3 Steps to Healthy Aging

Enjoy some playtime

Doing more of the things you love can increase your lifespan, improve your memory, and help battle the negative effects of depression. What your playtime consists of is up to you – time with grandkids, travel, music, volunteering, learning, etc. – the important thing is that you love what you are doing. Retirement communities like Primrose provide a care free atmosphere that makes it easy to engage in these kinds of activities with friends and family.

Stay connected

As we age we become more prone to certain illness and disease. Being proactive with your health will help to uncover warning signs and allow you to take corrective action before there is a problem rather than waiting until there is something wrong.

At Primrose, part of our mission is to provide a healthy, happy environment for seniors. To find out what we can do for you or your loved ones, visit www.primroseretirement.com or more info or to contact the Primrose closest to you.
Fire Prevention Week is October 8-14, 2017. I wanted to pass on a few fire safety reminders.

**Fire Prevention Tips:**
- Turn off stove & remove pots and pans from burner right after cooking.
- Unplug appliances after use to prevent over-heating.
- Set a timer when cooking food in the oven.
- Don’t overload circuits.
- Keep space heaters away from anything that can burn.
- Store flammable materials away from heat.
- Don’t run extension cords behind rugs or curtains.
- Unplug appliances after use to prevent over-heating.
- Set a timer when cooking food in the oven.
- Turn off stove & remove pots and pans from burner right after cooking.

During a fire:
- Leave personal belongings behind.
- Don’t go back for any reason.
- In dense smoke crawl next to the floor to nearest exit.
- If clothing catches fire, stop, drop and roll.

At Sweetwater we take fire prevention seriously. We conduct monthly fire drills. We have quarterly inspections of our fire system. We have a yearly fire inspection by the Fire Marshall. On monthly fire drills. We have quarterly inspections of our fire system.

Maxey Megrue was born in Columbus, Montana on November 3rd. I had the good fortune to be able to roam at will knowing, however, that anything I did out of line would get back to my father in less than half an hour. I was the youngest kid in the neighborhood so I tagged along after my older brother trying to be one of the boys. I was married in 1951 and was a housewife for most of 32 years. I have three wonderful sons. Tom Wolfe and wife Kelly lives in the Beartooth mountains above Nye, Montana and is an artist. Jeff Wolfe and wife Linda and two grown grandchildren live in Coville, Washington. Andy Wolfe and two grandchildren live in Hardin, Montana. Andy is moving to Billings in the near feature and Morgan my grandson is an artist. Much of my professional careers were after I was single and my children were grown. In the course of my educational and working life I have changed professions three times. Each change required additional training and certifications. My first profession was a dental hygienist one day a week for a periodontist. Then after taking many hours of art classes at local colleges I entered art shows, mostly sculptures and jewelry. My next big life-change came in 1981. I co-founded Hypnosis Educational and Wellness Institute in Spokane, Washington, which was accredited by a local university in Spokane. Three of us had a great time creating this school and it was a wonderful “healing time” for me but I didn’t care for the day-to-day “grunt work” involved in running the school so eventually I sold my shares and started my private practice in Clinical Hypnotherapy. I have learned that life offers many major changes and most changes come with opportunities, and also with the choice to be happy or sad. I prefer happiness! I feel lucky to have had such a full and interesting life and I know Sweetwater is going to be a good part of my journey.

At Sweetwater Cook Jill Campbell for winning the Tail Gate Party Chili Cook-Off!
<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<th>SATURDAY</th>
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<tr>
<td>1 2:00 Church - C</td>
<td>2:30 Alzheimer's Walk @ Zoo MT*</td>
<td>9:30 Board game-CC 10:00 Chair Tai Chi-AR 10:30 Catholic-C 1:00 Bridge-P 1:30 Wii Bowling-MT 2:00 Fall fes DR 3:00 BINGO-AR 4:00 Rosary-C 6:30 Pinochle-I 6:30 Movie-MT</td>
<td>3:00 Wal-Mart 10:00 Exercise-AR 1:00 Albertsons 1:30 Yahtzee - P 3:00 Cake &amp; Ice Cream Social -I 4:00 Walking @ Home-AR 6:30 Movie-MT &amp; Poker-P</td>
<td>5:30 Coffee &amp; Chat-P 10:00 Chair Tai Chi-AR 10:30 Wii Golf-MT 1:30 Wii Bowling-MT 2:00 Fit Over 50 - AR 3:00 Wii Golf-MT 6:30 BINGO-AR 6:30 Movie-MT</td>
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**Special Events:**
- **Birthdays:** Betty Harrison 10-Jan Graham 24-Patsy Schwartz
- **Halloween:** WEAR PINK EVERY THURSDAY TO SUPPORT BREAST CANCER AWARENESS
- **World Smile Day:**
  - 9:30 Coffee & Chat-P
  - 10:00 Chair Tai Chi-AR
  - 10:30 Wii Golf-MT
  - 1:30 Wii Bowling-MT
  - 2:00 Fit Over 50 - AR
  - 3:00 Wii Golf-MT
  - 6:30 BINGO-AR
  - 6:30 Movie-MT
- **Wear Pink every Thursday to Support Breast Cancer Awareness**
- **CC** Craft Corner
- **DR** Dining room
- **N** Nurse Station
- **C** Chapel
- **G** Gazebo
- **P** Pub
- **AR** Activity Room
- **PD** Private Dining Room
- **I/L** Independent Living
- **A/L** Assisted Living
- **FS** Fireside Lounge
- **MT** Movie Theater
- **I** Ice Cream Parlor
- **B** Billiard Room
- **PR** Plum Room