



Fall is a most wonderful season of the year to me. It brings a welcome respite from the heat of summer no matter where you live. Some may think that we don't have changing seasons in Florida, but I beg to differ. October brings subtle changes that notify us of a definite change. The sun shines brighter, and the temperatures are a little cooler, especially in the morning and evening.

Growing up in Southeastern Ohio, we were blessed with the transformation of the hills and valleys as God painted a tapestry of greens, reds and oranges across the land. I remember many Sunday afternoon "joy rides" through the country to simply enjoy the beauty of God's creation. The streets of the small town where I lived looked much like the picture shown above, carpeted with fallen leaves. I loved to kick through the leaves walking home from school. We enjoyed hayrides and bonfires, roasting marshmallows for s'mores, football games and Trick or Treat. Fall brings back fond memories of trips on the band bus to march in the Circleville Pumpkin Show Parade. Square dances were a favorite weekend activity and there was always plenty of apple cider to drink when we needed to cool down.

Florida has it's own special fall celebrations such as corn mazes, pumpkin patches, Fall Festivals, and you can always go to Universal for Halloween Horror Nights! While our leaves don't change colors much, we decorate for fall both inside and out. Scarecrows appear at mailboxes, pumpkins and mums decorate porches and hearth. For those who are more into the scary part of October you can attend Zombie Nights replete with ghosts, ghouls and goblins.

I'm sure many of you have special memories of this wonderful season. Please come by the lobby desk and share them with me. I love to hear your stories! *Happy Fall, Y'all!!!!*

- submitted by Becki Ringleb



In astrology, Libras are those born between October 1–22. Libras, symbolized by the scales, strive for balance, avoid conflict, and desire fairness for everyone. Those born between October 23–31 are Scorpios. Scorpios are passionate and deep, qualities that help them counsel others in meaningful ways.

**** Resident Birthdays ****

10/04	Donald Stokes	10/13	Geri Sadler
10/10	William Sawyers	10/16	JoAnn Ciminillo
10/21	Shirley Whitehead	10/25	Susan Brennan

**** Employee Birthdays ****

10/04	Jerome Jackson	10/11	Barbara Stankwick
		10/13	Joy Post



Tuesday, October 30th at 3:30pm
Ice Cream Parlor!

Come join your friends to celebrate all the October birthday babies. We will have live entertainment and lots of CAKE!!!

Thank You, Sir Frobisher



On October 8, be sure to wish all your Canadian friends a Happy Thanksgiving. In 1578, more than 40 years before the Pilgrims celebrated their first Thanksgiving in the Americas, English explorer

Martin Frobisher held a Thanksgiving celebration in present-day Newfoundland. He and his crew were giving thanks for surviving their exploration looking for the Northwest Passage. This Thanksgiving celebration was finally formalized as a national holiday in 1879. Today, it does not honor Frobisher but is a harvest celebration similar to America's Thanksgiving, complete with turkey and pumpkin pie. And as far as Frobisher's claim to the first Thanksgiving, some historians think that Spanish explorers may have conducted Thanksgivings even before Martin Frobisher.

Arbor Oaks News

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Celebrating October

Country Music Month

Breast Cancer Awareness Month

Guardian Angels Day October 2

Mulligan Day October 17

International Artists Day October 25

All Hallows' Eve October 31



DIRECTORY

- Mary Gaudet..... Executive Director
- Joy Post..... Resident Care Director
- C.J. Cole..... Activity Director
- Jerome Jackson..... Food Services Director
- Schelma Whitcomb..... Business Manager
- Ramon Miranda..... Regional Maintenance Director

RESIDENT SPOTLIGHT ON DON COLEMAN



A true native Floridian, Donald Coleman was born in Lakeland, Florida, on September 24, 1927, the third child in a family of six. He grew up in Pierce, Florida, a phosphate town 15 miles south of Lakeland and went to school in Mulberry.

Don joined the Army Air Force at 17 years of age. Following basic training, he was stationed in Germany from 1945 to 1949. He volunteered for the Berlin Air Lift and worked in maintenance to keep the planes flying. He was transferred to Fort Benning, Georgia, where he joined the 82nd Airborne. Don was certified in parachutes and gliders.

After discharge from the Service he did contract work on military planes. In the early 70s, he met his wife, Dorothy, and they traveled to many states in conjunction with his work. They finally settled in Mulberry, Florida. Dorothy passed away in 2008.

In 2016, Don came to join the Arbor Oaks family. Don loves to fish. He still listens to big band music, watch old movies on TV and loves to talk to people. You will frequently find him in the lobby watching people come and go. If you ask how he is doing, his response is usually, "hangin' in there on a string!"

Jack of the Lantern



Every October, once pumpkins have grown fat and orange, these gorgeous gourds are picked and used in a wide variety of ritual activities from baking pumpkin pie to carving jack-o'-lanterns for Halloween. But there's no need to wait until October 26, Pumpkin Day, to make the most of your favorite pumpkin traditions.

Pumpkins have been grown in North America for 5,000 years. While these gourds are native to Central America and Mexico, the tradition of carving pumpkins began across the Atlantic Ocean in Ireland. The practice of carving "jack-o'-lanterns" began with an Irish folktale about a man named "Stingy Jack."

