



**Notable Quotable**

“Life is a combination of magic and pasta.”

~ Federico Fellini, Italian film director



**October Horoscopes and Birthdays**

In astrology, those born from October 1–23 balance the scales of Libra. Libras are peaceful and fair, and value balance and symmetry. For this reason, they often champion equality. Those born from October 24–31 are Scorpions of Scorpio. Scorpions are passionate, dedicated, and resourceful. Scorpions may seem intimidating, but they are just no-nonsense people who value honesty and loyalty above all else.

- Julie Andrews – Oct. 1, 1935
- Donna Karan – Oct. 2, 1948
- Chubby Checker – Oct. 3, 1941
- Chevy Chase – Oct. 8, 1943
- Henry Heinz – Oct. 11, 1844
- Marie Osmond – Oct. 13, 1959
- Penny Marshall – Oct. 15, 1943
- Naomi Osaka – Oct. 16, 1997
- Kamala Harris – Oct. 20, 1964
- Pele – Oct. 23, 1940
- Minnie Pearl – Oct. 25, 1912
- Jonas Salk – Oct. 28, 1914
- John Candy – Oct. 31, 1950

**Happy October Birthdays!**



- Linda Storts 10/05
- Betty Johnson 10/12
- Sally Harvey 10/15
- Fred Hotaling 10/19
- Joann Kretzer 10/22
- Joyce Hulbirt 10/25
- Charles Kelley 10/26
- Suzanne Nalls 10/28



**Don't Be Scared**

Each October, scarecrows begin to appear in and around the village of Pietrebais in Belgium. In some years, hundreds of scarecrows appear. In others, a scant dozen or fewer. No one knows why or how the tradition began 21 years ago in the year 2000, but it is a tradition that has continued ever since.

In the 1500s, it was common for farmers to hire guards to protect their crops from animal pests and thieves. The guards sometimes slept in the fields in straw huts or

stood watch on wooden platforms. But as farms grew, farmers could no longer afford to employ vast numbers of guards. They began instead to use human-like watchers. These first scarecrows were erected in the spring, topped with animal skulls or fashioned out of rotting vegetables, or hung on crosses in the image of Christ's crucifixion. They served one purpose: to scare pests like crows away from valuable crops. It seems that these scarecrows have earned a spooky reputation ever since.

**Arbor Hills Grapevine**

October 2021

**Arbor Hills Independent Living Residence**  
 4145 Lakeland Hills Blvd  
 Lakeland, FL 33805



**Resources**

**Mary Gaudet**  
 Executive Director

**Lori Merrill**  
 Resident Relations Director

**Luis Casiano**  
 Food Service Director

**Ramon Miranda**  
 Maintenance Director

**Kaitlyn Askey**  
 Activities Director

**Anne Shumaker**  
 Business Office Manager

**Physician Transport with Julio**  
 Monday (south side), Wednesday and Friday

**Beauty/Barber with Courtney Mondays and Thursdays**  
 9:00am-11:30am

**Halloween Costume Contest!**

I think one of the most exciting things about Halloween is that you get to dress up as whatever you want and show off to your friends. Last year we had some wonderful costumes, but I think we can do even better this year! We will be holding a costume building workshop on Monday October 25<sup>th</sup> at 10am. In the workshop we will have items you can use to help build a Halloween costume. If you don't know what you want to dress up as, we will help you! Then, wear your costume to the **Trick & Treat Halloween Bash** the next day at 3pm. Anyone who participates will receive a small prize and the best dressed residents and employees will receive an extra ghoulishly grand prize! Be creative and have fun. Let your inner trick-or-treater out to play!



# October Activity Highlights

**October 1<sup>st</sup>**- Demorah Mims will be here for a howling good time at 3pm in the Community Center.

**October 8<sup>th</sup>** – Welcome back Sonny Allday to play the tunes you know and love, 3pm in the Community Center.

**October 11<sup>th</sup>** – May the best bidders bring your beans! Just kidding, we will provide the beans at the Lima Bean Auction at 3pm Monday, located in the Community Center.

