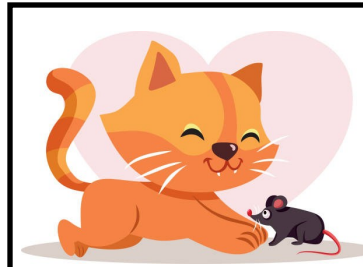


Kitty Love!

Pictures taken during our monthly van trip visit to pet cats at the Flathead County Animal Shelter!



KSC Members & Cats Pictured:
Deborah Pierce with Slash, Debbie Denmark with Max, Marilyn Goodsell with GG, Linda Almquist with Max and Hattie Meyer with Slash.



Kathy: What is an important aid for a pet mouse with bad breath? Mary: I do not know.
Kathy: Mousewash!

Sue: What has a head like a cat, feet like a cat and a tail like a cat? Kathy: Who knows? Sue: A kitten.

What brand of diapers do mother cats prefer? Pam-purrs!

Why is a cat like a transcontinental highway? Because its fur from one end to another.

Jokes contributed by our own KSC member Leona Geldrich



Special thanks to Peyton Herzog for her gorgeous goodies that she created especially for our 90 Plus Birthday Party and Tea Party! And thank you to Dee Boon for the lovely flower arrangements for our 90 Plus Birthday Party!



Pictured Right: KSC member Holly Butlett and Gemma!



Listen to the Caregiver Chats Podcast on Spotify!

Podcast 69: The Beauty of Personal Care As We Age

Tune in on Spotify as occupational therapist Lindsay DeLong shares about personal care routines as we age. Podcast highlights include why personal care routines matter for dignity and identity, common challenges older adults face with grooming and hygiene, how caregivers can support independence safely, adaptive equipment for grooming, bathing, oral care, and beauty routines and what to know before purchasing medical or adaptive equipment online.

The Caregiver Chats podcast from Home Instead, Inc. is a space for family caregivers and care partners to find support and expertise to help make the caregiving journey a little more manageable.



Save the date for our first annual Kalispell Senior Resource Fair to be held on Saturday, October 24th from 1 to 4 p.m. in the Kalispell Senior Center Activity Room. Do you own or operate a local senior oriented business? Please give us a call at 406-609-5351 to register. Registration is just \$50 for a table. Special thanks to the below businesses who have registered:

