



October 26th is National Pumpkin Day

Fall is here, and we're ready for pumpkin everything! It's the perfect time to indulge in pumpkin bars, pies, cookies, coffee, cheesecake, pasta, roasted seeds, and oatmeal. On October 26th we celebrate our favorite spooky and silly decoration and food, the pumpkin! Is there anything pumpkins can't do?

Pumpkins grow in many colors ranging from the classic bright orange, to yellow, brown, grey and white.

Pumpkin Facts:

Did you know that the word pumpkin originated from the word pepon? Pepon means "large melon" in Greek.

At 2,323-pounds, the world's largest giant pumpkin was grown in Switzerland!

The United States produces over 1.5 billion pounds of pumpkins. The pumpkin state is Illinois, as it produces more than any other state.

Health-minded people will be happy to know that pumpkin is high in vitamins and minerals while being low in calories. It's also a great source of beta-carotene which your body converts into vitamin A (great for good vision, a healthy immune system, and cell growth)!

Source: nationaldaycalendar.com



Resident Birthdays

Michael K.	Oct. 6
Ian M.	Oct. 6
Jack S.	Oct. 10
Julianna L.	Oct. 10
Ron G.	Oct. 18

Wood Ridge would like to welcome our new residents

Activity Highlights

10/1 at 3:00

Scenic Drive

10/2 at 10:30

Pet Therapy

10/3 at 3:00

Apple Crisp Ice Cream Social

10/8 at 10:30

Bunco with Harbor Light

10/10 at 3:00

Ice Cream Social

10/11 at 11:30

Lunch outing at Fazolis

10/14 at 11:30

Men's Lunch Outing
at Hacienda

10/15 at 3:00

Scenic Drive

10/17 at 2:00

Bingo with Grace Hospice

10/17 at 3:00

Apples and Caramel Dip

10/18 at 3:00

Sing A Long with Shirley

10/21 at 1:00

Movie Theater Outing

10/24 at 10:00

Casino Trip

10/25 at 3:00

Entertainment with Jeff Leslie

10/28 at 1:30

Goodwill Shopping

10/30 at 2:45

Movie & Popcorn
/ Hocus Pocus

10/30 at 6:30

Trick or Treating

10/31 at 3:00

Halloween Party

WELCOME TO OUR NEW SALES & MARKETING DIRECTOR

My past work experience consists of working with children and adults with special needs. I have a total of 15 years working with local non-profits, I also volunteer with a local HRC (human rights committee) my main responsibility is to insure the rights of the individuals served are being respected. I'm the proud Mother to three Katie 26, Tyler 24 and Adriana who is 22. We were blessed with a Grandson Mason, he was born to Katie in June of 2013. My fiancé and I spend as much time with him as possible. We also enjoy cooking together and we love the outdoors and especially spending quality time with our family and friends. Tyrone is a chef so I get to enjoy the best of his creations. I also enjoy being an independent consultant for paparazzi jewelry. We belong to a weekly bowling league, he's a great bowler and I try my best but usually don't top 120. I enjoy refurbishing furniture and decorating our home, I also enjoy time with our three furbabies Jazz, Lola and Mia.

Desiree S. Barrier, Sales and Marketing Director

Crafting Highlights



OUR VISIT TO The American Art Museum



Entertainment Highlights



OCTOBER IS BREAST CANCER AWARENESS MONTH

Breast cancer is a serious illness that affects a significant population of American women. The good news is that, if detected early, breast cancer can often be successfully treated.

Breast cancer occurs when cells in breasts called "tumors" grow out of control, causing damage to the nearby tissues and spreading throughout.

The best treatment of breast cancer is early detection. By the age of 20, all women should start doing Breast Self Examination (BSE), as it is one of the most easiest and earliest ways of detecting cancer. These check ups should be done at least once a month, and a clinical breast exam should be done at least once a year.

Some of the signs to look for while doing BSE:

- Change in size or shape
- A lump found in and around the nipple or underarm
- Nipple discharge or nipple turning inward
- Redness of skin or warmth
- Formation of dimple or change in skin texture

For more information about breast cancer detection and prevention, schedule a visit with your physician or visit breastcancer.org.





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Newsletter Production by PorterOneDesign.com

OCTOBER – WORD SEARCH

Q	R	H	Q	H	A	L	L	O	W	E	E	N	H	B
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AWARENESS
 CANDY
 DESSERT
 FOSSIL
 GAME
 GHOSTS
 HALLOWEEN
 JACK O
 LANTERN
 MASKS
 PUMPKIN
 SCARECROW
 SEDIMENT
 SMILE
 SQUASH
 SWEETEST



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