



## Coordinators

**LaRelle Szumski**  
Director

**Jan White**  
Marketing

**Linda Powell**  
Office

**Michael Galante**  
Plant Operations

**Terry Cronin**  
Resident Care

**Connie Mattox**  
Activities

**Eugene Felder, CFSM**  
Food Service

**Sister  
Dolores O'Brien, OSF**  
Pastoral Care

## From The Director

Now that we have returned from our Assisted Living Week "Cruise to Nowhere," I think we all need a rest! A big thank you goes to all of the employees, entertainers, families, and especially, our residents who really got into the spirit of things! It made our voyage all the more delightful. It is hard to steer a ship without water under it! Even Noah had to stop when he reached dry land! The dietary staff deserves a big thank you for the made to order breakfasts and regional foods that added to our enjoyment. The biggest thanks goes to Connie Mattox, our energetic and beloved Activity Coordinator, who went above board to make our voyage interesting and fun. All in all, it proved that we are all in the same boat and the S.S. Bon Secours Place is certainly seaworthy!



October brings the fall colors and our annual Oktoberfest which will be held on Tuesday, October 27th from 5 to 7:00 p.m. Please join us for juicy bratwurst, sauerkraut, and all the other luscious German goodies our Dietary Staff will be preparing. Beer and other liquid refreshments will be offered along with German music and dancing. Ein. Zwei. Drei!

OOPA!



On October 8th we will have representatives from Gibraltar Gold here from 10 to 2 p.m. They will be available to assess the worth of your gold and buy it, also. The same day, the first home hockey game starts at 7:30 p.m.! Join me in wishing the Tampa Bay Lightning a spectacular year. Let's go BOLTS!



For those of us who lived up north originally, it is nice to have the chance to wear a Halloween costume without a heavy coat and muffler! Hope all of you have a safe and fun Halloween.

Fondly,  
LaRelle





## Green Ideas

Mike Galante

### SUGGESTIONS FOR "GOING GREEN"

1. Start a compost
2. Buy compact fluorescent light bulbs.  
You'll find more on energy-efficient products and practices at Energy Star
3. Go to your local library for books instead of buying new ones



## WELCOME NEW RESIDENTS

Jan White

Louis Bonsey  
Fredrick Burbank

William Yarawsky  
Milda Lamb

We invite you to participate in our new resident "House Warming Luncheon." Please stop by my office to set up your special date.

## OUTINGS

CONNIE MATTOX

### BREAKFAST BUNCH

10/9, 8:30 a.m.

### RED HAT LUNCHEON

10/13, 11:30 a.m.

### ICE CREAM OUTING

10/15, 1:30 p.m.

### TOUR OF THE TOWN with CONNIE

10/8 and 10/22, 1:30 p.m.

### SHOP TIL WE DROP

EVERY WEDNESDAY, 2:00 p.m.  
TARGET/PUBLIX

### PLEASE SIGN UP AT THE FRONT DESK FOR ALL OUTINGS

ALL TRIPS ARE WEATHER PERMITTING & AT LEAST 3 PEOPLE MUST BE SIGNED UP TO GO ON AN OUTING

## BIRTHDAYS

CONNIE MATTOX

### RESIDENT BIRTHDAYS

KAY MAGEE	10/02
MARJORIE McCOY	10/07
JOYCE PESTELL	10/20
BILL YARAWSKY	10/27
HARRY WOOD	10/29



**BIRTHDAY PARTY WILL BE  
FRIDAY, OCTOBER 9, 3:00 p.m.**

### STAFF BIRTHDAYS

LINDA CALLAHAN	10/02
MIKE GALANTE	10/14
VERONICA HILL	10/14
MARGARET GEORGE	10/15
NATASHA HAWTHORNE	10/16
RUSLANA PERETSKA	10/22
CONNIE MATTOX	10/26
CAROLYN VANDRAN	10/28

## STAFF ANNIVERSARIES

CONNIE MATTOX

LINDA CALLAHAN	10/04/2008
SHARON DeCAROLIS	10/18/1993
SANDRA MATTHEWS	10/24/2003
PATTI McLEOD	10/30/1998

## PASTORAL CARE

SISTER DOLORES O'BRIEN

### Prayer of St. Francis

Lord, make me an instrument of your peace,  
Where there is hatred, let me low love;  
Where there is injury, pardon;  
Where there is doubt, faith;  
Where there is despair, hope;  
Where there is darkness, light;  
And where there is sadness, joy.

