

Bridgewood Rivers
1901 NW Hughwood ST
Roseburg OR,97471

Postage
Information

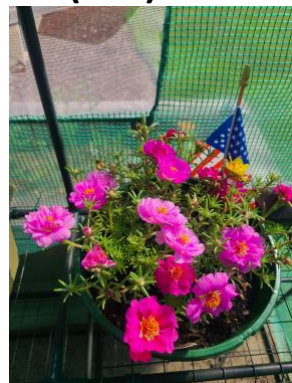
October 2024

Bridgewood News

Bridgewood Rivers 1901 NW Hughwood Roseburg OR, 97471 541-440-1914



Bridgewood Rivers Assisted Living Residence has cared for seniors in the Roseburg community since 1990. Bridgewood Rivers was the first Assisted Living Residence to receive licensing in the state of Oregon. Our Administrator, Teresa Courtney, has been here for over 33 years. For additional information please Contact us at (541) 440-1914



Birthdays & Anniversaries

Birthdays:

Darby Bemiller, October 4th
Sharon Amundson, October 16th
Norma Benson, October 18th
Karen Ballentine, October 21st

Anniversaries:

Jeannine Thomason, 8 Years
Diona Mcfarland, 1 Year
Susanna Kees, 22 Years

Executive Director-
Teresa Courtney

Resident Service
Coordinator/ Concierge-
Jennifer Carabellese

Director of Wellness
Services-
Leah McDonough, RN

Community Relations
Director
Connie Kloha

Dietary Manager-
Steve DeLaCruz

Life Enrichment Director-
Becca Taggart

Housekeeping-
Krista Bemiller

Director of
Maintenance-
Bob Slifert

Bus Driver-
Susan Kees

Night Flyers

As Halloween approaches, images of bats often flutter into our minds, adding a spooky touch to the season. However, there's much more to these fascinating creatures than their eerie reputation suggests. Let's explore some interesting facts, common myths, and the many benefits bats provide.

Bats are the only mammals capable of sustained flight, with over 1,400 species worldwide. They range in size from the tiny bumblebee bat, weighing less than a penny, to the large flying foxes with wingspans of up to six feet. Despite their diversity, bats share some common traits, such as echolocation, which allows them to navigate and hunt in the dark by emitting high-frequency sounds.

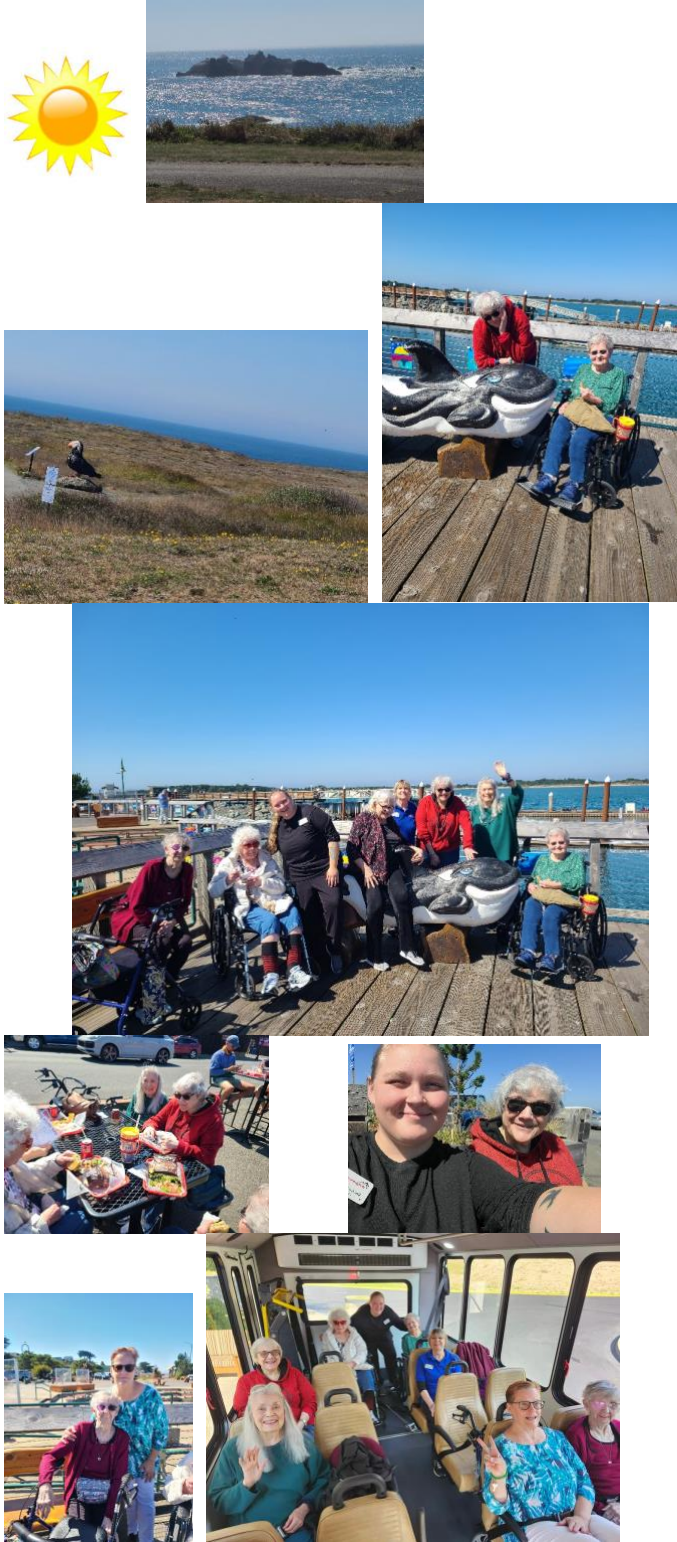
One common myth is that bats are blind. In reality, all bats can see, and many have excellent night vision. Another misperception is that bats are aggressive bloodsuckers. While vampire bats do exist, they are just three species out of more than a thousand, and they mainly feed on livestock, not humans.