**October 12<sup>th</sup>** – Share your two cents at the Town Hall Meeting at 10am in the Community Center.

**October 15<sup>th</sup>** – Eddy Rivers is back and bringing you the best of his vocals at 3pm, Community Center.

**October 19<sup>th</sup>** – Take a trip to the outback, Outback Steakhouse that is! Bus leaves at 11:30am.

**October 22<sup>nd</sup>** – The wonderful Jenifer Roys returns to share her joy for singing, 3pm Community Center.

**October 25<sup>th</sup>** – Spend your bucks at the Bingo Store! 2pm in the Community Center.

**October 26<sup>th</sup>**- Join us for Halloween Crafts in the morning, followed by our Tricks & Treat Halloween Bash which includes music, spooky treats and a bubbling brew! 3pm in the Community Center.

**October 28<sup>th</sup>** – Grab a scoop with some creepily good toppings in the Ice Cream Parlor at 2pm.

**October 29<sup>th</sup>** – Our Funny Money Bingo will be played with a Halloween twist at 10am. Then at 3pm in the Community Center we are holding our Haunted Halloween Carnival where you can play fun Halloween games with your neighbors to win ghoulishly grand prizes!



*Sales of cookbooks have jumped 17% over the past year.*

## Now We're Cooking

October is Cookbook Month, which means it's time to get into the kitchen and dust off those pots and pans. While many forms of print media have suffered in the digital age, cookbook sales are booming.

Even for seasoned chefs, cookbooks provide a means of reinvigorating a stale cooking routine. This doesn't mean that

you should go out and buy Buck Peterson's *Road Kill Cookbook*. Adventurous foodies could instead try *Bugs for Beginners*. Historians might like *Cooking Apicius*, recipes from ancient Rome. Mechanics will appreciate *Manifold Destiny*, which teaches how to cook on your car engine. There is truly a cookbook that appeals to every possible taste.

## Who's There?

Knock knock. Who's there? October 31st. October 31st who? Did you know that October 31st is Knock-Knock Joke Day? It is no coincidence that this holiday coincides with Halloween. As children rove door-to-door asking "Trick or treat," they can offer knock-knock jokes as compensation for their candy and goodies.

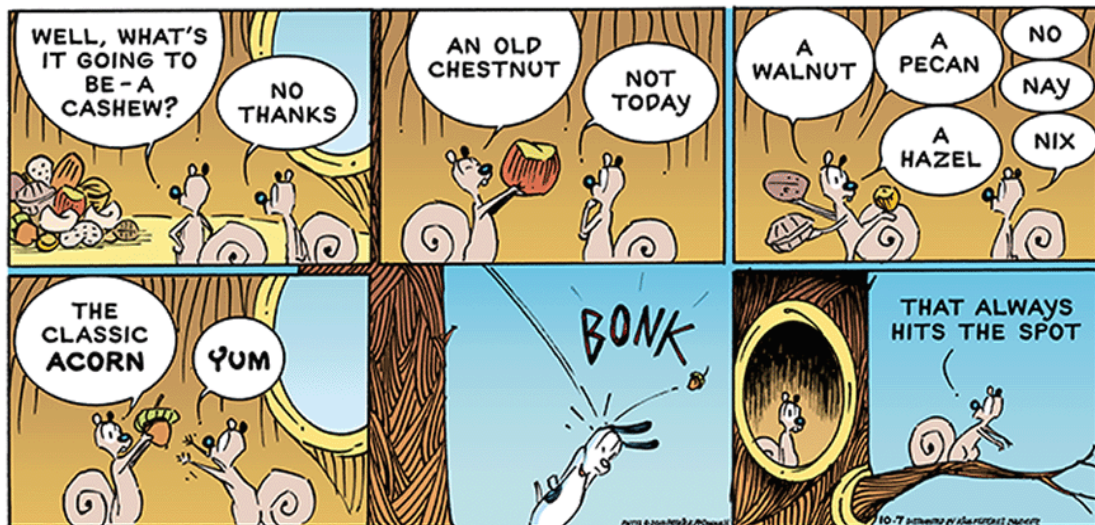
The origin of the knock-knock joke is anything but clear-cut, but clever historians have uncovered bits of American popular culture that present a convoluted history of its creation. Before the knock-knock joke, there was the "Do You Know" joke. Around the year 1900, it was common for joke tellers to ask something like, "Do you know Arthur?" To which the person would reply, "Arthur who?" The jokester would then reveal the punchline: "Arthurmometer!" This groan-worthy punchline, with its silly play on words, foreshadowed the sort of punchlines knock-

knock jokes would become famous for. But where did the door-knocking imagery come from?

