



SENIOR LIVING COMMUNITY

1006 33rd Street • Vero Beach, FL 32960 • 772-567-5248

Hidden Lakes Administration

Executive Director	Dan Bohler
Administrator	Mary Anne Sherry
Business Office Manager/HR	Joelly LaPaz
Director of Nursing	Jasmine Bucklin
Director of Therapy	Caitlin Roush
Admissions Coordinator	Jordan Phillips
Activities Director	Christina Bohler
Wellness Director	Lisa Hernandez
Dietary Director	Andrew Kroner

October Birthdays

5	Steve H.
12	Theola J.
12	Patsy M.
12	Arturo P.
16	Ann L.
20	Jackie G.
21	Judi B.
22	Cliff S.
22	Patrick F.
24	Judy S.

Important Dates for October

2	Happy Hour & Live Entertainment
6	Majestic Theater Outing
8	Pancake Breakfast
15	Men's Breakfast Outing
20	Ladies' Luncheon Outing
22	Marsh Landing & Live Music
27	Beads & Besties - Fall wall hangings
29	Friends & Family Dinner



October 2026

Resident of the Month

Carlos is a new resident in our Clubhouse. He was born in San Jose, Costa Rica. When he was seventeen, he moved to California. He worked for Bank of America as the assistant auditor for fifteen years. In 1972, he and his friend started a brokerage business dealing in commodities and securities. After ten years, they sold their brokerage company to Merrill Lynch. After that, he created another company called Trading Centers of America. In his later years, he traveled around the states. Since his son Sean lives in Vero Beach, he decided to make his home here. He has lived at Hidden Lakes approximately one month; he likes the peace and quiet that comes with living in our community.



Carlos Calvo

Active Aging

During Active Aging Week (Oct. 5-11), seniors are focusing on the health, dignity and joy of aging. These simple balance exercises can help older adults stay strong and steady, as long as the moves are performed safely and with the approval of individual health care providers:

- Heel raises
- Forward and backward stepping
- Standing on one leg
- Standing with feet together

Wit & Wisdom

"The horizon leans forward,
offering you space to place new
steps of change."

—Maya Angelou

"Never look down to test the
ground before taking your next
step; only he who keeps his eye
fixed on the far horizon will find
the right road."

—Dag Hammarskjöld

"The horizon of many people is
a circle with a radius of zero.
They call this their point
of view."

—Albert Einstein

"Exploration is wired into our
brains. If we can see the horizon,
we want to know what's
beyond."

—Buzz Aldrin

"I trudge on, I gain a little, I feel
encouraged, I get more eager
and climb higher and begin to
see the widening horizon. Every
struggle is a victory."

—Helen Keller

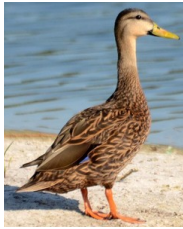
"We have always held to the
hope, the belief, the conviction
that there is a better life, a better
world, beyond the horizon."

—Franklin D. Roosevelt

"For no matter how far a person
can go the horizon is still way
beyond you."

—Zora Neale Hurston

Wildlife Spotlight



Florida Mottled
Duck

Florida's beaches and coastal areas are home to a variety of ducks and other waterfowls that can often be seen swimming in lagoons, resting near dunes, or searching for food along the shoreline. Common visitors may include mottled ducks, mallards, and seasonal migratory species such as blue-winged teal. Florida's native **mottled duck** is especially interesting because it lives in the state year-round and thrives in wetlands, marshes, ponds, and coastal habitats. Ducks play an important role in Florida's ecosystem by feeding on aquatic plants, insects, seeds, and small invertebrates. It is best to admire ducks from a distance and avoid feeding them so they can continue their natural behaviors.



Marsh Landing Dinner Outing - October 22

This restaurant in Fellsmere has home cooking and live bluegrass music on Thursday nights. We will leave the clubhouse at 5:00pm; bring \$ for dinner. Call the office for reservations.

Employee of the Month



Geneive Russell

We are proud to recognize Geneive as our Employee of the Month, a valued member of our Dietary Department who has dedicated the past 3½ years to serving our residents with care and commitment. Her hard work, positive attitude, and willingness to go the extra mile help make every mealtime a pleasant experience for our residents. Whether preparing and serving meals, assisting coworkers, or simply sharing a friendly smile or hug, she consistently demonstrates the compassion that makes our senior living community so special.