The legend says that Stingy Jack invited the Devil to have a drink, but then the tightfisted fellow did not want to pay. Jack tricked the Devil into transforming himself into a coin he could use to buy the drinks, but Jack put the coin into his pocket next to a silver cross. The Devil, so near a cross, could not change back into his devilish self. Jack made the Devil promise not to claim his soul should he die. The Devil had no choice but to agree. However, when Jack did die, God would not allow someone who caroused with the Devil into heaven. In the end, Jack was sent into the dark of night with nothing but a lamp fashioned from a carved-out turnip, lit with a lump of glowing coal. For this reason, the Irish have long carved images of "Jack of the Lantern" from turnips and, later, potatoes or beets. The scary, glowing faces were used to frighten away Stingy Jack and any other evil spirits.

When Irish immigrants came to North America, they discovered a new medium for their jack-o'-lanterns: pumpkins. With their hollow centers and wide, thick, orange shells, these gourds were a perfect vessel. Today, pumpkins are grown on every continent except Antarctica, and people around the world use them to carve jack-o'-lanterns.



MARGIE LEWIS was chosen for the *Employee Spotlight* at the September staff meeting for outstanding job performance.

Margie came to our Arbor Oaks family in October of 2017. Margie is a valued member of our Housekeeping Team and a hard worker. She always has a smile, a pleasant attitude and is always willing to assist the residents in any way possible, going above and beyond to see that everything is in working order for our residents.



The first day of October brings International Willy Wonka Day, in honor of the fictional candy-maker who first appeared in Roald Dahl's children's book *Charlie and the Chocolate Factory*. The holiday does not commemorate the popular book but rather the 1971 film adaptation, *Willy Wonka & the Chocolate Factory*. One of the differences between the book and the movie is important to note, for it explains why Willy Wonka Day is celebrated on October 1. In the book, young Charlie Bucket wins a Golden Ticket that entitles him to enter Willy Wonka's chocolate factory on February 1. However, in the movie version, Charlie Bucket's Golden Ticket directs Charlie to the chocolate factory on "the first day of October." Why the difference? The movie was filmed in Munich, Germany, during the autumn, between August and November. The weather at the location simply did not look like a February winter, so the date on the ticket was changed to October 1.



National Country Music Month has its beginning in 1964 when House Joint Resolution #58 was presented to Congress naming October as National Country Music Month and honoring Country Music for its long history of supporting America's Armed Forces and its tremendous impact on national patriotism.

The following are a few quotes from Presidential Proclamations which speak to the importance of Country Music in America:

"The heart of a people is found in their music, and no music is more deeply rooted in the soul of America than country music."

"It is no accident that country music is more popular today than ever before. For in the strum of the guitar, the twang of the banjo and the proud pure voices of country singers, we hear the echo of America's past and the hope for our future. Strong, simple and moving, country music reflects the joys, the sorrows and the ideals of our people. Love of family, love of country, faith in God and the happiness and heartbreak of everyday life - these are the themes that run throughout our country music, and that bind us all together as Americans."

"Who can resist tapping foot and joining in when the strains of country music strike up? Country music belongs to no one region or set of people, but to us all. It has given us some of the greatest entertainers and folk heroes and we have taken it to our heart as a nation." - Richard Nixon, 1972

"Country music is a descriptive and entertaining chronicle of American life. The melodies and lyrics of a country song are drawn from the very heart of America and its people. The music reflects the joys and sorrows of daily life and it reminds us that truth, compassion and moral character should guide our actions and shape our beliefs."

"Country music is the spirit of America in song. It has grown in popularity among a wide range of people in all walks of life. It is a uniquely American art form which will flourish as long as the story of our Nation is the story of common people. It is fitting that we pay tribute to the music, to the hundreds of talented people who perform it and to the millions more who enjoy it." - Gerald Ford, 1976



Your **Resident Council** will meet on Wednesday, 10/10/18, at 10:30 am in the Community Center. This is the time to make your voice heard and bring your ideas for Fall activities you would like to add to the agenda.

Reminders for ongoing activities:

Bible Study with Nancy every Tuesday at 10:30 a.m.

Every Thursday at 9:30 a.m. join Edson for exercise in the Community Center.

Morning Movie every Saturday at 10:15 a.m.

Make sure to **check your calendar insert** for all the other exciting October events and sign up at the Lobby Desk for other services:

PRETTY NAILS – 10:30 a.m. on Tues./ 10:00 on Sat.

Beauty/Barber – 9:00 a.m. every Wednesday
Podiatrist – Last Thursday of the Month (8/30)
Dermatology – Check dates at Lobby Desk

HAPPY HOUR!!! Every Friday at 3:00 pm in the Ice Cream Parlor!
Come on down for appetizers and live entertainment.

OCTOBER is BREAST CANCER AWARENESS MONTH!!!!

Other than skin cancer, breast cancer is the most common cancer among American women. Getting mammograms regularly can lower the risk of dying from breast cancer. The United States Preventive Services Task Force recommends that if you are 50 to 74 years, be sure to have a screening mammogram every two years. If you are 40 to 49 years old, talk to your doctor about when to start and how often to get a screening mammogram.

The main factors that influence your risk for breast cancer include being a woman, being older (most breast cancers are found in women who are 50 years old or older), and having changes in your breast cancer genes (BRCA1 and BRCA2). Most women who get breast cancer have no known risk factors and no history of the disease in their families. Although breast cancer screening cannot prevent breast cancer, it can help find breast cancer early, when it is easier to treat. Talk to your doctor about which screening tests are right for you, and when you should have them.