In 1929, author Henry Bett wrote the book *The Games of Children: Their Origin and History*. In it, Bett describes a common game called "Buff" in which a player would tap with a stick and say, "Knock knock," to which another player would respond, "Who's there?" Is it coincidence that by the mid-1930s the joke form and the children's game had been combined? Knock-knock jokes were suddenly everywhere. Businesses held knock-knock joke contests. Bands incorporated knock-knock jokes into their songs. By the end of 1936, knock-knock jokes were so ubiquitous that psychologist D.A. Laird called the compulsion to tell knock-knock jokes a mania and a sickness. Perhaps just calling them an infantile sort of humor would have sufficed.



*Knock-knock.  
Who's there?  
Little old lady.  
Little old lady who?  
I didn't know you  
could yodel.*



**What Am I?  
(Answer)**

**Daylight Saving Time**

Daylight saving time (DST) is a biannual practice of adjusting the time to maximize natural daylight. In the spring, clocks are moved forward one hour and then back again in the fall.

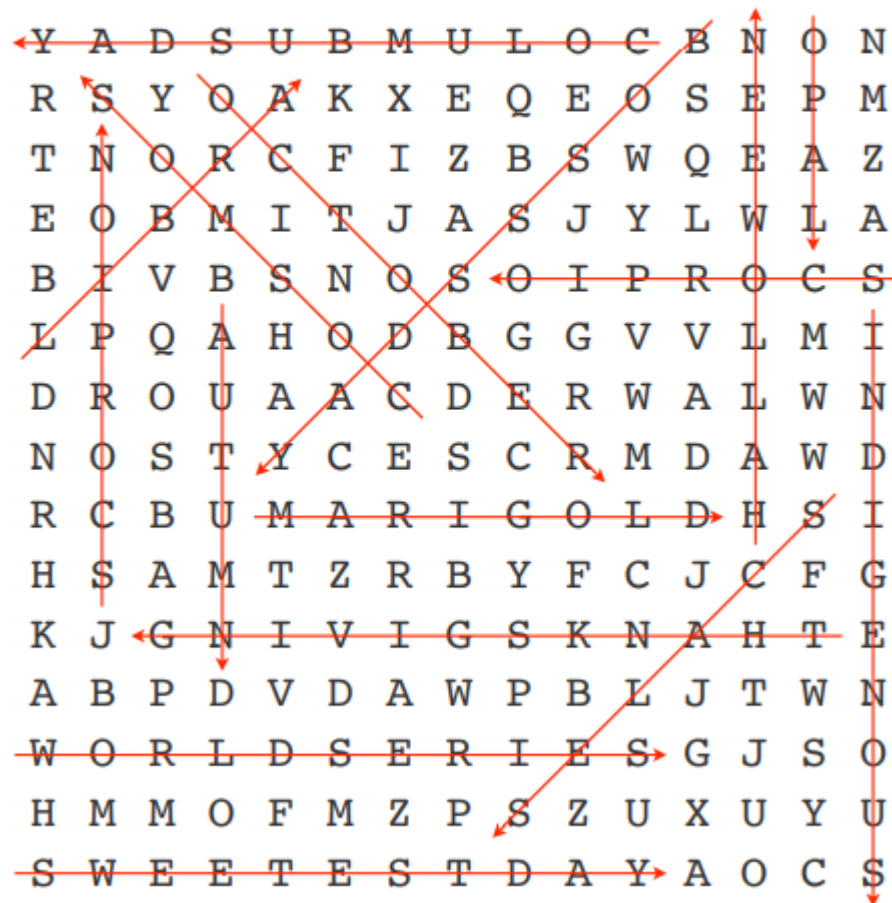
DST is an ideal time to change the batteries of a home's smoke detector, which when working properly can double a person's chance of surviving a house fire. By some estimates, about one-third of residential smoke detectors have dead or missing batteries.

