

# Bardwell Banter

## MAKE ME LAUGH



## LIFE HACKS

life  
hacks

#2647

Eating bananas is a natural cure to reduce the effects of stress and anxiety.

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life  
hacks

#2626

Cats don't like to drink water that's close to their food. Move your cats water away from where you feed them, or designate another location for drinking water. This will help prevent kidney disease (a common issue in older cats).

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## CALENDAR

- **Tuesday Oct. 4<sup>th</sup> - Colorist Group 1:00PM**
- **Thursday Oct. 6<sup>th</sup> - Foot Clinic 12:30PM**
- **Thursday Oct. 6<sup>th</sup> - Game Night**
- **Friday Oct. 7<sup>th</sup> - Coffee Hour 9:00AM**
- **Friday Oct. 7<sup>th</sup> - Wii Bowling 2:00PM**
- **Sunday Oct. 9<sup>th</sup> - Movie Night 6:30PM**
- **Tuesday Oct. 11<sup>th</sup> - Colorist Group 1:00PM**
- **Wednesday Oct. 12<sup>th</sup> - Bingo 5:45**
- **Friday Oct. 14<sup>th</sup> - Coffee Hour 9:00AM**
- **Friday Oct. 14<sup>th</sup> - Wii Bowling 2:00PM**
- **Monday Oct. 17<sup>th</sup> - Therapy Dogs 4:00PM**
- **Tuesday Oct. 18<sup>th</sup> - Colorist Group 1:00PM**
- **Thursday Oct. 20<sup>th</sup> - Game Night**
- **Friday Oct. 21<sup>st</sup> - Coffee Hour 9:00AM**
- **Friday Oct. 21<sup>st</sup> - Wii Bowling 2:00PM**
- **Saturday Oct. 22<sup>nd</sup> - Bingo 2:45PM**
- **Sunday Oct. 23<sup>rd</sup> - Movie Night 6:30PM**
- **Tuesday Oct. 25<sup>th</sup> - Colorist Group 1:00PM**
- **Thursday Oct. 27<sup>th</sup> - Free Community Meal at Methodist Church**
- **Friday Oct. 28<sup>th</sup> - Coffee Hour 9:00AM**
- **Friday Oct. 28<sup>th</sup> - Wii Bowling 2:00PM**
- **Friday Oct. 28<sup>th</sup> - Halloween Parade**
- **Sunday Oct. 30<sup>th</sup> - Free Community Meal at Methodist Church**
- **Monday Oct. 3<sup>rd</sup> - Residents Association Meeting 3:00PM**

## CONGREGATE MEALS PROGRAM

We really need a few more people to volunteer for clean-up. Remember that if you help, your meal is free that day. Additionally, you are helping to preserve a much needed food source for those who would otherwise go hungry.

The donations covered for August were \$380.00. Keep up the great work—we are almost at our goal of \$400.00!! As a result of the increase in donations, we had a lovely cookout on the 28<sup>th</sup> of September to acknowledge all of your hard work and dedication.

Please remember, anyone who is a resident of the Bardwell House is eligible to participate.

## OCTOBER'S ODD HOLIDAYS

Saturday Oct. 1: World Vegetarian Day

Friday Oct. 7: World Smile Day

Sunday Oct. 16: Dictionary Day

Sat Oct. 22: Make a Difference Day

Sun Oct. 30: National Candy Corn Day

## RECIPE

Peanut Butter Apple Nachos by Lindsay Funston

[Delish.com](https://www.delish.com)



Drizzle apple nachos with warm peanut butter and top with granola and dried fruit for a dreamy healthy snack.

Ingredients:

- 2 Granny Smith apples, cored and cut into wedges
- 1/4 c. all-natural peanut butter, warmed
- 2 tbsp. granola
- 1 tbsp. dried cranberries

Directions:

On a serving plate, drizzle apples with peanut butter and top with granola and cranberries. Serve.

## HOW TO EVALUATE RENTER'S INSURANCE POLICES

When selecting coverage for your possessions, you'll be choosing from two options: replacement or cash value. The latter is less expensive because it pays out the depreciated value of the goods based on the date the damage occurred.

Once you determine which form of coverage best suits your needs, here are some other important considerations:

- What are the exclusions, such as damage caused by hurricanes, earthquakes, floods or other natural disasters?
- Do added safety features, including fire extinguishers, alarm systems and deadbolt locks, reduce the premium?
- Are relocation expenses covered while repairs are being made to the unit?
- How does the claims process work?
- Are bundle discounts available to those who carry multiple policies with the company?

Bottom line: if you skip renter's insurance to save money, it could backfire and cost you more in the long run.