

The Empowered Life Magazine

October 2026





Welcome to October!

As the leaves begin to change and a crispness fills the air, October invites us into a season of cozy sweaters, warm drinks, and festive gatherings. This month brings with it the joy of fall colors, the fun of Halloween, and the simple pleasures of cooler days and longer evenings. Let's celebrate the beauty of the season together with activities, laughter, and special moments that make autumn so memorable.

Warmly,
Your Executive Team

Special Events:

Happy Hour w/Roy-- 10/2
Fall Scene Painting-- 10/6
Healing Therapy w/Gary-- 10/6
Candle Decoupage Craft for the Dining Room--
10/7
Happy Hour w/Kate-- 10/9
Art for All Ages-- 10/12
Spooky Cookie Decorating w/Cynthia-- 10/12
Spider Pin Craft w/Lena-- 10/13
Oktoberfest-- 10/14
Make Trick or Treat Goodie Bags-- 10/15
Happy Hour w/Ernie-- 10/16
Art for All Ages-- 10/19
Healing Therapy w/Gary-- 10/20
Learn to Draw a Spooky Tree-- 10/21
Whittier Circuit Ride to Uptown Farmer's Market--
10/22
Happy Hour w/Mo-- 10/23
Costume Contest-- 10/30
Murder Mystery Luncheon-- 10/31



Our Executive Team

Executive Director:

Chanel Sanchez

admin@greenleafcourt.com

Wellness Director

Denise Bartley

wellness@greenleafcourt.com

Community Liason Director

Mony Sean

CLD@greenleafcourt.com

Maintenance Director

Juan Mercado

maintenance@greenleafcourt.com

Engagement Director:

Casey Fischer

activities@greenleafcourt.com

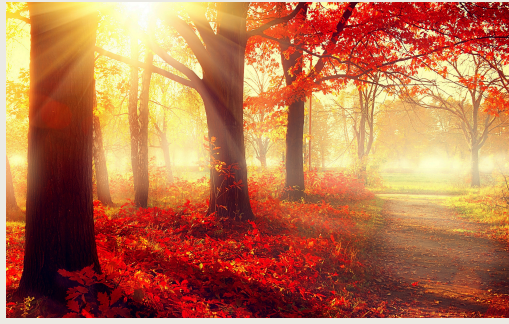
Executive Chef

Angel Bravo

chef@greenleafcourt.com

Follow us on Social





Autumn Fires

by Robert Louis Stevenson

*"In the other gardens
And all up the vale,
From the autumn bonfires
See the smoke trail!
Pleasant summer over
And all the summer flowers,
The red fire blazes,
The grey smoke towers.
Sing a song of seasons!
Something bright in all!
Flowers in the summer,
Fires in the fall!"*

Happy Birthday to YOU!

10/3-- Larry Munton

10/3-- Janet Lauprecht

10/17-- Carmen Lopez



Embracing Change

Change is one of life's few constants. As the seasons shift from the warmth of summer to the crisp days of autumn, we are reminded that change can be both beautiful and inevitable. Just like the turning leaves, aging brings its own set of transformations: physical, emotional, and spiritual. While these changes may sometimes feel challenging, they also open the door to new perspectives and experiences.

Aging brings many changes, both physical and emotional, but it's important to embrace them with a positive mindset. Focusing on what you can control makes a meaningful difference. Choosing to stay active, eating well, and nurturing your social connections helps maintain strength, vitality, and a sense of belonging. These simple, consistent habits allow us to adapt gracefully to life's transitions.

Recognizing and accepting change is not about giving up; it's about understanding that every stage of life offers new opportunities for growth. Instead of resisting what is different, embracing it allows us to discover hidden joys and strengths. This mindset not only reduces stress but also encourages resilience and creativity in finding solutions to new challenges.

Surrounding yourself with supportive people and uplifting activities is another key to navigating change with confidence. Friends, family, faith, hobbies, and community involvement all provide encouragement and meaning. Whether it's a shared meal, a group activity, or a heartfelt conversation, these connections create a foundation of joy that makes life's adjustments easier to bear.

Aging is a natural part of life's journey, and approaching it with acceptance can lead to greater peace and satisfaction. Just as autumn teaches us to appreciate the beauty in letting go, we can learn to value the wisdom and experiences that come with age. By embracing change, we open ourselves to a fulfilling, purposeful, and joyful season of life.

Employee Spotlight

Kristina Marbella has been a Med-Tech for many years. Many managers and coworkers have given her accolades for everything that she does and for taking on any jobs that need to be fulfilled.

A pillar of care staff, she comes to work and cares deeply for our residents, while also caring for her 5-year-old daughter, at home.

She loves throwing elaborate parties for her daughter and taking her to Disneyland.

Kristina is relatable, funny, and charming in a way that makes her enjoyable to work alongside and get to know.

The residents find her to be reliable and relatable, as does the rest of staff.

Kristina, we want to thank you for your hard work throughout your years, and for your continued compassion and humor that make us all love you so much!!







See how we roll!





*"Autumn shows us how
beautiful it is to let
things go."*

- Unknown

