident of the Month**

**Grace Bulger**



- ♦ **Favorite TV Show:** Antique Roadshow
- ♦ **Favorite Holiday:** Christmas
- ♦ **A Proud Accomplishment:** Being chosen as Employee of the Month when she worked at Burger King in Florida
- ♦ **Favorite Thing About CrossRoads:** It's beautiful

## A VISIT FROM KINSEY DANCE STUDIO



The Kinsey Dance Studio came to perform for us and wow! What a great dance demo they gave! Four couples came and performed dances for the Residents such as the Waltz, Swing, Tango, and many others while instructor

Janet Kinsey described each one for us. Grace and Anne Kline even joined in on the fun and enjoyed a dance!

Thank you so much for coming to perform for us!

## VERA'S CARDS



Vera English makes beautiful hand-crafted greeting cards that are now available to everyone for purchase. Pictures of birds and flowers are displayed on

the front and the inside is blank, giving you plenty of room to write a personal message to someone special. They come with a hand-made envelope and are

\$1.00 each. Go check out Vera's handiwork and place orders directly with her in room #54.

Thank you Vera for your warm heart and your talent!

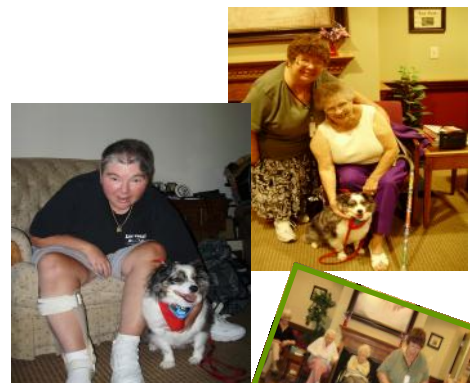
## COWBOY, THE THERAPY DOG

Most cowboys are rough and tough, but not this one! Cowboy, the therapy dog, is soft and gentle.

Brenda and Cowboy visited us in August. Cowboy is a miniature Australian Shepherd and certified through the PAWS for Hugs Program.

Cowboy put on a show for us and displayed some of his tricks - he played dead, begged and jumped through a hoop.

After the show he visited with each Resident and went around to rooms for those who missed the show.



VISIT US ON THE WEB  
[www.crossroadsal.com](http://www.crossroadsal.com)

## CROSSROADS ASSISTED LIVING

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*"Where there is love, there is life."*

-Gandhi

### Our Mission

At CrossRoads you will find a family atmosphere where you can enjoy an independent lifestyle with nurturing assistance. Our programs are tailored to meet your individual needs and preferences. Enjoy interesting and educational events, social and recreational activities and delicious meals all in a comfortable environment surrounded by friends. CrossRoads at Beaver Creek is family owned and operated... with your family in mind!

### The Condos at Beaver Creek

If you are looking for affordable, gracious, independent living, in a community with outstanding features, you will find the Condos at Beaver Creek an exceptional value.

#### **ONLY 1 UNIT LEFT**

- ~ Single level floor plan
- ~ Attached garage
- ~ Two bedroom—2 full baths
- ~ All appliances
- ~ Neutral décor throughout

## NORTHSIDE CHURCH'S CHILDREN'S PROGRAM



The Northside Church's Childrens Program brought joy when they visited. The children sang songs - some new ones they learned at Bible School and also some traditional hymns that the Residents knew and sang along to as well.



The children gave everyone suncatchers and cards that they had made. They also brought checker game sets with them and invited Residents to play.



Fun was had by all and we look forward to them visiting with us again. What a blessing!