

October 2021

# The Care Center Courier

Normandy Care Center | 22709 Lake Rd. Rocky River, OH 44116 | (440) 333-5400 |



## Celebrating October

**Country Music Month**

**Stamp Collecting Month**

**Positive Attitude Month**

**International Coffee Day**

*October 1*

**World Space Week**

*October 4–10*

**World Teachers Day**

*October 5*

**Columbus Day &  
Indigenous Peoples' Day**

*October 11*

**Wear Something Gaudy Day**

*October 17*

**Freedom of Speech Week**

*October 18–24*

**World Origami Days**

*October 24–November 11*

**Cranky Coworkers Day**

*October 27*

**All Hallows' Eve or  
Halloween**

*October 31*

## Trunk or Treat!

This October, The Normandy Senior Living Campus will be hosting its very first Trunk or Treat event. On Friday, October 29<sup>th</sup>. Staff members from The Breakwater, Lakeside, and the Care Center will sign up to decorate their cars and pass out candy. We are asking that all Care Center staff who sign up for "Trunking" pick a resident to join and assist them with the candy pass.

If any residents are interested in participating, please let a member of the Life Enrichment Department know. There will also be a resident sign-up sheet on the Life Enrichment office door.

Our Trunk or Treat event will take place from 6-7:30 PM. Staff members are encouraged to bring their families to trunk or treat!



## Let's Get Physical!

Want to work on your physical health but not sure how to do it?

We have begun offering simple seated workouts. These activities are so gentle and simple that even those who are bed-bound can still participate and get some physical exercise.



Seated Yoga takes place Monday mornings at 10:30 AM in the back of the Main Dining Room followed by a meditation group to work on our mental health as well.

Seated Tai Chi is our newest addition to the exercise groups available. We meet on Friday mornings at 10:30 AM. Tai Chi is all about slow, purposeful movements that help you tap into that universal life energy, known as Chi. Meditation also takes place after this class to keep your mind sharp.



We also offer a variety of other exercise classes including Stretch and Strengthening, Dance Exercise, and Qi Gong. All of these classes are done in a seated position to make it easy for athletes of all abilities.

If you would like to pursue more physical activities, please let a member of the Life Enrichment Team know.

## Take A Bow!

Has someone done a great job lately?

Do you think a good deed deserves a shout out?

Would you just like to say something nice?

**Fill out a "Take A Bow!" form to recognize people who go above and beyond.**

Available at any nurse's station.

### Let Your Voice Be Heard!

Is there something you've been wanting to say? Maybe a compliment about a staff member, or a suggestion for the chef?

**Resident Council** – A place to discuss your care here at the Normandy. Nursing, Caregivers, Maintenance, Housekeeping, Laundry, Activities.

**Food Committee** – Something specifically food related? Our very own Director of Food Services will be there to take your questions, comments, and concerns

**Thursday October 14, 2021  
2:00 PM – Main Dining Room**

This is a closed event, for residents only, if a staff member would like to be present, they must be unanimously voted in by the resident council.



WE INVITE YOU TO A SPOOKTACULAR EVENT

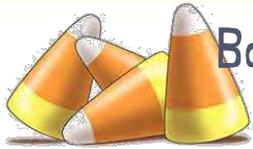


# Halloween Harvest Party

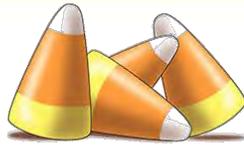
PLEASE JOIN US ON THE 22ND OF  
OCTOBER, AT 2 O'CLOCK IN THE  
AFTERNOON



GAMES, TAROT READINGS, FOOD, DRINK,  
FEATURING:  
STAFF AND RESIDENT COSTUME CONTESTS



## Baking Club



**Time Change Alert!** Baking Club will now be meeting at **3 PM** to allow our environmental services staff time to clean after lunch.



## Jewelry Crafts



This month we will be continuing to work on some fabulous fall jewelry to elevate your accessories. We will also be working on our very first ring craft.