Bats play crucial roles in ecosystems. They are natural pest controllers, consuming vast amounts of insects, including mosquitoes. A single bat can eat up to 1,000 mosquitoes in an hour! Additionally, fruit bats are vital pollinators and seed dispersers for many plants, including those that produce bananas, mangoes, and avocados.

Despite their benefits, bats face numerous threats, including habitat loss and diseases like white-nose syndrome. Conservation efforts are essential to protect these misunderstood animals.

As Halloween casts its spooky spell, remember that bats are more than just a symbol of the season. They are remarkable, beneficial creatures deserving our respect and protection. By dispelling myths and understanding their importance, we can better appreciate the incredible world of bats.

Our Trip to Bandon for Shopping, Lunch, & Scenic Drive by the ocean.



Nurse's Note:

Functional food of the month: Ginger! Ginger has long been used for nausea, upset stomach, gastric infections, and pain. One study showed that taking ginger was equally as effective at providing relief as ibuprofen or prescription NSAIDs. Another study also found ginger to be as effective as some prescription medications for migraines. It can also help with arthritic pain. Ginger has been shown to help protect the stomach lining from damage from NSAIDs or from alcohol consumption. Definitely a food to keep on hand and try next time you are having any of these problems!

Leah McDonough, RN

What do Pirates wear in autumn?
Pumpkin Patches!
 Why Shouldn't you tell a secret in a corn field?
Because the corn has ears!

What a great summer full of sunny outings. Thank you to all who continue to join me on exiting new adventure as we make our way into fall and winter. Please join me for the Town Hall meeting to discuss your thoughts and wants around here, along with starting up our bean bag baseball team to play with our communities around town! -LED

Outings & Trips:

- Wednesday, October 2nd**
11am-Lunch Out @Gilberto's
- Wednesday, October 9th**
11am- Lunch Out @7 Thai &
2pm-Shopping Trip to Spirit Halloween
- Wednesday, October 16th**
1:30pm- Trip to Lehne's Farm Stand for pumpkins
- Wednesday, October 23rd**
11am- Lunch Out @Creekside in Sutherland
- Wednesday, October 30th**
11am- Lunch Out @Chi's

Live Entertainment:

- Tuesday, October 1st**
2pm (DR)-Bill Kline
- Tuesday, October 8th**
2pm (DR)-Silver Creek Band
- Tuesday, October 22nd**
2pm (DR)- Old Time Fiddlers/Birthday Party

Saturday, October 26th
2pm-4pm *Trunk or Treat*



Good Friends Make Good Neighbors Program

When a Bridgewood Rivers resident or family member refers a new potential resident to a Cascade Living Community and the person moves in for at least 90 days, the resident will receive a \$4,000 credit applied to their base rent.



Independent Shopping:

- Monday, October 7th**
1pm Independent Bank Trip &
2pm @Safeway
- Monday, October 14th**
1pm @Fred Meyers
- Monday, October 21st**
1pm @BigLots
- Monday, October 28th**
1pm @Walmart