THE LODGE
Managed by
SIDNEY HEALTH CENTER



The Lodge Newsletter November 2026

CELEBRATING INDEPENDENCE & PERSONAL CHOICE

Your Life, Your Choices

Your independence, with a helping hand when you need it.

Living in an assisted living facility (ALF) means having support available as you continue living a life that reflects who you are. Your routines, interests, and decisions matter. The goal is to help you stay as independent as possible, with a helping hand when needed.



Everyday choices matter

What you wear, which hobbies you enjoy, and how you spend your free time are personal choices. Perhaps you love a lively group activity, or prefer a quiet afternoon with a book. Your preferences deserve to be heard and respected.

A helping hand when needed

Youmay managemany dailytasks yourself and appreciate assistance with others. Support should build on your abilities and reflect your needs and preferences. Asking for help can give you more energy and confidence to keep doing the things you enjoy.



Enjoy life at your own pace

Independence looks different for everyone. For one person, it means keeping a favorite routine. For another, it means trying something new. Having opportunities to choose, participate, rest, and connect with others helps make each day feel like your own.

Your voice guides your support

Share what matters to you: your goals, your routines, and how you prefer to receive help. Ask questions and take part in conversations about your support. As your needs or preferences change, keep speaking up. Your voice belongs in those decisions.

Your choices. Your pace. Your home.

A helping hand can support the life you choose.



NOVEMBER RESIDENTS' RIGHTS

Know Your Rights

The Right to Raise Grievances

01 Present grievances without discrimination, retaliation, or fear of retaliation.

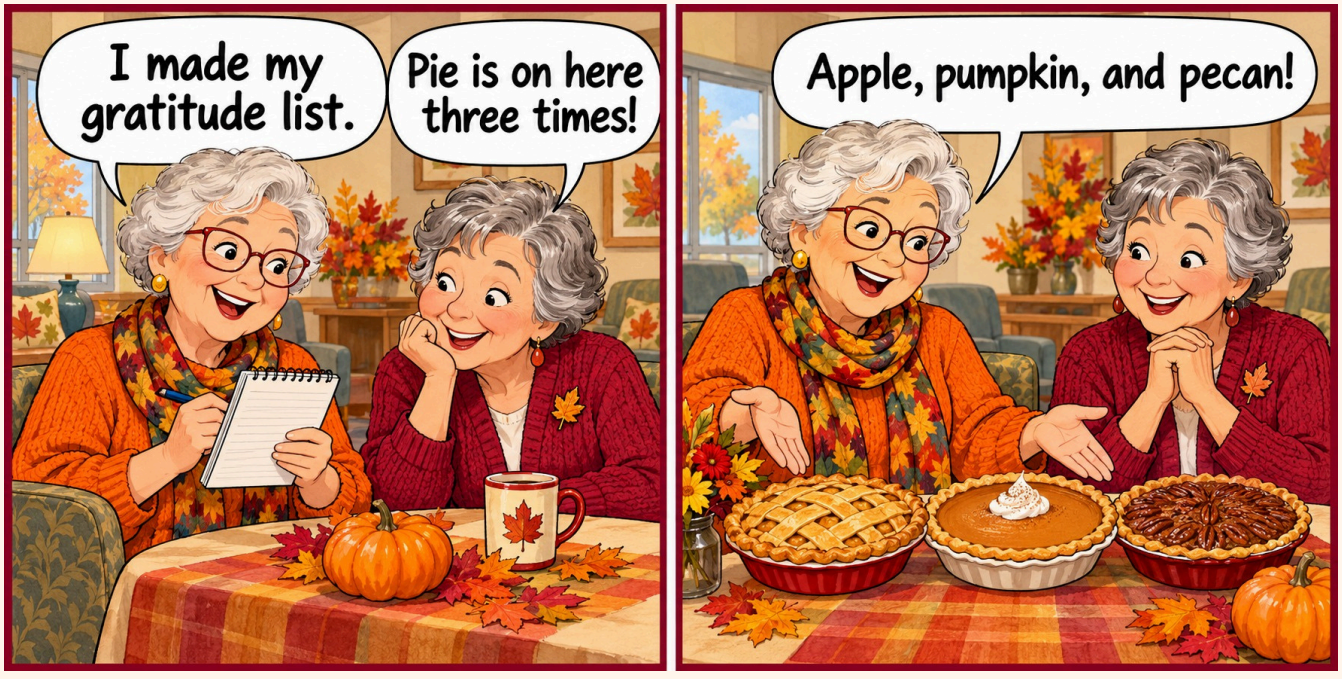
02 Have The Lodge make prompt efforts to resolve grievances and provide a written decision upon request.

03 File a complaint with the long-term care ombudsman program or the state survey agency.

November Birthdays

No birthdays in November

A Little Laughter



Resident of the Month



Russell Johnson

A life of hard work and family

Born in Sidney, Montana, Russell Johnson grew up in a happy home with hardworking parents who instilled a strong work ethic in their children.