According to the U.S. Law Enforcement Assistance Administration, there are few incidences of violent crime during daylight saving time, which can be attributed to longer periods of daylight.

This year, we will be "falling back" an hour on Sunday, November 7<sup>th</sup>.

**Searching for October**

(solution)



**Managing Stress and Anxiety**

If you're feeling anxious and stressed over the recent adversity and hard times, I feel you. Thousands of Americans are in the same boat. You are not alone.

Whether you're worried about the unsettled economy, your job, or the "not so peaceful" protests, each of these are disturbing. If ignored, they can affect your mental and physical health.

Stress can be a physical reaction to feeling confused and frustrated by a situation. It will affect your sleep, eating patterns, and emotional health. Over the years, I've discovered a few ways to help myself through troubling times. I'd like to share them in hopes you can find peace and relaxation to ease your mind and emotions.

**Practice Meditation or Prayer** – Sit and breathe deeply for a minute or two. Then visualize white light or a sense of goodness flowing through your body and into each of your cells while continuing the deep breathing. Do this for at least 10 minutes. At the end send your love and peace out to the world.

**Exercise** – Walk outside for at least 30 minutes a day. Being outside in nature helps me stay healthy and releases negative thoughts and tension. Fresh air is good for the body.

**Eat Nutritious Foods** – Diet is so important when mitigating stress. Add more vegetables, fruit, legumes and healthy snacks and less sugar and meats. High levels of sugar and carbohydrates can raise your stress level and play havoc on the immune system.

**Take a Break from the News** – The latest news can throw your stress in a tizzy. So, don't tune in all day. Go outside and look at greenery and flowers.

**Journaling** – My favorite way to rid my stress is to record my feelings and to write about my confusion, frustration, and anger. With everything that's happening, it's easy to feel anxious or confused. However, there is always something to be grateful for. I end my morning "pages" with gratitude. I write three uplifting things that happened that morning or the day before. This helps change my perspective and reminds me where I need to put my energy.

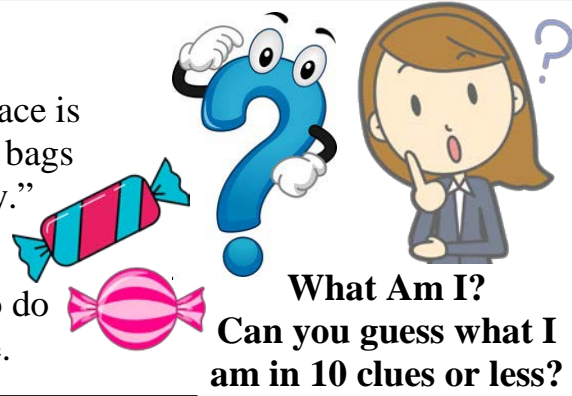
**Talk with a Friend** – Just talking to someone about how you feel can be helpful. Talking distracts me from my stressful thoughts and releases built-up tension by discussing it. Having constant tension clouds my judgement and can prevent me from seeing things clearly. Talk things out with a friend, or a trained professional. You will find solutions to cope with stress and put your problems into perspective.

### A Steady Diet of Chocolate Humor

“My therapist told me the way to achieve true inner peace is to finish what I start. So far today, I have finished two bags of M&Ms and a chocolate cake. I feel better already.”  
~ Dave Barry



Put “eat chocolate” at the top of your list of things to do today. That way, at least you’ll get one thing done.



**What Am I?  
Can you guess what I  
am in 10 clues or less?**

### Searching for October

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.