The last week in October you will be able to re-create any of the pieces we've



### Tuesday October 5<sup>th</sup>

No-Bake Caramel Apple Salad



### Wednesday October 6<sup>th</sup>

Leather Leaf Necklace

### Tuesday October 12<sup>th</sup>

Dark Cocoa Autumn Chip Cookies



### Wednesday October 13<sup>th</sup>

Fall Leaf Bracelet



### Tuesday October 19<sup>th</sup>

Mighty Fine Creamy Potato Cheese Soup



### Tuesday October 26<sup>th</sup>

Mini Apple Pie Pops



### Wednesday October 20<sup>th</sup>

Glitter Statement Ring



# Knitter's Nook

Based on our introductory Knitter's Nook meeting, it sounds like we have a lot of interest in learning how to knit. We will begin offering beginners knitting lessons in October. You will learn how to create a basic knit stitch, purl stitch, and learn how to cast on during this month's lessons. Just like with our jewelry crafts, the last week of the month will be dedicated to going over everything we learned and honing our skills.

All are welcome to join! Knitting needles and yarn will be provided.

## Thursday October 7<sup>th</sup> Lesson: The Knit Stitch



## Thursday October 14<sup>th</sup> Lesson: The Purl Stitch

itch  
eters

## Thursday October 21<sup>st</sup> Lesson: Casting On



# Arts & Crafts



## Friday October 1<sup>st</sup>

Hocus Pocus Door Decor

## Friday October 8<sup>th</sup>

Spooky Snow Globe



## Friday October 15<sup>th</sup>

Pumpkin Canvas Painting

## Friday October 29<sup>th</sup>

Painted Mini Pumpkins



## "FRIGHT-Day" Features



### **Friday October 1<sup>st</sup> - The Addams Family (1991)**

Based on the 1938 cartoon The Addams Family by cartoonist Charles Addams. Con artists plan to fleece an eccentric family using an accomplice who claims to be their long-lost uncle

**Anjelica Huston, Raul Julia, Christopher Lloyd**  
(1 hr 39 min)

### **Friday October 22<sup>nd</sup> - The Haunted Mansion (2003)**

A realtor and his wife and children are summoned to a mansion, which they soon discover is haunted, and while they attempt to escape, he learns an important lesson about the family he has neglected

**Eddie Murphy, Marsha Thomason, Jennifer Tilly**  
(1 hr 28 min)

### **Friday October 8<sup>th</sup> - Practical Magic (1998)**

Two witch sisters, raised by their eccentric aunts in a small town, face closed-minded prejudice and a curse which threatens to prevent them ever finding lasting love

**Sandra Bullock, Nicole Kidman**  
(1 hr 44 min)

### **Friday October 29<sup>th</sup> - Casper (1995)**

An afterlife therapist and his daughter meet a friendly young ghost when they move into a crumbling mansion in order to rid the premises of wicked spirits.

**Bill Pullman, Christina Ricci, Cathy Moriarty**  
(1 hr 40 min)

### **Friday October 15<sup>th</sup> - Hocus Pocus (1993)**

A curious youngster moves to Salem, where he struggles to fit in before awakening a trio of diabolical witches that were executed in the 17<sup>th</sup> century.

**Bette Midler, Sarah Jessica Parker, Kathy Najimy**  
(1 hr 36 min)





# Saturday Throwbacks



## Saturday October 2<sup>nd</sup>

Movie: Abbott and Costello Meet Frankenstein (1948)

The Wolf Man tries to warn a dimwitted porter that Dracula wants his brain for Frankenstein's monster's body.

## Saturday October 9<sup>th</sup>

TV: The Addams Family (1964)

The misadventures of a blissfully macabre but extremely loving family.

## Saturday October 16<sup>th</sup>

TV: Bewitched (1964)

A witch married to an ordinary man cannot resist using her magic powers to solve the problems her family faces.

## Saturday October 23<sup>rd</sup>

TV: The Andy Griffith Show (1960)

Widower Sheriff Andy Taylor, and his son Opie, live with Andy's Aunt Bee in Mayberry, North Carolina. With virtually no crimes to solve, most of Andy's time is spent philosophizing and calming down his cousin, Deputy Barney Fife.

