



Pathway
MEMORY CARE

1001 Crossfield Drive • Versailles, KY 40383 • 859-256-2198



Our Pathway Team At Daisy Hill Senior Living

Laurie Dorough
Executive Director
Kayla Macey, LPN
Clinical Director
Tori Clifford
Unit Coordinator
Jade Muniz
Dining Services Director
Mary McNece
Activity Director
Eric Drane
Maintenance Director
Rev. Todd Renner
Chaplain

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Twisty Treat

From ballgames to happy hours to Oktoberfest celebrations, pretzels are a staple of the snacking world. Since their invention sometime in the Middle Ages, the baked treats' twisted knots have held multiple meanings, including good fortune and new beginnings.

Stretch Your Toes

Give your toes some wiggle room after wearing shoes all day. Sit in a chair with your feet flat on the floor, and then cross one foot across your lap. Hold your toes and pull them toward your ankle until you feel a gentle stretch along the bottom of your foot. Use your other hand to massage the arch of your foot for about 10 seconds. Repeat 10 times for each foot.

Happy October!

"Autumn leaves are falling, filling up the streets;
Golden colors on the lawn, nature's trick or treat!"
—Rusty Fischer

