October 2026
Vol. 5 Issue 10

Talamore™
SENIOR LIVING
GRAND RAPIDS

A fresh new look for the next chapter.
Same trusted care. Same dedicated team.

Tiffany Johnson
Executive Director

Message from the Executive Director

As we welcome a new month, we are excited to share some meaningful changes and celebrations within our community.

This month, we transition from The Pillars of Grand Rapids and proudly welcome Talamore Senior Living Grand Rapids as our name. While our name is changing, our mission remains the same. The name Talamore means "land of great value," a meaning that perfectly reflects our ongoing commitment to providing exceptional care, meaningful connections, and outstanding service to our residents and families.

Although you'll see a new name on our building, communications, and materials, the people, values, and dedication you've come to know and trust are not changing. Our team remains committed to creating a warm, welcoming environment and delivering the highest level of excellence every day.

In the spirit of new beginnings, I am also excited to share a personal update. This month, I am getting married, and I will be changing my name from Tiffany Johnson to Tiffany Sommers.

Just like our community's new name, my name may be changing, but my commitment to serving our residents, families, staff, and community remains as strong as ever. I am grateful for the opportunity to continue leading this incredible team and supporting the wonderful people who call Talamore Senior Living Grand Rapids home.

Thank you for your continued support, trust, and enthusiasm as we embrace these exciting changes together. We look forward to this new chapter and all the great things ahead.

CULINARY CLIPS

Chris Geirsdorf
Culinary Director

Happy or Not

We have added the comment cards to the tables in the dining room. Please use them to leave your comments, good or bad. Our Servers will turn these into the Dining Services Director, Chris and enter them comments in for you to our "Happy or Not" kiosk. We want to hear your comments.

New Menus, New Recipes, New Tastes

September 28 marked the start of our Fall Winter menus for 2026 and into 2027.

You will see some new menu items, but you will also see some favorites brought back and some favorites still hanging around.

As I was talking to one of our Residents a while back, the comment came up, "Food as we know it". This new round of menus has "Food as we know it" and we like. Good home cooked meal.

BBQ Ribs and Coconut Shrimp are back!

Dieticians Dish

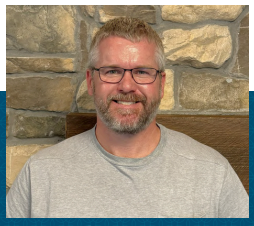
Making Waves with Blue Foods

What Are Blue Foods? When you hear "blue foods," you might think of blueberries. In this case, "blue" refers to foods that come from water. Blue foods include fish, shellfish, sea vegetables, algae, and other aquatic plants and animals from oceans, rivers, and lakes. Examples include salmon, tuna, shrimp, mussels, crab, and seaweed.

These foods provide flavor, nourishment, and a chance to explore ingredients from around the world. A Catch for Healthy Aging. For older adults, protein helps support muscle strength, mobility, and independence. Blue foods offer a flavorful way to add protein without making meals feel too heavy. Options like baked fish, salmon, crab cakes, chowders, and seafood salads can be easier to enjoy for those who find some meats difficult to chew. Blue foods also bring variety to the menu, combining familiar favorites with opportunities to try something new. Dive Into Variety. Rotate selections for a broader mix of nutrients, flavors, and textures.

Try salmon, trout, sardines, or Atlantic mackerel; cod, pollock, tilapia, haddock, or flounder; shrimp, crab, scallops, mussels, clams, or oysters; canned light tuna or canned salmon; sea vegetables, such as nori, wakame, or dulse; and algae-based foods, used as ingredients or seasonings.

Message from the Maintenance Director



Rob Vance
Maintenance Director

Fall is here, and that means winter preparation is underway. In northern Minnesota, we know the weather can change quickly, so getting ahead of the cold and snow is an important part of the job.

The maintenance team is busy checking heating systems, windows, doors, gutters, outdoor lighting, sidewalks, and other areas that will be affected by winter weather. We're also cleaning up leaves and debris and making sure equipment and building systems are ready for colder temperatures.

Fall is a good time to report any maintenance issues you may have noticed. If you have a a dripping faucet, a light that is out, a door that isn't closing properly, or anything else that doesn't seem right, please let the front desk know. Taking care of smaller problems now can help prevent bigger ones later.

We'll also be keeping an eye on sidewalks and entrances as the weather gets colder. Wet leaves, frost, and eventually snow and ice can create slippery conditions, so keeping these areas clean and safe will be a priority.

For now, enjoy the cooler temperatures and changing leaves while they last. Before we know it, we'll be dealing with snow, ice, and everything else a Minnesota winter has to offer.

HOSTED BY:

Talamore
SENIOR LIVING
GRAND RAPIDS

2060 SW 8th Street
Grand Rapids, MN 55744

THURSDAY, OCTOBER 29TH

3:00 - 4:00PM
Light refreshments available

RSVP BY OCT. 26TH, 2026
218-492-8665
sfrick@talamoreseniorliving.com

Jessica Day, NP

DOC TALK: BREAST HEALTH

WHAT YOU SHOULD KNOW (AND WHAT YOU CAN FORGET)

Fairview
Grand Itasca

Join Fairview Grand Itasca's Jessica Day, NP, for an approachable conversation about breast health at every age. Learn practical tips for knowing what's normal for you, understanding common breast changes and the facts behind some common breast health myths.

Melissa Drake & Riggs

LIFE ENRICHMENT

Fall Is In The Air! 🍁

October brings crisp autumn days, beautiful fall colors, cozy gatherings, and plenty of opportunities to get out and enjoy our community. We have a fun-filled month planned with shopping trips, delicious meals, social activities, games, exercise, entertainment, and plenty of time to connect with friends.

