



Good Neighbor Society

Continuing Care Retirement Community

Neighborly News | SEPTEMBER 2026

As we move into September, it's a wonderful opportunity to focus on healthy aging and maintaining the habits that help us stay strong, independent, and engaged. With the pleasant temperatures and beautiful early fall scenery, September is a great time to enjoy movement, connect with others, and prioritize overall wellness.

Research consistently shows that staying active as we age can improve strength, balance, flexibility, heart health, and even mood. Regular movement also helps reduce the risk of falls and can make everyday activities easier and more enjoyable. The good news is that staying active doesn't require intense workouts.

Simple activities such as walking, gentle stretching, participating in an exercise class, gardening, or even dancing to your favorite music can have significant benefits.

September is also recognized as Healthy Aging Month, serving as a reminder that it's never too late to develop healthy habits. In addition to physical activity, maintaining social connections, staying mentally engaged, getting adequate sleep, and eating a balanced diet all contribute to overall health and wellness. Joining group activities, learning something new, reading, doing puzzles, or spending time with friends and family are excellent ways to support cognitive and emotional well-being.

As the seasons begin to change, it's important to continue focusing on fall prevention. Wearing supportive footwear, keeping walkways clear of clutter, using assistive devices when needed, and staying physically active to maintain strength and balance can help reduce the risk of falls.

Here at Good Neighbor Society, we are committed to helping our residents maintain their highest level of function and independence. Residents are encouraged to participate in our Restorative Program, take advantage of opportunities for daily movement, and remain engaged in activities that promote overall wellness. Our therapy team is always available to provide Physical, Occupational, and Speech Therapy services when additional support is needed.

This September, let's celebrate healthy aging by making small, positive choices each day. Every walk, stretch, conversation, and healthy habit can contribute to a stronger, healthier, and more fulfilling life.

Wishing everyone a healthy and happy September!



Kristy Gibbs,
Director of Therapy

Good Neighbor Society Therapy Department
Kristy Gibbs, OTR/L, CDP, CLWT

hello September Word Search

Find the September words below.

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

- SEPTEMBER
- AUTUMN
- FALL
- LEAVES
- APPLE
- HARVEST
- PUMPKIN
- SQUASH
- CIDER
- ACORN
- HAYRIDE
- BACK TO SCHOOL
- OUTDOORS
- WEATHER
- JACKET
- TRACTORS
- SUNSET
- FRIENDS



STAFF

Sierra Hartke 9/2

Angie Helmreich 9/2

Kreighton Peck 9/2

Marissa Curoe 9/4

Vicky Witte 9/4

Alaina Mead 9/7

Marvin Gudenkauf 9/9

Madi Nosko 9/10

Dennis Scherbring 9/11

Alex Steffen 9/11

Molly Waterhouse 9/11

Reese Hermanson 9/16

Harlie Massow 9/16

Brittni Rose 9/18

Addilyn Burger 9/20

Carly Burr 9/23

Samantha Kay 9/23

Connie Happel 9/24

Ashton Chesmore 9/26

Dawn Tutton 9/30



RESIDENTS

Fred Phelps 9/1

Delores Burkle 9/3

Thelma Bessey 9/18

Rita Engelken 9/19

Mary O'Leary 9/25

Janet Holloway 9/28

Betty Koelker 9/30

MILESTONES

MICHELLE AMTHAUER – 10 YEARS

MARIAH ELLISON – 5 YEARS

CONNIE HAPPEL – 25 YEARS

Thank you for your dedication to
serve "Compassionate Christian
Care!"

The Magic Touch

Good Neighbor Home | August Highlights

BINGO!



Some AI FUN!



Mississippi River Museum



Vintage Tractor FUN!



Live Music!

Balloon Volleyball



Exercise w/Restorative Therapy Thank you Michelle!



The Magic Touch

New Neighbors

Patricia DeLong
Ted Shelly

Mary Ann Schulte
Sharon Burrack

Debra Dunn
Eugene Pratt

Myrna Noska
Rose Zieser

Wishing You The Best

Carol Harbach

Keith Rowley

Janet Engelken

Always In Our Hearts

Susan Norman

Mary Ann Schulte
Madonna Eisele

Correne Hellmann
Margaret "Marge" Neftzger



Recurring Events

Exercise Class

Twice a week our team, with the help of our Restorative nurse here at GNH, offers a head to toe exercise experience, including active games. All residents are encouraged to participate! Moving your body as much as you are able will help you stay in motion as long as possible. We always keep this group fun, fresh, and adaptive to all ability levels. We also play fun word games regularly to keep your minds thinking in creative ways!

Happy Hour/Patio Parties

These social events are monthly gatherings. Nice music, good food and fun fellowship are our goals for this recreational activity. These are resident favorites and beverages are served (with or without alcohol). We try to move these outside when weather permits.

Pamper and Polish

Join us every other Friday to enjoy a relaxing spa experience. We use various relaxing techniques, which include: aroma therapy, hand massages and music. Quick paint touch ups are offered and light filing. Only nurses and bath aids are certified to cut nails. If you need your nails cut, please let your nurse know before Pamper and Polish. Pamper and Polish is a great opportunity to make new friends. Come hang out, even if you don't want your nails done. We would love to have you!

Religious Services

- Every Sunday afternoon, our Non Denominational Church service, is lead by Pastor Aaron Bolyard.
- Once a month, Methodist Communion. Is offered
- Once a month, Lutheran Communion is offered.
- Every Thursday, Father Louis & Father Kremer lead Catholic Mass
- Bible Study for everyone, led by Pastor Aaron, every Wednesday at 1:00 in the Chapel

Town Talk

Every month, residents get together with the Recreation Director to talk about any comments, suggestions and concerns they may have. We also talk about upcoming events, updates, and ask for your suggestions for the next months community calendar. The purpose of this meeting is to record any concerns/suggestions and get them to the right place, so we can work on a solution, but also to keep you updated on what is going on here at Good Neighbor Home.

Beauty Shop

If you would like your hair done, **let your recreation team know**, and they will get you on the beauty shop list. Amy Stone is here Tuesdays and Thursdays and is always wonderful about working people in!

Beauty Shop Pricing

Haircut - Male	\$11.00
Haircut Female	\$15.00
Shampoo/Set/Style	\$17.00
Shampoo/Cut/ Set/Style	\$24.00
Color & Style	\$37.00
Color/Cut/Style	\$47.00
Perm/Cut/Style	\$55.00

Group activities are subject to change.
Please reference your Community
Calendar and LifeShare screens for the most up to
date activity schedule.

**Auxiliary Fund
Balance
\$40.00**

September 13, 2026

"Today, we honor the ones who made our childhood magical. Happy National Grandparents Day!"



Marietta's Place
563-927-1490

**Good Neighbor Home
& Neighborhood Villas**
563-927-3907

The Meadows
563-927-6467

Board Members

Charlie Button, President
Teresa Greve, Vice President
Linda Bessey, Secretary
Diane Hammell, Treasurer
Milt Kramer
Chris Mundy
Michael Peitz
Marvin Waterhouse
Rachel York



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Marietta's Place PIN: 2011