



# Senior Health & Wellness Newsletter

October 2025 Edition

*"The righteous will flourish like a palm tree... They will still bear fruit in old age, they will stay fresh and green." – Psalm 92:12-14*



## **October Focus: Staying Safe, Staying Social**

As the air cools and autumn colors burst into view, October brings with it a blend of beauty, reflection, and preparation. For our senior community, this is a season to focus on **safety, social connection, and spiritual warmth** as we head into the final quarter of the year.

This month's theme is **"Fall Into Fellowship and Wellness."** Just as we enjoy the richness of fall, let us also enjoy the richness of relationships—with God, with each other, and with the world around us.



## **October is Emotional Wellness Month**

Life can bring unexpected transitions, especially in later years—changes in health, relationships, and routines. Emotional Wellness Month is a reminder to check in with our hearts and minds, not just our physical health.

### **Tips to Support Emotional Wellness:**

- Talk openly with trusted friends or your church family about feelings.
- Stay connected—attend Bible study, join a ministry, or participate in community events.
- Practice gratitude—write down 3 things you're thankful for each day.
- Ask for help when you need it—it's a sign of wisdom, not weakness.
- Seek God's peace through prayer and scripture. He is our refuge and strength.

## **Special Senior Holiday: National Seniors Day – October 1st**

While often overshadowed, **October 1st is National Seniors Day** in the U.S. and Canada—a day to honor the contributions, wisdom, and resilience of our older adults. It's a time to celebrate the richness you bring to families, churches, and communities.

### **How You Can Celebrate:**

- Call or visit a senior friend who lives alone.
- Write a short note or prayer to a grandchild or young family in the church.
- Reflect on how God has used your years of life to bless others—and give Him thanks.

*At Fairway Christian Church, we celebrate you all year long—but especially this month. Your faith, service, and wisdom continue to shape our church family in powerful ways.*



## **Safety Spotlight: Fall Prevention Tips for Autumn**

With leaves on the ground and shifting weather, fall can bring a higher risk of slips and trips.

Simple Fall-Prevention Tips:

- Wear shoes with good traction.
- No throw rugs/mats
- Use a walking stick or walker if needed for stability.
- Keep outdoor walkways clear of leaves and debris.
- Install grab bars in bathrooms and ensure good lighting in hallways.
- Don't rush—take your time and move mindfully.

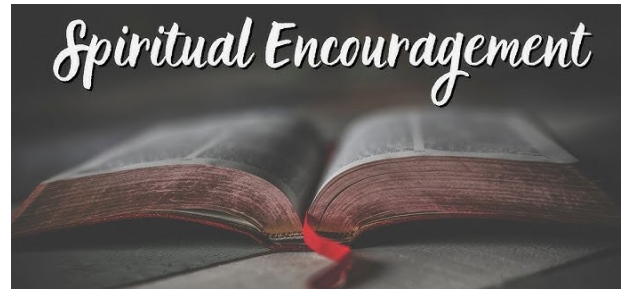


## **Spiritual Encouragement: Seasons of the Soul**




Just as nature changes with the seasons, so do our lives. Fall is a time of **gathering, reflection, and thanksgiving**. Let God remind you that each season—each year—is filled with purpose.

*"There is a time for everything, and a season for every activity under the heavens." – Ecclesiastes 3:1*

Whether you're entering a new season of caregiving, slowing down, or stepping into a new ministry role, God is still using your life in beautiful ways.



### **Upcoming Events:**



### **THE 7 HIDDEN COSTS OF SEARCHING FOR SENIOR LIVING ONLINE**

Most families begin their search for senior living on the internet, not realizing that a simple online form can create more problems than solutions. In this eye-opening presentation, we'll uncover the hidden risks of relying on national websites like A Place for Mom - from endless sales calls to costly mistakes that affect both finances and peace of mind.

You'll learn:

- The truth about how online referral sites really work
- The 7 hidden costs families often don't see until it's too late
- How to protect your privacy and avoid overwhelm
- Why working with a local advisor makes all the difference

This talk is designed for seniors, caregivers, and adult children who want clarity, confidence, and control in making one of life's most important decisions.

Don't let a website decide your loved one's future - discover the safer, smarter way to plan.

**TUESDAY, OCTOBER 21, 2025 @ 1 PM**  
**FAIRWAY CHRISTIAN CHURCH**  
8400 E. CR 466 (corner of 466 & Morse)

**Sign up on the Kiosk at GUEST SERVICES or at**  
**[www.fairwaycc.org/upcoming-events](http://www.fairwaycc.org/upcoming-events)**

### **CPR/AED Course**

**October 23<sup>rd</sup> (Thursday) 1:00-3:30pm**

**Fellowship Hall**

**Register EARLY by email to [Lynn@FairwayCC.org](mailto:Lynn@FairwayCC.org)**  
**Include name, email, & phone number.**

### **CPR/AED Course**

**November 18<sup>th</sup> (Tuesday) 1:00-3:30pm**

**Fellowship Hall**

**Register EARLY by email to [Lynn@FairwayCC.org](mailto:Lynn@FairwayCC.org)**  
**Include name, email, & phone number.**

### **Until Help Arrives: Basic First Aid**

**November 4<sup>th</sup> (Tuesday). 10:00-12:00**

**Room 107**

**Register EARLY by email to [Lynn@FairwayCC.org](mailto:Lynn@FairwayCC.org)**  
**Include name, email, & phone number.**

In Christ's love,

Lynn Canale

Senior Health & Wellness Ministry Team

Questions or need help? Contact: [Lynn@fairwaycc.org](mailto:Lynn@fairwaycc.org) or call the church office.