We hope you'll join us throughout the month and make some wonderful October memories!

🛍️ October Shopping Trips

Need to stock up on your favorite items or just enjoy a little shopping adventure? Hop on the bus and come along!

ALDI
🍎 October 5
🛒 October 12
🍂 October 26

WALMART
🛍️ October 19

Please remember: Shopping spots are limited, so be sure to sign up early!

🍽️ October Dining Out

Sometimes the best memories are made around the table! Join us for a couple of delicious dining adventures this month.

🍝 **Florio's**
October 8
Enjoy a wonderful meal and some time visiting with friends while we dine out together.

🍔 **Boulder**
October 22
Let's head out for another delicious meal and enjoy some good food, great conversation, and even better company!

Please sign up early for dining outings as seating is limited.

🎃 October Fun Around The Pillars

October is the perfect month for a little fall fun! Watch your activity calendar for a variety of activities throughout the month, including:

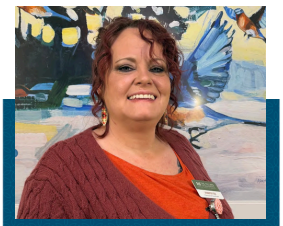
🎃 Halloween-themed activities
🍁 Fall crafts & creative projects
🎶 Music & entertainment
🧠 Trivia, games & brain teasers
☕ Coffee & conversation
💃 Social hours
💪 Fitness & exercise
🎨 Art activities
📚 Armchair travel
🎉 Special events and surprises!

There will be plenty of opportunities to laugh, create, reminisce, and spend time with friends.

🧡 A Little Reminder

Please take a moment each day to look at your activity calendar for upcoming events, outings, medical appointments, and special programs. Outing spots are limited, so please sign up early!

Moment Matter



Jennifer Fox
Memory Care Coordinator

As the weather begins to cool and the leaves start changing colors, many of us look forward to the beauty of autumn. While the season brings enjoyable changes, it can also bring challenges for individuals living with dementia. Understanding how seasonal changes affect our loved ones can help us provide comfort, support, and meaningful engagement.
Dementia and Seasonal Changes

People living with dementia often rely on familiar routines and environments to feel safe and secure. As daylight hours become shorter and the weather changes, loved ones may experience increased confusion, anxiety, or changes in mood.

Some common effects of seasonal changes include:

- Increased confusion as daylight decreases earlier in the evening.
- Changes in sleep patterns due to less natural sunlight.
- · Increased restlessness or sundowning behaviors during late afternoon and evening hours.
- Feelings of isolation as outdoor activities become less frequent.
- How We Can Help
- Maintain consistent daily routines.
- Ensure rooms and common areas are well-lit as evenings become darker.
- Encourage participation in engaging activities throughout the day.
- Promote regular exercise and movement to support healthy sleep patterns.
- Offer reassurance and redirection when loved ones appear anxious or confused.

Thank you for helping create a warm, safe, and engaging environment for our loved ones.

Together, we can make this seasonal transition comfortable, safe, and meaningful for everyone.

Nursing Corner

Christina Korthas
Director of Nursing,
RN , LALD

Flu season is just around the corner, and protecting ourselves helps protect our patients, coworkers, families, and community.

Our annual Flu Clinic will be held on October 8th. All residents are encouraged to participate and receive their flu vaccine. Getting vaccinated is one of the most effective ways to reduce the spread of influenza and help maintain a healthy workforce throughout the season. Please remember to sign up for a vaccination appointment to ensure a smooth and efficient clinic experience.

Practice Good Hand Hygiene
Along with vaccination, proper hand hygiene remains one of the most important steps in preventing the spread of illness. As we enter flu season, please remember to:

- Wash hands frequently with soap and water for at least 20 seconds.
- Use alcohol-based hand sanitizer when soap and water are not available.
- Clean hands before and after patient contact.
- Avoid touching your face, especially your eyes, nose, and mouth.
- Encourage patients and visitors to follow good hand hygiene practices as well.

By working together and following infection prevention measures, we can help keep our residents and staff healthy throughout the flu season.

Come Celebrate our New Name & Cheers to the Memories

Talamore™
SENIOR LIVING
GRAND RAPIDS

OCTOBERFEST

THURSDAY, OCTOBER 1ST, 2026
1:00 - 3:00PM

Join us for an afternoon of sips, bites and celebration as The Pillars of Grand Rapids becomes Talamore Senior Living!

TALAMORE ON TAP

DRINKS • BITES • FUN

TALAMORE TAPROOM
The Pub

Bavarian Bubbly: A popular German bubbly champagne style drink

Cucumber Dill Bites

WILLKOMMEN CAFE'
Back Dining Room

Black Forest Coffee: made with coffee, chocolate, cherry liquor and whipped cream

Mini-Black Forest Cake Bites

RIGGS' WATERING HOLE
The Community Room

The Golden Retreiver: whiskey, honey syrup, apple cider, ginger beer and a squeeze of lemon

The Bavarian - sausage, swiss cheese & pickle spear

BASEMENT BIERGARTEN
The Theater Room

OctoberFest: German Beer

Pretzels with cheese ball cup

**A Non-Alcoholic Option is available at each stop.*

GRAB YOUR PASSPORT AT YOUR FIRST PUB STOP.

Visit all four pub location and have your card marked at each stop. Turn in your completed passport at the front desk to be enter in the door prize drawing.

2060 SW 8th Street Grand Rapids Minnesota

RSVP: 218-999-4999