Those values stayed with him throughout his life.

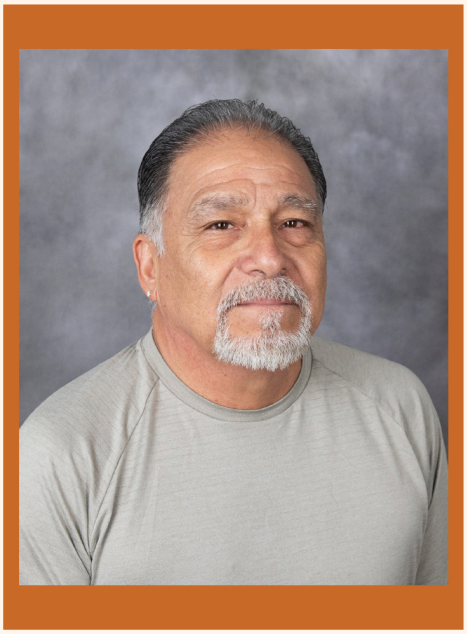
Farming has always been part of Russell’s life. He also went to college and spent a year teaching high school before continuing his work on the farm. He went on to spend 50 years in sales, marketing, and projects involving people and livestock.

Of all his accomplishments, Russell is especially proud of the beautiful family he and his wife created. They married in 1956 and shared 68½ years together before she passed away. Watching his children succeed has brought him his greatest happiness.

Over the years, Russell has enjoyed fishing and hunting, and he still welcomes the chance to get outdoors and do both. He enjoys Western music and a good steak. Something that may surprise you? He is still driving all over the country!

Russell’s advice to younger generations reflects the determination he learned at home: “Set goals and work towards them.”

Staff Spotlight of the Month



Guadalupe Garza

COOK

Meet Guadalupe Garza, our November staff spotlight! Born in San Benito, Texas, Guadalupe dreamed of working with horses as a child.

Today, a different kind of work brings purpose: supporting residents through the meals they enjoy.

Guadalupe was drawn to The Lodge by the opportunity to plan meals, keep inventory organized, help manage kitchen operations, and support residents' daily health. In this new role, Guadalupe is especially excited about planning the schedule and having the independence to work without supervision.

Away from the kitchen, Guadalupe enjoys riding motorcycles, fishing, and hunting. When it comes to a favorite meal, spaghetti tops the list! Here is a fun family fact: Guadalupe has a nephew and a niece who fight in the OFC.

Some of the best advice Guadalupe has received is to maintain physical health and set boundaries, two reminders that remain valuable both at work and in everyday life.

As part of The Lodge team, Guadalupe is most looking forward to working together with others. That enthusiasm for teamwork is a wonderful way to begin this new chapter.

Celebrating Guadalupe, a member of The Lodge team


I Am
Thankful!



Thanksgiving Word Search



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

Word List:

pumpkin	thankful	harvest	gobble
turkey	pie	apples	feast
gather	pilgrims	corn	family

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November 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 3:00pm Coffee Time	2 2:00pm Bingo W/ Volunteer 3:00pm Coffee Time	3 3:00pm Coffee Time	4 2:00pm Bingo 3:00pm Coffee Time	5 2:00pm Church Service 3:00pm Coffee Time	6 2:00 YouTube Music/Videos W/Jacky 3:00pm Coffee Time	7 2:00pm Bingo 3:00pm Coffee Time/ specialty drinks
8 3:00pm Coffee Time	9 2:00pm Bingo W/ Volunteer 3:00pm Coffee Time	10 9:00am Catholic Mass 12:45pm Staff Meeting 3:00pm Coffee Time	11 2:00pm Bingo 3:00pm Coffee Time	12 2:00pm Church Service 3:00pm Coffee Time	13 3:00pm Coffee Time	14 2:00pm Bingo 3:00pm Coffee Time/ specialty drinks
15 2:00pm Fingernails - Fireside 3:00pm Coffee Time	16 2:00pm Bingo W/ Volunteer 3:00pm Coffee Time	17 2:00 Wisdom & Coffee Hour W/Sister Rita 3:00pm Coffee Time	18 2:00pm Bingo 3:00pm Coffee Time	19 2:00pm Church Service 3:00pm Coffee Time	20 3:00pm Coffee Time	21 2:00pm Bingo 3:00pm Coffee Time/ specialty drinks
22 3:00pm Coffee Time	23 2:00pm Bingo W/ Volunteer 3:00pm Coffee Time	24 3:00pm Coffee Time	25 2:00pm Bingo 3:00pm Coffee Time	26 3:00pm Coffee Time	27 3:00pm Coffee Time	28 2:00pm Bingo 3:00pm Coffee Time/ specialty drinks
29 3:00pm Coffee Time	30 2:00pm Bingo W/ Volunteer 3:00pm Coffee Time					

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