



Celebrating October

Italian American Heritage Month

Popcorn Poppin' Month

Computer Learning Month

International Frugal Fun Day
October 3

Do Something Nice Day
October 5

Random Acts of Poetry Day
October 7

International Skeptics Day
October 13

Dictionary Day
October 16

Back to the Future Day
October 21

World Pasta Day
October 25

Badges and Beyond

October shines a spotlight on scouting, a movement that has introduced millions of young people to leadership, service, and the great outdoors. October is National Scouting Month, and on the 31st, Girl Scout Founder's Day honors Juliette Gordon Low, who founded the Girl Scouts in 1912.

Scouting began in the early 1900s when British army officer Robert Baden-Powell started an organization that taught outdoor skills, teamwork, and self-reliance. The idea quickly spread around the world. Today, scouting organizations serve millions of members in more than 170 countries.

Service to others has always been at the heart of scouting. Scouts regularly collect food for pantries, clean parks and trails, plant trees, and assist with community events. Many of the movement's highest honors require significant service projects. To earn the rank of Eagle Scout, for example, participants must plan and lead a community service project that benefits a school, religious institution, or nonprofit organization.

Badges are another important part of the scouting experience. Merit badges and achievement patches recognize progress and encourage members to explore new interests. Topics range from camping and first aid to astronomy, engineering, and environmental science. For many scouts, badges become milestones that mark personal growth and achievement.

Outdoor adventure is also a hallmark of scouting. Camping trips, hikes, canoeing expeditions, and nature studies teach practical skills while encouraging an appreciation for the natural world. Studies have found that participation in scouting can help young people develop confidence, leadership abilities, and a strong sense of civic responsibility.

More than a century after its beginnings, scouting continues to inspire new generations. Whether building a campfire, earning a badge, or leading a community project, scouts discover lessons that often last a lifetime. October's observances are a reminder that the values of helping others, developing skills, and exploring the outdoors remain as relevant today as ever.

Department News

Updates from the teams that help our community thrive

Dietary News

The Dietary Department continues to make mealtimes welcoming, nutritious, and enjoyable. This month, the team will feature comforting seasonal favorites alongside balanced everyday choices. Residents can look forward to warm soups, hearty entrées, fresh sides, and delicious desserts prepared with care.

Dietary staff value resident feedback. Please share favorite recipes, meal suggestions, or special food traditions with the team. Be sure to let staff know about dietary needs or changes so meals can be served safely and comfortably. We appreciate everyone who helps make the dining room a pleasant place to gather.

Environmental News

Our Environmental Services team works each day to keep resident rooms and shared spaces clean, comfortable, and inviting. Seasonal cleaning will focus on frequently used areas, windows, floors, and the small details that help our community feel fresh and cared for.

Everyone can lend a hand by keeping personal items clear of walkways and placing unwanted papers or trash in the proper containers. If an area needs attention, please let a staff member know. Thank you to the Environmental Services team for the dependable work they do behind the scenes every day.

Maintenance News

The Maintenance Department is preparing the building and grounds for cooler weather. Routine checks of heating systems, doors, lighting, and outdoor areas help keep our community safe and comfortable as the seasons change. Fall upkeep also includes watching for wet leaves and other outdoor hazards.

Please report a dripping faucet, loose handle, burned-out light, room-temperature concern, or other repair need to a staff member so it can be addressed promptly. We thank the Maintenance team for keeping everything working smoothly and for responding to requests throughout the community.

Working together makes our community a wonderful place to live.

Activity News

A Month Filled with Faith, Friendship, Music, and Fun

We have a wonderful variety of activities planned, with many opportunities to gather, laugh, create, and enjoy time together. Residents can look forward to familiar favorites as well as special programs that bring our community together.

 **Catholic Mass** will offer a meaningful time for worship, prayer, and reflection. Everyone is welcome to participate and share in this peaceful gathering. 10/23 1:30

Game time will keep us smiling and thinking. We will roll the dice during Yahtzee, listen to winning combinations during bingo, and enjoy solving lively puzzles inspired by Wheel of Fortune. Friendly competition makes these games even more enjoyable.

Music and rhythm will fill the room during drumming activities, where everyone can join the beat. We will also spend time listening to Guthrie's, enjoying favorite songs and the memories they bring. 2:00 10/20

 **Movie time** will give us a chance to relax together with entertaining films and freshly popped popcorn. There is nothing better than sharing a good movie and a tasty snack with friends.

 **Baking with Emily** will bring delicious aromas and hands-on fun to our community. Residents can help mix, prepare, and enjoy a homemade treat while sharing stories and kitchen memories. 2:00 10/13

These programs are about more than staying busy—they help us connect with one another, celebrate our interests, and make each day special. Please watch the activity calendar for dates and times and join us whenever you can.

The Comfort of Autumn Flavors

Fall is a wonderful time to enjoy apples, pumpkin, squash, cinnamon, and warm soups. Seasonal foods can spark treasured memories of family recipes, harvest gatherings, and cozy kitchens.

Why Leaves Change Color

As daylight shortens, trees stop producing as much chlorophyll—the green pigment in leaves. Hidden shades of yellow and orange appear, while some trees create brilliant red and purple colors before the leaves fall.

Harvest Traditions

Autumn harvests have long brought neighbors together to gather crops, preserve garden produce, and prepare for winter. Apple picking, corn husking, and sharing homemade treats are traditions that still inspire warm memories and conversation.

Cozy Ways to Welcome Cooler Days

A soft blanket, a favorite warm drink, gentle music, or a good book can make a crisp fall afternoon especially pleasant. Spending a few minutes near a sunny window is another simple way to enjoy the season's changing light.

Come join the fun—we look forward to seeing you!

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