

MEADOW VIEW MOMENTS



FROM THE FRONT PORCH

Sharing what's new, what's next, and what's on our minds.

There's a little change in the air as we move into September. The mornings and evenings are getting cooler, and we're starting to see the first signs of fall. We'll still have some warm days ahead, so make sure to keep drinking plenty of water and stay cool when you're outside.

We're excited to welcome Carmen Becker with Idaho Home Health & Hospice to our Alzheimer's Support Pancake Brunch at the Gem Rec District. She will be talking about the stages of dementia, what to expect as it progresses, and practical strategies for caregiving and communication. that can help families better care for and connect with their loved ones. If you or someone you know is caring for a loved one with memory loss, we'd love to have you join us.

We're also introducing our Open Activities Room on Saturdays, giving residents a place to craft, work on a puzzle, play a game, visit with friends, or simply spend some time together.

Here's to a great September and the start of another beautiful fall season at Meadow View!

OUTINGS

Picnic in Garden Valley
September 2nd | 10:00 AM

Gem Rec Crafting Connections Visit
September 8th | 10:35 AM

Goodwill & Mongolian Visit
September 9th | 10:00 AM

Walmart & Lunch Visit
September 16th | 10:35 AM

Cactus Pete's Jackpot Overnight Trip
September 17th-18th | 10:00 AM

Bi-Mart & Lunch Visit
September 30th | 10:00 AM

Memory Care Mystery Drives
Every Friday | 1:00 PM

As always, keep an eye on the announcement board outside the dining room for community news, upcoming activities, and important reminders.

Ila P.

RESIDENT SPOTLIGHT



This month, we're celebrating Ila! Born and raised in Nampa, Idaho, Ila spent many years owning and running restaurants before eventually making her way to Meadow View after spending time in Montana with her son. She is a proud mom of three—one daughter and two sons. Her children are spread out, with her daughter living in Coeur d'Alene and one of her sons, a retired member of the military, now living in Germany.

Ila enjoys keeping her mind busy and can often be found reading, working on puzzles, or creating beautiful diamond art. She was also an avid quilter for many years, a hobby she enjoyed until the cost of supplies made it more difficult to continue.

One of the things we appreciate most about Ila is how naturally she looks out for those around her. She is always willing to help other residents and staff and goes out of her way to make sure her friends are taken care of. Ila has a generous spirit and a heart for helping others. We are so excited to celebrate her as our Resident of the Month.



THE PEOPLE BEHIND MEADOW VIEW

September 13th–19th is National Assisted Living Week, and this year's theme, Shining Through the Years, is a fitting reminder of the people who make Meadow View what it is. We wanted to take this week to recognize our staff—not just by their job titles, but for the people they are and the relationships they've built here. Our Activities team knows what gets a certain resident excited to join in. Our Dietary team knows the favorites that can make someone's day. Our Med-Techs and Caregivers know the routines, the personalities, and when someone might need a little extra patience. Nursing, Housekeeping, Maintenance, and our office team each have their own part in keeping this place running and, more importantly, making it feel like home.



We see the conversations in the hallways, the extra time spent with a resident, the laughter, the problem-solving, and the countless little things that often go unnoticed. That's what makes Meadow View a community, not just a place where people live, but a place where people know each other and care about each other.

We're incredibly grateful for the people who show up every day and bring their own light to Meadow View. Thank you for being such an important part of our community.

LIFE AT MEADOW VIEW



NATIONAL ASSISTED LIVING WEEK®
SEPTEMBER 13-19, 2026

National Assisted Living Week

"This year's NALW theme – Shining Through the Years – honors the lives and stories of residents, as well as the important role of caregivers and staff in helping them continue to shine. It celebrates the unique journeys, stories, and contributions of residents while honoring the dedicated caregivers and staff. It's a wonderful opportunity to recognize the importance of assisted living and the essential role it plays in the long term care continuum." (AHCA & NCAL www.ahcancal.org)



Take a Trip Down Memory Lane

Over the years, Meadow View has been home to so many wonderful people, each bringing their own stories, personalities, and memories to our community. As we celebrate National Assisted Living Week, we're taking a look back at some of the faces that have been part of the Meadow View story.

Some things change with time, but the moments we share and the people who make a community special stay with us.

Take a look back and see if you recognize a familiar face!

How Many Familiar Faces Do You Recognize?

- ☐ 1-3
- ☐ 4-6
- ☐ 7+



LATEST & GREATEST

KIDS HALLOWEEN CANDY CRAWL 🎃

Friday, October 30th
5:30 PM - 7:30 PM

It's almost time for one of our favorite fall traditions! We're bringing back our Kids Halloween Candy Crawl for another year at Meadow View.

The event is open to the entire Gem County community, so help us spread the word to your family, friends, kids, and grandkids! We're also accepting candy donations right up until the event to help our residents get ready for all of our trick-or-treaters. If you'd like to donate, candy can be dropped off at Meadow View. We can't wait to see all of the costumes this year!



REVIEW US ON GOOGLE



Meadow View Assisted Living & Memory Care

UPCOMING NEWS & HOLIDAYS

Labor Day
September 7th

**Meadow View's Alzheimer's
Pancake Brunch**
September 11th | 10:00 AM
Gem Rec Center | Open to the
community

Grandparents Day
September 13th

Dr. Andrew Lowry Podiatrist Visit
September 21st
Sign up in the nursing office

Vaccine Clinic (See page 7)
November 9th | 1:00 PM

WELCOME BABY LOGAN!

We're excited to welcome baby Logan Mossi to the Meadow View family! Logan was born August 7, 2026, at 11:56 PM, weighing 7 lbs. 13.2 oz. Congratulations to Marisa and her family on their new little one! We're so happy for you and can't wait to watch Logan grow.



