

All about October...

Did you know?

1. The name for the month of October originates from the Latin word "octō", which means "eight". In the Roman calendar, October was the eighth month of the year. When January and February were added to the calendar after the Julian calendar reform, October became the tenth month of the year as we know it now.
2. Every year, October ends on the same day as February. So yes, in 2022, February ended on a Monday and so will October.
3. Halloween simply wouldn't be the same without candy! But there was a time when trick-or-treaters didn't receive candy at all, but rather pieces of cake, fruit, nuts, coins, and little toys. It wasn't until the 1950s, when candy makers began to promote their goods for Halloween, that candy became a staple on the trick-or-treating circuit. These days, one quarter of all the candy sold in the U.S. each year is purchased for Halloween.



National Breast Cancer Awareness Month is an annual international health campaign organized by major breast cancer charities every October to increase awareness of the disease and to raise funds for research into its cause, prevention, diagnosis, treatment, and cure.

In 2022, an estimated 287,850 new cases of invasive breast cancer are expected to be diagnosed in women in the U.S., along with 51,400 new cases of non-invasive breast cancer.

To show our support we will be wearing the color **pink on Friday, October 21st!**



What's Lucky in October?

Lucky Color: Yellow

Lucky Animal: Zebra

Lucky Letters: W and L

Lucky Day: Saturday

Lucky Plant: Canna Lily



Arbor View Communities

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Special Days

October 1st-31st

Breast Cancer Awareness Month

October 10th

Columbus Day

October 14th

Pumpkin Patch Outing

October 20th

Birthday Happy Hour

October 28th

Halloween Block Party

October 31st

Happy Halloween!

Happy Birthday!!

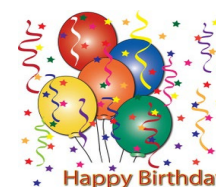
Residents:

Marda George- 10/14

Jerome Paczkowski- 10/22

Staff:

Chelsy Brown-10/13



Pumpkin Patch Outing

Join us on Friday, October 14th to go pumpkin picking at Squire's Pumpkin Patch in Burlington, at 1:30pm! Spots are limited so sign-up ASAP to Erin, Life Enrichment Coordinator. Don't forget to bring some spending money! We recommend bringing \$15-\$20 for the outing!

We will be painting our pumpkins and making pumpkin seeds on Tuesday, the 17th!

Halloween Block Party

We are excited to announce our first annual Halloween block party! On Friday, October 28th at 2pm, each hallway in the building will have a different treat to eat and activity to do! Please feel free to dress up in your Halloween costumes and come out for all the fun!



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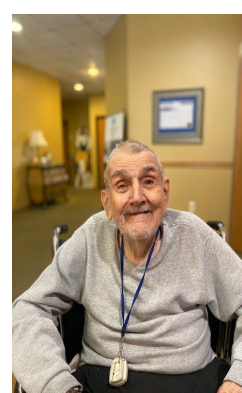
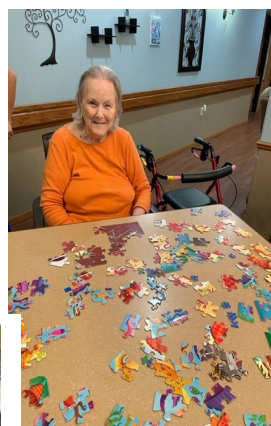
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Contact Us



Happy Halloween!

A word from Eileen...

Fall is here and that means so is flu season! We will also be having our flu shot clinic come this month. I will let everyone know as soon as it's scheduled!

Happy Halloween month! Not only is October Halloween but it's also National Pizza month. Pizza can be a nutritious meal and with the recent addition of Cauliflower crust it's even better. Just for fun, here are a few pizza facts: In the USA, pizza is not only a favorite lunch and dinner meal it's also top on the list for breakfast.

The first ever pizza restaurant was opened in 1738 by John Sasso in New York City.

Margherita pizza comes from two different Italian locations. Naples and Rome, both of which were over 100 years old.

The world's largest pizza was made in Rome on June 19th, 2013. It measured 121 feet long.

It is a crime in Italy to eat your pizza with a knife and fork. Makes you wonder if anyone has gone to jail for that?

As always, please come and see me if you have any questions or concerns. ~Eileen Bock, RN



Michelle's Corner...

Wow this year has been flying by! October is here and we are getting into the colder weather. With that, please make sure you swap out your loved one's summer clothing for warm ones!

Also, I would like to introduce our newest team member, Turda Swanson! Her role is the Community Relations Coordinator. Please welcome her smiley face when you see her!

Michelle Viol, ED

