

News to keep you up-to-date.

HAPPENINGS

At The Villa

A publication of

 **East Park Villa**
Senior Living

What is support?

At East Park Villa, we are truly blessed by the support of so many people. From our residents and their families to our dedicated staff, board members, volunteers, and the community at large, we are grateful every day for the encouragement and kindness we receive. Recently, someone asked me what I mean when I talk about "support." What are the different ways people support East Park Villa? The answer is that support comes in many forms.

One of the most valuable ways people support us is through word-of-mouth. Sharing positive experiences you've had at East Park Villa helps others see what makes our community so special. Even a simple comment like, "That was the best hot dog I've ever had," creates a positive impression and starts conversations. In today's world, another easy way to support us is by liking, sharing, or commenting on our social media posts. Seeing our residents enjoying life and making memories helps others understand what East Park Villa is all about.

Another meaningful way to support us is by attending our events. We have expanded our activities and gatherings, and the possibilities continue to grow. Our residents love welcoming visitors and sharing their home with others. Whether it's a picnic, The Grateful Celebration, or Friday morning Men's Coffee, we enjoy opening our doors and spending time with friends.

Of course, financial support also makes a difference. Many guests stay in our guest room while visiting residents. Although we never charge for its use, many guests choose to leave a donation as a way of saying thank you. Those gifts help us continue providing this service for others.

We also gratefully accept donations to support East Park Villa as a whole or designated gifts for a specific project or department, such as activities. We have always been careful not to give the impression that donations are expected or necessary—they are not. However, when people regularly ask how they can make a donation, I realize we should be more open about letting them know that opportunity exists.

No matter how you choose to support East Park Villa—by sharing a kind word, attending an event, engaging with us online, volunteering your time, or making a financial contribution—please know that every act of support is appreciated. Together, **WE** are East Park Villa.



September Birthdays

Residents

4 – Mary Ann S.
5 – Don H.
7 – Oscar L.
17 – Loretta B.
19 – Don K.
27 – Joyce K.
28 – Donna G.
30 – Elaine N.

Staff

5 – Vicki C.
9 – Jessica M.
29 – Annabel S.



October Birthdays

Residents

19 – Glen B.
22 – Gary R.
27 – Mary C.

Staff

13 – Jordan M.
25 – Carla L.



Find us on:
facebook®



Follow us on
Instagram



Search Memorial Community Health.

Follow us on Instagram and like and share our Facebook page with family and friends.

Updated periodically with East Park Villa photos.



October 29, 2026

6:00-7:00 PM

2nd Floor Lobby

A Note From Nursing...



How to protect yourself from getting scammed

Unfortunately, scams continue to be an ongoing problem. I want to remind everyone to use caution when you receive a phone call, email, mail or text that is not from someone you trust. Scammers can attack in a variety of ways and they are getting more sophisticated and skilled at targeting older adults. They're all generally trying to get some sort of personal information out of you, whether it's your Social Security number, Medicare information, retirement accounts, email accounts, bank account, or credit card information. They come in various forms that take advantage of one's vulnerabilities. The National Council on Aging has identified the top scams effecting seniors. They include:

Medicare/health insurance scams – Perpetrators may pose as Medicare representatives to get older people to give them their personal information.

Counterfeit prescription drugs/Fake Anti-Aging Products – These scams are found most commonly on the Internet. The danger, besides paying money for something that will not help a person's medical condition, victims may purchase unsafe substances that can cause harm.

Funeral and Cemetery Scams – Scammers read obituaries and call or attend the funeral service of a complete stranger to take advantage of the grieving family, claiming the deceased had an outstanding debt with them and try to extort money from relatives to settle the fake debts.

Telemarketing/Phone Scams – Scammers use fake telemarketing calls to prey on older people. The buyer's name is then shared with similar schemers looking for easy targets, sometimes defrauding the same person repeatedly.

Examples of telemarketing fraud include:

- **The fake accident** – The scammer gets the victim to send money on the pretext that the person's child or relative is in the hospital and needs money.
- **Charity Scams** - money is solicited for fake charities, this often occurs after natural disasters.
- **Investment schemes** - Schemes targeted at seniors looking to safeguard their cash for their later years.
- **Homeowner/reverse mortgage scams** – Scammers send personalized letters to different properties on behalf of the County Assessor's Office. These letters are made to look official, and for a fee, offer the home owner to arrange for a reassessment of the property's value reducing their tax burden.
- **Sweepstakes and Lottery Scams** – Scammers inform the person that they have won a lottery or sweepstakes of some kind and the target needs to make some sort of a payment to unlock the supposed prize.
- **Grandparent Scam** – Scammers place a call to an older person and when the person picks up, they will say something along the lines of: "Hi Grandma, do you know who this is?" When the unsuspecting grandparent guesses the name of the grandchild the scammer most sounds like, the scammer has established a fake identity. The fake grandchild will usually ask for money to solve some unexpected financial problem (car repairs, overdue rent, etc.), to be paid via Western Union or MoneyGram. At the same time, the scam artist will beg the grandparent "please don't tell my parents, they would kill me."
- **Internet Scams** - When they happen via pop-up ads, fake websites and emails, it is known as "phishing". The scammer uses fraudulent emails, texts, or copycat websites to get you to share valuable personal information such as account numbers, Social Security numbers, or your login IDs and passwords. Whatever you download could damage your computer or install ransomware that allows hackers to search through everything on your computer such as tax files, retirement account and bank account information, and more.