O Divine Master, grant that I may not  
Seek to be consoled as to console;  
To be understood as to understand;  
To be loved as to love;  
For it is in giving that we receive,  
It is in pardoning that we are pardoned,  
And it is in dying that we are born to eternal life.

## RELIGIOUS SERVICES

SISTER DOLORES O'BRIEN

### Mass

Each Sunday, 10:00 a.m.

### Hour of Power - televised

Each Sunday, 10:00 a.m. (Channel 11) - Gardens

### Communion Services

Monday, Tuesday, Thursday, Friday, 9:00 a.m.  
Wednesday, 11:45 a.m.

### Rosary

Each Saturday, 11:30 a.m.

### "Food for the Soul" w/Sister D

Thursday, October 1, 15, 29, 11:00 a.m.

### Interfaith Service w/Pastor George Carlier

Thursday, October 8, 11:00 a.m.

### Adoration of the Blessed Sacrament

Wednesday, October 14, 10:30 - 11:45 a.m.

### Interfaith Service w/Rev. Ralph and Elsie Mosgrove

Thursday, October 22, 11:00 a.m.

### PROJECT OUTREACH

Thursday, October 15

## FROM THE KITCHEN

GENE FELDER

4 tbsp. Lemon juice, divided  
4 boneless chicken breasts  
2 tsp. dry mustard  
2 tbsp. honey  
2 c. blueberries  
3 tbsp. vegetable oil, divided  
1 c. finely chopped onion  
2 tbsp. Dijon mustard  
4 to 6 tbsp. white wine  
1/4 tsp. cinnamon



### Prepare Chicken:

Place washed chicken breasts into a ziploc bag with 2 tablespoons of lemon juice, 2 teaspoons dry mustard, and 1 tablespoon vegetable oil. Place in refrigerator to marinate for two to four hours. When marinating is done, grill the chicken over white-hot coals or on the highest heat of your broiler. Do not overcook; remove from grill while still tender. Chicken is done when juices are no longer running pink.

### Sauce:

Meanwhile, sauté finely chopped onion in two tablespoons vegetable oil until translucent. Stir in Dijon mustard, white wine, blueberries, remaining lemon juice, 2 tablespoons of honey and cinnamon. Simmer over low heat until blueberries have softened and become tender. Slice grilled chicken diagonally and arrange on serving plate drizzled with blueberry mustard sauce.

*from Cooks.com*

## STAY WELL

TERRY CRONIN

### FLU SEASON PREPARATION

As you know, we are heading into the flu season. The flu vaccine for this season was prepared before the most recent strain of flu arrived, commonly called the swine flu.

The vaccine for the swine flu will not be available for some time. However, the Center for Disease Control has informed us that the elderly are not at high risk from exposure to this flu, and the vaccine will be given to the populations at risk first. People at highest risk are: schoolchildren and their teachers, people who care for children younger than age 6, pregnant women, and adults between 25 and 64 with health problems that put them at risk for complications.

Bon Secours Place will be offering the available flu vaccine to all residents and staff. The flu vaccine can not be given to anyone who has had a severe allergic reaction to eggs.

We will need Consent forms to give the vaccine. The forms must be signed by the residents or by a responsible person. We will need a physician order to give the vaccine. Please let the nurses know if you receive the flu vaccine during a physician visit. We expect to be giving the flu vaccine in the beginning of October.

## TRANSPORTATION HOURS

LINDA POWELL

Transportation is provided for doctors and other professional appointments on:

**TUESDAY:** 9:00 a.m. - 12:30 p.m.

**WEDNESDAY:** 9:00 a.m. - 12:30 p.m.

**THURSDAY:** 9:00 a.m. - 12:30 p.m.

Please call the Nurse on Duty at 563-9733 to schedule all appointments.

Exceptions for transportation times above need to be made two weeks in advance.

### An Important Reminder!!!

- ✈ All transportation appointments must go through the Nursing office.
- 📞 If possible, please have your doctor's office call to schedule follow up appointments.
- 👤 Turn in all appointments to Nurse when they are received.

BON SECOURS PLACE  
AT ST. PETERSBURG  
Assisted Living Facility License #9939  
10401 Roosevelt Blvd.  
St. Petersburg, FL 33716



## The Neighborhoods of BON SECOURS PLACE AT ST. PETERSBURG

Await You!  
(727) 563-9733

