

# Milestone Senior Living

## Reminder:

Please use your call pendant,  
if you need help or assistance  
with anything!!  
We have staff  
here 24/7.



## Happy Birthday



Deb 10/1

Willa 10/22

## October Music



\*Wednesday 9th @ 2pm

Jim Hetzel

\*Wednesday 23rd @ 1:30pm

Star Entertainment

\*Monday 28th @ 2pm

Tripper Band

## Contact Information:

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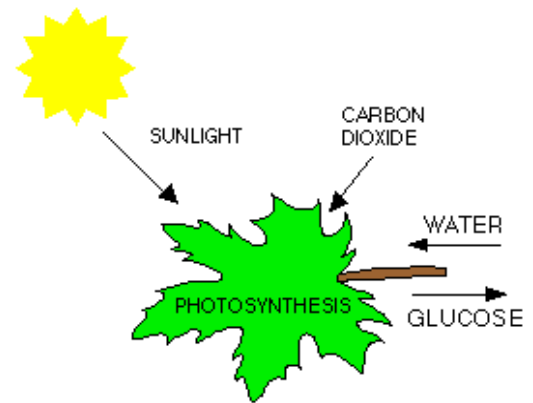


We all enjoy the colors of autumn leaves. The changing fall foliage never fails to surprise and delight us. Many areas in the United States are among the best in the world for leaf viewing, including New England, the Southeast, the Northwest and the Great Lakes regions. Did you ever wonder how and why a fall leaf changes color? Why a maple leaf turns bright red? Where do the yellows and oranges come from?

To answer those questions, we first have to understand what leaves are and what they do.

### Photosynthesis

Leaves are nature's food factories. Plants take water from the ground through their roots. They take a gas called carbon dioxide from the air. Plants use sunlight to turn water and carbon dioxide into oxygen and glucose. Oxygen is a gas in the air that we need to breathe. Glucose is a kind of sugar. Plants use glucose as food for energy and as a building block for growing.



The way plants turn water and carbon dioxide into oxygen and sugar is called photosynthesis. That means "putting together with light." A chemical called chlorophyll helps make photosynthesis happen. Chlorophyll is what gives plants their green color.

### Autumn Preparations for Winter

Plants are busy growing all summer long and into autumn. But the dark, dry days of winter are coming. As the days get shorter, trees use this signal to "know" it's time to begin getting ready for winter.

During winter, there is not enough light or water for photosynthesis. The trees will rest, and live off the food they stored during the summer. They begin to shut down their food-making factories. The green chlorophyll disappears from the leaves.

As the bright green fades away, we begin to see yellow and orange colors. Small amounts of these colors have been in the leaves all along. We just can't see them in the summer, because they are covered up by the green chlorophyll.



The bright reds and purples we see in leaves are made mostly in the fall. In some trees, like maples, glucose is trapped in the leaves after photosynthesis stops. Sunlight and the cool nights of autumn cause the leaves turn this glucose into a red color.

The brown color of trees like oaks is made from wastes left in the leaves.

It is the combination of all these things that make the beautiful fall foliage colors we enjoy each year.



*Marigolds are the birth flower of October.*

Happy birthday October babies! Your birth month has two birthstones - opal and tourmaline.



## Fun Facts about October

- \*It was the eighth month in the old Roman calendar. October got its name from the Latin word 'Octo' meaning eight
- \*For Anglo-Saxons it was known by Winterfylleth (Winter full moon), and Wyn Monath which meant wine month
- \*October is the tenth month of the year in the Gregorian Calendar and has 31 days
- \*In the nineteenth century, the month of October was dedicated to the devotion of the rosary in Roman Catholic countries
- \*More American Presidents were born in the month of October than any other month. They were John Adams, Rutherford B. Hayes, Chester Arthur, Theodore Roosevelt, Dwight Eisenhower and Jimmy Carter
- \*In the USA it is the month for National Filipino American History, Lesbian Gay Bisexual Transgender History, National Breast Cancer Awareness and National Arts & Humanities
- \*This month is World Blindness Awareness Month
- \*October ends on the same day of the week as February every year



***Halloween is the one of the oldest holidays still celebrated today.***

Some people view Halloween as a time for fun, putting on costumes, trick-or-treating, and having theme parties. Others view it as a time of superstitions, ghosts, goblins and evil spirits that should be avoided at all costs. As the Christian debate goes on, celebrating Halloween is a preference that is not always viewed as participating in an evil holiday. Halloween is often celebrated with no reference to pagan rituals or the occult.

Halloween is on October 31st, the last day of the Celtic calendar. It was originally a pagan holiday, honoring the dead. Halloween was referred to as All Hallows Eve and dates back to over 2000 years ago.

All Hallows Eve is the evening before All Saints Day, which was created by Christians to convert pagans, and is celebrated on November 1st. The Catholic church honored saints on this designated day.

While there are many versions of the origins and old customs of Halloween, some remain consistent by all accounts. Different cultures view Halloween somewhat differently but traditional Halloween practices remain the same.

Halloween culture can be traced back to the Druids, a Celtic culture in Ireland, Britain and Northern Europe. Roots lay in the feast of Samhain, which was annually on October 31st to honor the dead.

Samhain signifies "summers end" or November. Samhain was a harvest festival with huge sacred bonfires, marking the end of the Celtic year and beginning of a new one. Many of the practices involved in this celebration were fed on superstition.

The Celts believed the souls of the dead roamed the streets and villages at night. Since not all spirits were thought to be friendly, gifts and treats were left out to pacify the evil and ensure next years crops would be plentiful. This custom evolved into trick-or-treating.