Tips for protecting yourself

Never give out personal banking information, credit card numbers or social security numbers to someone who has called. If someone calls from a "government agency" requesting money, ask for a certified letter on an official letterhead. Be cautious about making "on-the-spot" decisions. If the person says you have to take the offer immediately or you will miss the opportunity, it is likely a scam. Legitimate companies do not pressure people to act without taking the time to look into the deal. Avoid investments or deals that promise huge profits with no risk. If it sounds too good to be true, it probably is. Avoid answering emails and ads from unfamiliar sources. Do not grant remote access (the ability to control your computer or device from another location) to anyone. Put your phone number on the National Do Not Call registry by phoning 1-(888)382-1222 or visiting www.donotcall.gov. This will help limit phone calls from telemarketers.

If you suspect you've been the victim of a scam

Don't be afraid or embarrassed to talk about it with someone you can trust. You are not alone, and there are people who can help. Doing nothing could only make it worse. Resources to contact if you think you or a family member have been scammed include the local police, your bank (if money has been taken from your accounts), and Adult Protective Services. If you have any concerns or questions, do not hesitate to ask Laurie or Jennifer. We are here to help you.

- Jennifer Hunter, RN



NEBRASKA CORNHUSKERS

2026 FOOTBALL SCHEDULE

DATE	OPPONENT	RESULT
Sat, Sep 5	vs Ohio	_____
Sat, Sep 12	vs Bowling Green	_____
Sat, Sep 19	vs North Dakota	_____
Sat, Sep 26	at Michigan State	_____
Sat, Oct 3	vs Maryland	_____
Sat, Oct 10	vs Indiana	_____
Sat, Oct 17	at Oregon	_____
Sat, Oct 31	vs Washington	_____
Sat, Nov 7	at Illinois	_____
Sat, Nov 14	at Rutgers	_____
Sat, Nov 21	vs Ohio State	_____
Fri, Nov 27	at Iowa	_____

TEMPLATETROVE.COM

Hello from Housekeeping!

Just a quick note to inform you that we will be burning off the dust from your heaters. This may cause an unpleasant smell and could occasionally trigger the smoke alarms in your apartment. If you turn on your heater and this happens, please don't panic. If it occurs at night, please inform the med aides.

Have a great day!
Maddy



Dreamweaver
FOUNDATION



Reuben Adkins

September 17th @ 10:00



Mary Link

October 29th @ 10:00

Merrymakers improves the quality of life for seniors by encouraging active participation, increasing social interaction, and sparking memories through professional musical entertainment.





National Assisted Living Week

September 13-19, 2026



- Grandparents' Day



- Exercise
- Shop Aurora Mall
- Bible Study
- Crosswords
- Hamilton County Band



- Manicures
- Stretch & Strength
- Chapel
- Out to Lunch @ Chances R & Shop Goodypop*



- Walk Out Wednesday
- Resident, Family & Friends Fall Carnival



- Stretch & Strength
- Merrymaker Rueben Adkins
- All Things Fancy*



- Men's Coffee
- Exercise
- Shop MCHI Thrift Shop
- S'more Fun



- Nebraska Football vs. North Dakota

Dietary Delights:



Peanut Butter Pie

Ingredients:

- 1 cup creamy peanut butter
- 1 Tbs butter, softened
- 1 cup heavy whipping cream
- 8 oz cream cheese
- 1 cup sugar
- 1 tsp vanilla
- 1 graham cracker crust

Ingredients:

Mix cream cheese and sugar well, so it is not grainy. Then mix in butter, peanut butter and vanilla. Beat until smooth. Fold in heavy whipping cream that has been already whipped firm but not stiff. Spoon into graham cracker crust. Refrigerate until firm.



Good Beer, Good Food
Good Music, Good Friends
Date To Be Announced

EPV Contacts

Laurie Andrews
Administrator

Jennifer Hunter, RN
Assistant Administrator

Nicole Nelson
Activities Coordinator

Crystal Homolka
Dietary Supervisor

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East Park Villa is a division of Memorial Community Health, Inc.