THE LODGE
Managed by
SIDNEY HEALTH CENTER

The Lodge Newsletter — October 2026

OCTOBER AT THE LODGE

Fall Fun & Spooky Smiles

FRIENDSHIP • FALL MEMORIES • HALLOWEEN FUN

October brings crisp mornings, colorful leaves, and a little Halloween fun! Here at The Lodge, we welcome the season with warm hearts and an appreciation for the people who make our community feel like home.

Autumn Memories

Fall is a wonderful time to share memories. Whether it's a favorite homemade pie, a trip to the pumpkin patch, or a Halloween costume that still makes you laugh, everyone has a story worth telling. We invite our residents to share their favorite autumn traditions—and perhaps introduce a friend to something new!



A Little Halloween Fun

As Halloween approaches, let's enjoy the playful side of the season. A cheerful decoration, a sweet treat, or a friendly visit can bring a smile and make an ordinary day special.





Be sure to check our activity calendar for opportunities to join in this month.

Thank you to our residents, families, and staff for the kindness and companionship you bring to The Lodge.

Wishing everyone a cozy October filled with laughter, friendship, and plenty of treats!

KNOW YOUR RIGHTS

October Resident Right

Right to Be Fully Informed of

- The type of care to be provided, and risks and benefits of proposed treatments
- Changes to the plan of care, or in medical or health status
- Rules and regulations, including a written copy of residents' rights
- Contact information for the long-term care ombudsman program and the state survey agency
- State survey reports and the facility's plan of correction
- Written notice before a change in room
- Notices and information in a language or manner he or she understands (Spanish, Braille, etc.)

Happy Birthday!

Edna Rambur — 10/26



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RESIDENT SPOTLIGHT

Meet Robert Whiteman



Early Life

Robert was born in Fairview, Montana. His childhood memories include visiting his cousins. He spent his working years farming and ranching.

Family & Proud Moments

Being married and raising two children have brought Robert the greatest happiness in life. He is especially proud of going 50 years without alcohol—a meaningful personal milestone.

A Few of His Favorites

Robert's favorite meal is a hamburger with french fries, and he enjoys all kinds of music. When asked what he likes most about living at The Lodge, his answer is simple: the good meals!



Words of Wisdom

Robert encourages younger generations to set goals and learn how to achieve them.



Robert, thank you for sharing a little of your story with us!

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STAFF SPOTLIGHT

Estrella Chavez

Resident Assistant



Meet Estrella

Estrella was born in Chihuahua, Mexico, and dreamed of becoming a teacher as a child. She joined The Lodge to continue working in the medical field while gaining new experience caring for older adults.

Building Meaningful Connections

Estrella is excited to learn and grow in her role while making a positive difference in residents' lives. She hopes to build strong bonds so residents see her as more than their Resident Assistant—a familiar, caring person they can trust.

Life Outside Work

Estrella enjoys Italian food and making happy memories with her family. A fun fact about her: she loves fall and taking pictures!



Growing Together

She looks forward to being part of a supportive team, learning from one another, and helping provide the best care for residents.



Words to Live By

"Work hard and treat people with kindness."

Welcome to The Lodge team, Estrella!


Homemade
GIFTS MADE EASY

HALLOWEEN WORD SEARCH

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

FIND THESE WORDS

HALLOWEEN
PUMPKIN
GHOST
VAMPIRE
SKELETON
SPOOKY
GHOUL
BATS
TRICKS
CANDY
ZOMBIE
WITCH
HAUNTED HOUSE
MONSTER
MUMMY
COSTUME
JACKOLANTERN
FRIGHT
BLACK CAT
CAULDRON

OCTOBER 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Self Directed Activities **Puzzle Tables** **Walking Path** **Reading** **Movies/Learning**				1 2:00 PM Church Service 3:00 Coffee time	2 *2:00 YouTube Music/ Videos W/Jacky* 3:00 Coffee Time	3 2:00pm Bingo **3:00 Coffee time/ Specialty Drinks**
4 2:00 Fingernails– Fireside 3:00 Coffee Time	5 2:00 PM Bingo W/ Volunteer 3:00 Coffee time	6  3:00 PM Coffee time	7 2:00pm Bingo 3:00 Coffee time	8 2:00 PM Church Service 3:00 Coffee time	9 3:00 Coffee time	10 2:00pm Bingo **3:00 Coffee time/ Specialty Drinks**
11 3:00 PM Coffee time	12 2:00 PM Bingo W/ Volunteer 3:00 Coffee time	13 **9:00 Catholic Mass** **12:45 pm Staff meeting** 3:00 Coffee Time	14 2:00pm Bingo 3:00 Coffee time	15 2:00 PM Church Service 3:00 Coffee time	16 3:00 Coffee time	17  2:00pm Bingo 3:00 Coffee time/ **Specialty Drinks**
18 3:00 PM Coffee time	19  2:00 PM Bingo W/ Volunteer 3:00 Coffee time	20 2:00 Wisdom & Coffee hour W/ Sister Rita 3:00 PM Coffee time	21 2:00pm Bingo 3:00 Coffee time	22 2:00 PM Church Service 3:00 Coffee time	23 3:00 Coffee time	24  2:00pm Bingo 3:00 Coffee time/ **Specialty Drinks**
25  3:00 PM Coffee time	26 Edna Rambur 2:00 PM Bingo W/ Volunteer 3:00 Coffee time	27 3:00 PM Coffee time	28  2:00pm Bingo 3:00 Coffee time	29 2:00 PM Church Service 3:00 Coffee time	30  **2:30PM Trick or Treat** 3:00 Coffee time	31 HAPPY HALLOWEEN 2:00pm Bingo **3:00 Coffee time/ Specialty Drinks**



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1015 7th Ave SW - Sidney, MT 59270