Y	A	D	S	U	B	M	U	L	O	C	B	N	O	N
R	S	Y	O	A	K	X	E	Q	E	O	S	E	P	M
T	N	O	R	C	F	I	Z	B	S	W	Q	E	A	Z
E	O	B	M	I	T	J	A	S	J	Y	L	W	L	A
B	I	V	B	S	N	O	S	O	I	P	R	O	C	S
L	P	Q	A	H	O	D	B	G	G	V	V	L	M	I
D	R	O	U	A	A	C	D	E	R	W	A	L	W	N
N	O	S	T	Y	C	E	S	C	R	M	D	A	W	D
R	C	B	U	M	A	R	I	G	O	L	D	H	S	I
H	S	A	M	T	Z	R	B	Y	F	C	J	C	F	G
K	J	G	N	I	V	I	G	S	K	N	A	H	T	E
A	B	P	D	V	D	A	W	P	B	L	J	T	W	N
W	O	R	L	D	S	E	R	I	E	S	G	J	S	O
H	M	M	O	F	M	Z	P	S	Z	U	X	U	Y	U
S	W	E	E	T	E	S	T	D	A	Y	A	O	C	S

- |                           |                       |
|---------------------------|-----------------------|
| AUTUMN                    | OCTOBER               |
| BOSS'S DAY                | OPAL                  |
| COLUMBUS DAY              | SCALES (Libra)        |
| COSMOS                    | SCORPIO               |
| HALLOWEEN                 | SCORPION (Scorpio)    |
| INDIGENOUS (Peoples' Day) | SWEETEST DAY          |
| LIBRA                     | THANKSGIVING (Canada) |
| MARIGOLD                  | WORLD SERIES          |

1. I am a firm believer in the importance of timing.
2. Trick-or-treaters have been known to sing my praises
3. Farmers are among my most vocal critics.
4. I tend to exacerbate problems of sleep deprivation and crime.
5. Energy consumption is one of my biggest concerns.
6. Some consider me too arbitrary for my own good.
7. Falling back is commonplace for me.
8. I serve as a reminder to change the smoke detector batteries
9. Animals tend to ignore me.
10. I am a time-shifting practice used to maximize daylight.

Answer on pg. 6

## Senior Super Foods

The adage is true: to stay healthy you need to eat right. Seniors in particular need to eat a variety of healthy foods to maintain strength, bone mass and cognitive function. The good news is that there are lots of tasty superfoods that can help you do just that. Reema Kanda, a registered dietitian nutritionist, adds that superfoods are also sometimes called "functional foods" because they "provide an extra boost of nutrients." Below are just a few of the superior super foods that may help you lead a healthier lifestyle:

**Blueberries** 

Kanda says blueberries are a great inclusion because they have high levels of phytochemicals and an antioxidant profile that promotes bone health in addition to brain health.

**Dark green leafy vegetables** 

"Foods high in antioxidants, such as dark green leafy vegetables and berries, assist in removing free radicals from the body," Liggett Neov says. This can lower your risk for many different diseases associated with aging, including diabetes, heart disease and cancer.

**Brussels sprouts** 

"Brussels sprouts are part of the cruciferous family of vegetables, which have been shown to reduce the risk of cancer by protecting DNA from becoming damaged,"

**Salmon** 

Liggett Neov says fatty fish like salmon is high in omega-3 fatty acids, "which help decrease your risk for heart disease. It's also a great source of protein, a macronutrient that's essential to maintaining muscle mass and strength."

**Eggs** 

Eggs have been alternatively reviled and praised over the years, and many people have settled on just eating the white to get a good protein boost without the cholesterol found in the yolks. But Liggett Neov says "most of the nutritional benefits in eggs can be found in the egg yolk, so please eat the whole egg, not just the egg whites."

**Plain Greek yogurt** 

"Greek yogurt is a functional food because it's so versatile," Kanda says. "It has more protein compared to regular yogurt and a 6-ounce serving is almost equivalent to a 3-ounce serving of meat. Therefore, its high protein content can support prevention of sarcopenia."

**Nuts and seeds** 

Nuts and seeds are excellent plant-based sources of omega-3 fatty acids. "The average American diet is too high in omega-6 fats from deep fryer oil, snack foods and convenience foods," Chong says. "This high ratio of omega-6 fats to omega-3 fats can promote inflammation, whereas improving this ratio by eating more omega-3 rich foods will help to decrease inflammation."