

# The Fair Oaks News

OCTOBER  
2025

Where your family becomes part of our family.

Skilled Nursing • Respite Care • Rehabilitation Services

## Happy Birthday!

Best wishes to our residents and staff  
celebrating birthdays this month.

### Residents

Susannah F.	10/8
Rudolph F.	10/15

### Employees

Malissa L.	10/1
Gina Z.	10/1
Brittany G.	10/4
Maria L.	10/5
Nina Z.	10/8
Michael T.	10/11
Thandiwe M.	10/15
Sydney K.	10/20
Mariann C.	10/21
Lori T.	10/21
Yazmin C.	10/25
Audrey M.	10/26
Larry S.	10/25
Patricia E.	10/28

## Upcoming Events

10/04 Jewelry Making

10/07 Manicures

10/08 Beaded Spider

10/09 Crystal Lake  
Library W/ Katie

10/14 Music W/ Tony

10/17 Fall Craft

10/20 Chef Day (Cream of  
Potato Soup)

10/21 Abednego Visit

10/22 Mass

10/22 Baking Cookies

10/23 Church Service

10/23 Ice Cream Social

10/24 Lunch Buddies

10/27 Candy Corn Surprise

10/29 Coffee & Donuts

10/29 Mini Pumpkin Painting

10/30 Pentagonal  
Paper Pumpkins

10/31 Halloween Party

10/27-10/31 Movie Marathon

## Pumpkin: Facts & Fun for Fall

Fall is here, and pumpkins are everywhere! From pies and cookies to roasted seeds and pumpkin spice lattes, these versatile gourds are the ultimate symbol of autumn. On October 26, we celebrate pumpkins: a tasty treat and iconic fall decoration.

### Pumpkin Fun Facts:

- The word pumpkin comes from the Greek word *pepon*, meaning “**large melon**.”
- Pumpkins, gourds, and squashes are **technically fruits – specifically berries!**
- Pumpkins come in **more colors** than you think: classic orange, white, yellow, green, gray, and even blue.
- The U.S. produces over **1.5 billion** pounds of pumpkins each year.

- A pumpkin is **90% water**, which is why it floats.
- Pumpkin seeds or pepitas, are **packed with protein**, magnesium, and zinc.
- Pumpkins have been grown in North America for **over 5,000 years**, originally used for food and not just decoration.
- Americans **eat over 50 million pumpkin pies** each year.
- Each Halloween, more than **1 billion Jack-o'-lanterns** are carved in the U.S. alone.
- The world's heaviest pumpkin weighed over 2,700 pounds.

Whether carving, painting, baking, or roasting seeds, pumpkins bring fun, flavor, and fall spirit to every part of the season.

# Fair Oaks

Health Care Center

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As a non-profit 501c3 community, we thank you for supporting our mission of service to seniors through tax-deductible donations of cash or useful items. Please call our office.



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SENIOR HOUSING INC.

FairOaksHealthCare.org


WE ACCEPT CREDIT CARDS




# Prioritize Your Well-Being


October is Emotional Wellness Month, a reminder to check in with yourself and make time for the habits that support your overall well-being. World Mental Health Day is also on October 10, a day dedicated to raising awareness and encouraging conversations about mental health worldwide. Together, they highlight the importance of caring for both body and mind.


Emotional wellness means finding balance in how we handle stress, build connections, and enjoy life. While some factors like age or family history are out of our control, there are many positive steps we can take every day:

 Practice self-care by doing activities that bring you peace or joy, whether it's reading, listening to music, enjoying nature, or exploring a favorite hobby.

 Stay connected with friends, family, and community. Sharing time and conversation often brings comfort and reduces feelings of loneliness.

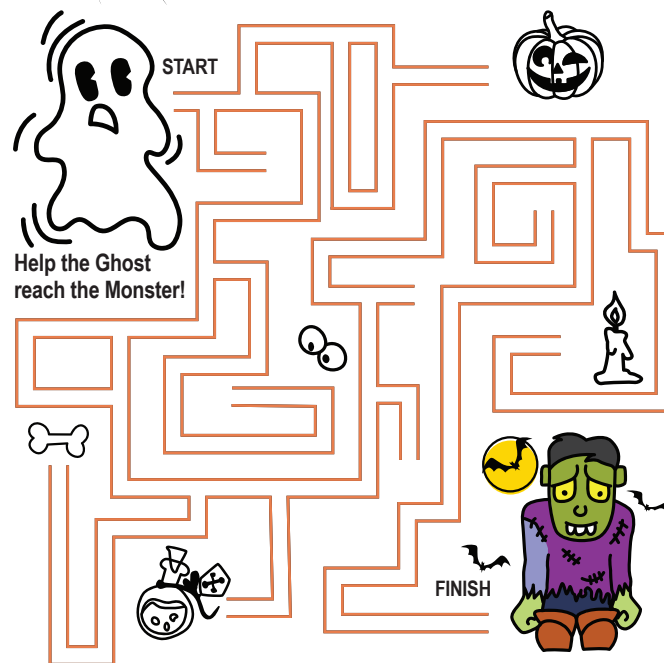
 Care for your body with regular exercise, balanced meals, and plenty of rest. Movement and nutrition support not just physical health, but emotional health too.

 Manage stress through breathing exercises, meditation, prayer, or quiet reflection. Stepping away from news or screens for a while often helps refresh your mind.

 Remember you're not alone. Sharing with a loved one, doctor, or counselor often brings comfort during overwhelming times.

This month, allow yourself to slow down, recharge, and make space for what helps you feel good. Even small steps can create a stronger foundation for emotional wellness.

## SPOOKTACULAR ACTIVITIES



UNSCRAMBLE the letters below to reveal the Halloween-themed words.

**KBALC TAC**

**BOESN**

**DNTEHUA SHEOU**

**KAJC O LTARENN**

**VAENR**

**IAVMREP**

**TWICH**

**IEOZBM**

**Bat  
Candy  
Ghost  
Monster  
Pumpkin  
Scary  
Spooky  
Treat  
Trick**

Circle the nine hidden words, forwards, backwards, or diagonal.

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