## Saturday October 30<sup>th</sup>

TV: The Carol Burnett Show (1967)

Television show featuring skits by Carol Burnett and her comedy troupe.

## New Activity Alert!

Here at the Normandy, we want to make sure that everything we offer is here because you, the residents, asked for it.



In the month of October, we will be introducing a group dedicated to helping you navigate modern technology. Tech Tuesdays will be a time for you to bring your phones, laptops, kindles, etc. and really learn how to find your way around them.

**Tech Tuesdays**  
**Every Tuesday in October**  
**2:00 PM in the Main Dining Room**

While we will be meeting on Tuesdays to help you figure out your tech, please feel free to ask for help anytime! Our door is open.



Do you love to sing?

Have you ever thought about performing?

Under the direction of our Music Specialist, Joy Parrish, we will begin rehearsal for a resident choir.

Choir rehearsals will take place Wednesday afternoons at 2:30 Pm in the Main Dining Room.

All voices and skillsets welcome!

# HALLOWEEN

Today's Halloween customs are thought to have been influenced by folk customs and beliefs from the Celtic-speaking countries, some of which are believed to have pagan roots. Historian Nicholas Rogers, exploring the origins of Halloween, notes that while "some folklorists have detected its origins in the Roman feast of Pomona, the goddess of fruits and seeds, or in the festival of the dead called Parentalia, it is more typically linked to the Celtic festival of Samhain, which comes from the Old Irish for 'summer's end'."

Samhain marked the end of the harvest season and the beginning of winter or the 'darker half' of the year. Like Beltane/Calan Mai, it was seen as a liminal time, when the boundary between this world and the Otherworld thinned. This meant the *Aos Sí*, the 'spirits' or 'fairies', could more easily come into this world and were particularly active. At Samhain, it was believed that the *Aos Sí* needed to be propitiated to ensure that the people and their livestock survived the winter. Offerings of food and drink, or portions of the crops, were left outside for the *Aos Sí*. The souls of the dead were also said to revisit their homes seeking hospitality. Places were set at the dinner table and by the fire to welcome them. The belief that the souls of the dead return home on one night of the year and must be appeased seems to have ancient origins and is found in many cultures throughout the world. In 19th century Ireland, "candles would be lit and prayers formally offered for the souls of the dead. After this the eating, drinking, and games would begin".

Throughout Ireland and Britain, the household festivities included rituals and games intended to foretell one's future, especially regarding death and marriage. Apples and nuts were often used in these divination rituals. They included apple bobbing, nut roasting, scrying or mirror-gazing, pouring molten lead or egg whites into water, dream interpretation, and others. Special bonfires were lit and there were rituals involving them. Their flames, smoke and ashes were deemed to have protective and cleansing powers, and were also used for divination. In some places, torches lit from the bonfire were carried sunwise around homes and fields to protect them. It is suggested that the fires were a kind of imitative or sympathetic magic – they mimicked the Sun, helping the "powers of growth" and holding back the decay and darkness of winter. In Scotland, these bonfires and divination games were banned by the church elders in some parishes. In Wales, bonfires were lit to "prevent the souls of the dead from falling to earth". Later, these bonfires served to keep "away the devil".

## October Birthdays

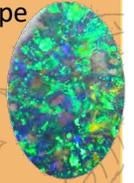
Connie Taylor – October 4<sup>th</sup>

June Illuzi – October 6<sup>th</sup>

Carol Viol – October 13<sup>th</sup>

## Opal Birthstone Meaning

Imagination, Creativity, Innocence, Fidelity, Hope  
Opal is said to encourage a strong sense of imagination, ingenuity and playfulness. It is soothing during turbulent times of life, brings feelings of self-worth and vibrancy to relationships of love



## Calendula Flower

Calendulas grew their name from the blooming at the beginning of each month, hence the Latin "calends" and the English "calendar". The calendula means "throughout the months". Sometimes called "summer bride" or "husbandman's dial" because its flower head follows the sun.



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 justice and 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.