WOW Award Winner



Irene Ciceron

We are excited to recognize Irene, who has been a wonderful addition to our Therapy Department for approximately three months as a Certified Occupational Therapy Assistant. In a short amount of time, she has made a positive impact through her compassion, encouragement, and dedication to helping our residents maintain their independence and achieve their personal goals. Her commitment to providing quality therapy makes a meaningful difference in the lives of those we serve.



Health & Fitness

Building Better Balance

While it's impossible to eliminate the risk of falling, older adults can reduce the chance of falls by improving their strength and stability. Research shows that balance training programs reduced falls leading to serious injuries by 40%. The reduction in falls that led to broken bones was over 60%.

Exercises that promote balance can range from tai chi to simple movements that you can

practice at home. Here's one of the most basic: Stand up straight, with your feet together and arms to your sides. Slowly bend your right knee to lift your foot off the floor by a few inches and balance on your left leg. Hold this position for as long as you can, gradually working up to 30 seconds. Lower your foot to the starting position and do the same with the left leg. Try to focus straight ahead as you do the exercise, and maintain your posture. If you need to, hold on to the back of a chair or counter for support.

As with any form of exercise, talk to a health care provider before starting or adding it to your routine.

Wash Hands the Right Way

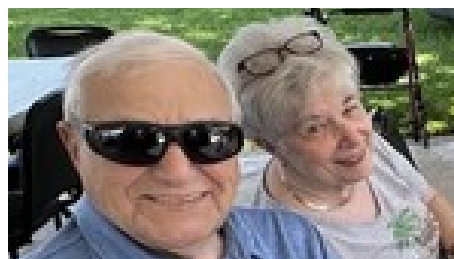
Want to reduce your risk of colds by up to 20% and stomach bugs by up to 40%? Wash your hands — the right way, since many people get handwashing wrong. In observance of Global Handwashing Day on Oct. 15 and the upcoming season of extra chill (and usually extra illness), consider this expert guidance on handwashing:

Whistle while you wash. The CDC recommends that each handwashing session should take about 20 seconds. These songs can help folks reach the 20-second mark: "Happy Birthday" (at least twice), Dolly Parton's "Jolene" or Prince's "Raspberry Beret."

Beyond the bathroom. Most folks are accustomed to washing hands after using the restroom, but experts urge people to wash hands after coughing or sneezing, touching animals and using public transportation or grocery carts. It's also important to wash hands both before and after eating and preparing food.

Don't forget to dry. Bacteria spread more easily on wet hands, so washing hands without drying them could leave people even more susceptible to illness-inducing germs. Health professionals say people should resist the urge to dry wet hands on clothing because touching clothing with its daily dose of bacteria recontaminates wet hands.

Good Times With Good Friends...





Costumes

Take a trip down memory lane with favorite costumes by decade.

Decade	Costumes
1960s	The Beatles, Barbie, the Addams Family and astronauts
1970s	Elvis, Willy Wonka, the Brady Bunch, Charlie's Angels, disco dancers and "Star Wars" characters
1980s	Indiana Jones, Madonna, Ghostbusters, Beetlejuice and the California Raisins
1990s	Marty McFly or Doc Brown of "Back to the Future," the Terminator, Power Rangers, Teenage Mutant Ninja Turtles and The Spice Girls
2000s	Harry Potter, Spider-Man, SpongeBob SquarePants and "Pirates of the Caribbean" characters
2010s	Minions from "Despicable Me," Elsa from "Frozen," the Avengers and zombies

"This Month In History" OCTOBER

1908: Called America's other national anthem, "Take Me Out to the Ball Game" becomes a bestselling hit. It is now an MLB tradition for fans to sing the song during the seventh inning stretch.

1913: The Lincoln Highway, the country's first coast-to-coast roadway, is formally dedicated.

1950: American novelist William Faulkner wins the 1949 Nobel Prize in literature.

1959: Thousands line up for the opening of the Guggenheim in New York City. The modern art museum's unique spiral shape was designed by Frank Lloyd Wright.

1982: At Florida's Walt Disney World, the Epcot theme park opens and features attractions that celebrate technological innovations and world cultures.

1998: The first American to orbit the Earth, John Glenn returns to space aboard the shuttle Discovery.

2006: The U.S. population reaches 300 million.

2021: "No Time to Die," the 25th film in the "official" James Bond series, premieres in the U.S.