



Good Neighbor Society

Continuing Care Retirement Community

Neighborhood 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*

Good Neighbor Society

Compassionate Christian Care

The Meadows Assisted Living

MEADOWS SEPTEMBER BIRTHDAYS

- 11 LETICIA TIMMERMAN
- 17 Olga (101) Willenbring
- 23 LORAS HEIMS
- 27 KASSIE GONZALEZ
- 28 MICAH HAHN
- 30 BERNIE HAMLETT (95)



Carol Harbach

Welcome



Both Carl Harbach & Cletus Hellmann said "Yes" to the address! Please join us on wishing our newest neighbors, a warm welcome to The Meadows Community!



Cletus Hellmann



YOU'RE INVITED!

GNS
good neighbor society
FAITH. COMPASSION. PURPOSE.

Shining THROUGH THE YEARS

NATIONAL ASSISTED LIVING WEEK®
SEPTEMBER 13-19, 2026

The Meadows Annual Grandparents Day Family Picnic

Sunday, September 13, 2026



EVENT TIME: 11:30 AM



Dazzling Balloon Art by Mike Chapman
12:00 PM - 1:00 PM



LIVE MUSIC BEGINS AT 1:00 PM
Bill Stock & Daughter Jamie Goranson



KICKING OFF NATIONAL ASSISTED LIVING WEEK | *Shining Through the Years*

SEPTEMBER 13-19, 2026

Grilling hamburgers and hot dogs, hashbrown casserole, baked beans, chips, fresh watermelon, and freshly baked cookies.

Suggested Donation: \$12

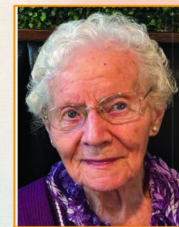
Children 6 & under are free.

Gather with family, friends, tenants, and staff for an afternoon filled with music, laughter, fellowship, and fun as we kick off National Assisted Living Week.

Please RSVP to The Meadows with your preferred serving time of 11:30 AM, 12:00 PM, or 12:30 PM.

The Meadows
ASSISTED LIVING

Honoring our Meadows Centenarian



Olga Willenbring

9/17/1925 | 101 Years



Happy 95th Birthday!

Bernie Hamlett

Celebrating 95 Years



With warm and caring wishes that you'll enjoy all God's blessings on this special birthday.

This is the day that the LORD has made; let us rejoice and be glad in it.
Psalm 118:24

September 30, 1931

The Magic Touch

The Meadows August Highlights

Below: Our **10th** year packing hygiene supplies for West Delaware Back to School Fair, **215** this yr!



Below: Making & enjoying no bake peanut butter chocolate chip healthy protein balls with Barb.



Below: Picture perfect evening for a scenic country bus ride and ice cream pit stop at Woodsedge.



Below: Folding table tenants for Alzheimer's walk.



Below: Lunch outing to Wolfey's on the Wapsi!

"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

*Providing compassionate Christian
care to those we serve since 1963.*



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