Brain Break Challenges

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.

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

ASTER
CANNING
COLORFUL
FARMERS
GRANDPARENTS (Day)
HARVEST MOON
INDEPENDENCE
(Day, Mexico)
LABOR DAY
LIBRA
NINTH
OKTOBERFEST
ROSH HASHANAH
SAPPHIRE
SCALES (Libra)
SCHOOL
VIRGIN (Virgo)
VIRGO
YOM KIPPUR

Quiz Corner

Note: Quiz Corner answers on page 8.

1. Born September 4, 1931, which actress and singer stars in the film South Pacific?

A. Judy Garland B. Shirley Jones C. Mitzi Gaynor D. Julie Andrews

2. True or False? September is National Piano Month, and pianos typically have 86 keys.

3. True or False? The first televised presidential debate occurred on September 26, 1960, between John F. Kennedy and Richard Nixon.

A Taste of Fall

As the weather starts to cool down, it's hard to beat a warm dessert made with fresh apples and cinnamon. This month's recipe is an easy Apple Cinnamon Cake that's simple enough for a weekday treat but special enough to share. It's a great way to make use of the apples you picked at the local orchards and farm stands this year.

Ingredients

2 apples, peeled and diced
1 cup flour
1/2 cup sugar
1/2 cup milk
1/4 cup butter, melted
1 egg
1 tsp cinnamon
1 tsp baking powder
1/2 tsp vanilla
1/4 tsp salt

Directions

1. Preheat oven to 350°F and grease an 8×8 baking dish.
2. In a bowl, mix flour, sugar, cinnamon, baking powder, and salt.
3. Add milk, melted butter, egg, and vanilla. Stir until combined.
4. Fold in the diced apples.
5. Pour into the baking dish and bake for 30–35 minutes, until golden and a toothpick comes out clean.
6. Let cool slightly before serving.

TICKETED EVENT

SHARKFEST 2026 - Idaho's Biggest Drift/Car Show

September 25th - 26th
10:00 AM - 8:00 PM

SharkFest is bringing plenty of excitement to Emmett! Enjoy a day of incredible cars, drifting, and high-speed fun at the Motorplex at the Mill. This is a ticketed event, with tickets available for purchase online. For tickets and event details, visit the Track Shark Facebook page.



FREE LOCAL EVENT

Celebrate the season with local vendors, delicious food, harvest activities, and family-friendly fun in downtown Emmett.

September 25th | 12:00 PM–7:00 PM
September 26th | 10:00 AM–7:00 PM



ANNUAL VACCINE CLINIC

We'll be holding a vaccine clinic on Monday, November 9 at 1:00 PM at Meadow View. Both residents and staff are welcome to participate.



Vaccines can be an important tool for helping protect older adults and those who may be more vulnerable to serious illness. They can also help reduce the spread of illness within our community, especially during the seasons when respiratory illnesses are more common. *Choosing whether to receive a vaccine is a personal decision, and we encourage residents and staff to talk with their healthcare provider if they have questions about what is right for them.*

If you would like to receive a vaccine at the clinic, please complete the required paperwork located in the Nursing Office and return it by Monday, October 19. For staff: If you would like to be vaccinated, please include a photocopy of your insurance card with your completed paperwork.

Paperwork Due: Monday, October 19, 2026
Vaccine Clinic: Monday, November 9, 2026 at 1:00 PM



There's something special about being able to buy fresh food grown close to home. This month, we're highlighting GreenWave Farm Market, located off the highway at the entrance of town.



GreenWave started with a simple goal: make fresh, flavorful produce more accessible to the local community. Their farm uses a combination of traditional farming, hydroponics, and greenhouse growing to provide fresh produce throughout the year. They also work with other local farmers and growers, bringing even more variety to their market. Their seasonal market at the south entrance of Emmett offers much more than fruits and vegetables. Depending on the time of year, you'll find everything from fresh greens, berries, tomatoes, and stone fruits to pumpkins, apples, squash, baked goods, dairy products, canned goods, eggs, flowers, and more. The selection changes with the seasons, which is part of what makes stopping by fun.

We especially appreciate businesses like GreenWave that help keep our community connected to local agriculture. Supporting a local market means supporting the farmers, families, and small businesses that help make the Emmett Valley what it is.

So the next time you're in need of fresh produce, take a little extra time to stop by GreenWave. You might find something yummy for dinner, a treat for the weekend, or just a good reminder of how much our little corner of Idaho has to offer.



WELCOME, NEW RESIDENTS!

TOM H.

RUTH H.

SUE D.

LINDA H.

MICHAEL S.



1. **Answer: (C) Mitzi Gaynor.** She became closely associated with South Pacific, even though most of her singing was dubbed. She later became a successful live performer in Las Vegas and on television specials.

2. **Answer: (False)** They have 88 keys—52 white keys and 36 black keys.

3. **Answer: (True)** Many people felt Kennedy won the debate.

CONTACT US!

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Let's Connect!
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SEPTEMBER BIRTHDAYS

RESIDENTS

SEPT 3RD: ROSEANN K.

SEPT 4TH: TOM H.

SEPT 8TH: JUANITA H.

SEPT 20TH: ERWIN W.

TEAM MEMBERS

SEPT 22ND: KATIE G.

SEPT 27TH: AMANDA B.

SEPT 28TH: ANGELICA G. & ROU M.

SEPT 29TH: NATASHA W.

Join us for our September Birthday Celebration & Happy Hour on September 25th at 3:00 PM. Happy Birthday!

Meadow View offers a comfortable and lively assisted living, and memory care. Located in beautiful Gem County, we are just a few minutes walk from local shops, restaurants, parks, and community events!

COME IN TODAY FOR A TOUR OF OUR COMMUNITY!

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