



The **October** Yorktown Assisted Living Newsletter

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Dear Residents, Families and Friends:

After Labor Day, residents celebrated Welcome Back to School Day by offering their best advice to teachers. During National Assisted Living Week, September 9-14, residents enjoyed a trip to the 202 Diner, an ice cream soda bar, a tie-dye activity and a smores cart. September's pet therapy visitors were Hazel and Blue, two six-month old very friendly goats followed by an Oktoberfest lunch and a fabulous beer and pretzel party on September 25. A month full of memories.

Our October poem:

October is a pleasant time;
The foliage is so sublime,
And there's a briskness in the air
What with October can compare?

Though fainter are the solar glints,
Thought fainter, too, the floral tints,
Though month-end finds the trees quite bare,
What with October can compare?

In town and country, forest, field,
Is garnered kindly Nature's yield.
The harvest urges thankful prayer.
What with October can compare?

By Sterling Brannen

All the best to you and yours,

Joan Marie Whalen

Joan Marie Whalen, Editor
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is the tenth month of the year in the Julian and Gregorian calendars. Its length is 31 days. The eighth month in the old calendar of Romulus c. 750 BC, October retained its name (from Latin and Greek *ôctō* meaning "eight") after January and February were inserted into the calendar that had originally been created by the Romans.

The Anglo-Saxons' name for October was Winterfylleth, with its name containing the words for winter and full moon respectively. The Saxons had a name for October, too. Theirs was Wyn Monath, which translated into "wine month" because it was the time of the year for making wine.

October is Breast Cancer Awareness Month, Vegetarian Awareness Month and in the Catholic Church tradition, October is the Month of the Holy Rosary.

October 2 starts Rosh Hashanah, a Jewish holiday that marks the beginning of the New Year.

October 6: the beer-swilling Bavarian festival Oktoberfest takes place every year in Munich, Germany. The festival usually runs for 16 days from mid-September until the Sunday of the first weekend in October. The event has been held since 1810 when Prince Ludwig of Bavaria held a festival to celebrate his marriage with Therese, the princess of Saxony-Hildburghausen.

October 9: Keep an eye out for the Draconid meteor shower in the late evening of October 9, and the Orionid meteor shower in the predawn hours of October 21–22.

October 9 is Leif Eriksson Day. Also known as Leif the Lucky (c. 970s – c. 1018 to 1025), Eriksson was a Norse explorer who is thought to have been the first European to set foot on continental America, approximately half a millennium before Christopher Columbus.

October 11 marks the start of Yom Kippur at sundown.

October 14 is a busy day, with two holidays packed into it:

- Columbus Day (U.S.), a federal holiday, is observed on the second Monday in October. It was on October 12, 1492, that Christopher Columbus landed on a small island in the Bahamas, convinced that he had reached Asia.
- Indigenous Peoples' Day (U.S.)—a holiday that celebrates the history and cultures of indigenous peoples native to what is today the United States. Indigenous Peoples' Day is celebrated in cities and states across the country, often alongside or in lieu of Columbus Day.

October 17 is October's full Moon, known as the Hunter's Moon. Like September's Harvest Moon, the Hunter's Moon is closely tied to the autumnal equinox.

October 24 is United Nations Day, which aims to bring awareness to the work of the United Nations worldwide.

October 31 is Halloween (All Hallows' Eve)!

October (Continued)

There is an amazingly varied number of holidays and observances celebrated throughout the world in October. Some of which stand out the most are World Vegetarian day on October 1st, World Animal Day on October 4th, World Food Day on October 16th, and International Animation Day on October 28th.

Some of the wackier holidays that are celebrated in the U.S. deserve their own listing: October 4th is National Noodle Day, October 16th is National Fossil Day, Sweetest Day is on the 17th. Boss's Day is celebrated on October 19th and Frankenstein Friday is October 28.

The last two to three weeks in October (and, occasionally, the first week of November) are normally the only time of the year during which all of the "Big Four" major professional sports leagues in the U.S. and Canada schedule games; the National Basketball Association begins its preseason and about two weeks later starts the regular season, the National Hockey League is about one month into its regular season, the National Football League is about halfway through its regular season, and Major League Baseball is in its postseason with the League Championship Series and World Series. To date there have been 30 occasions in which all four leagues played games on the same day (an occurrence popularly termed a sports equinox), with the most recent of these having taken place on October 30, 2023.^[18] Additionally, the Canadian Football League is typically nearing the end of its regular season during this period, while Major League Soccer is beginning the MLS Cup Playoffs.



October has two strikingly different birth flowers, the pastel-hued cosmos, and the radiant marigold flowers. The cosmos flower is representative of the joy one finds in peace and love, as well as representing peace. The marigold, otherwise known as the calendula, is said to be a symbol of tranquility and grace.



October has just two birthstones, tourmaline, and opal. Opals come in a myriad of striking colors that often seem to swirl together and are a symbol of faithfulness, purity, and hope.



As you can see, October is a pretty fantastic time of the year. No matter where you are in the world, the weather is just simply wonderful, with nature putting on a full display for all who step outdoors.



Who Needs the RSV and the New Covid 19 Vaccines?

On October 10, Save Mor Pharmacy will be giving Yorktown residents the Influenza and the RSV vaccinations.

RSV – Respiratory Syncytial Virus Infection

What to Know:

- ✓ CDC recommends everyone ages 75 and older get an RSV vaccine.
- ✓ CDC recommends adults ages 60-74 who are at increased risk of severe RSV disease get an RSV vaccine.
- ✓ RSV can be dangerous for older adults, especially those who have certain medical conditions, are elderly or live in a nursing home.
- ✓ If you have already gotten an RSV vaccine, you do not need to get another at this time.

Overview:

Each year, an estimate 100,000 – 160,000 adults ages 60 and older in the United States are hospitalized due to RSV. Adults at highest risk for severe RSV disease include:

- ✓ Adults ages 75 and older
- ✓ Adults with chronic heart or lung disease
- ✓ Adults with weakened immune systems
- ✓ Adults with certain other underlying medical conditions, including some adults with diabetes or obesity
- ✓ Adults living in nursing homes

Severe RSV:

When an adult gets RSV, they typically have mild cold-like symptoms but some may develop pneumonia. Adults who get very sick from RSV may need to be hospitalized. Severe RSV can be fatal for some adults. RSV can sometimes also lead to worsening of serious conditions such as:

- ✓ Asthma
- ✓ Chronic Obstructive Pulmonary Disease (COPD) – a chronic disease of the lungs that makes it hard to breathe.
- ✓ Heart failure – when the heart can't pump enough blood and oxygen through the body.

RSV and Covid-19 Vaccines (Continued)

On October 24, Save Mor Pharmacy will be giving Yorktown residents the new 2024-2025 Covid-19 vaccine

2024-2025 Covid-19 Vaccine

What to know:

Everyone ages 6 months and older should get the 2024-2025 Covid-19 vaccine. This includes people who have received a Covid-19 vaccine before, who are at high risk for severe Covid-19, who have had Covid-19 or who have never received a Covid-19 vaccine..

The Importance of Staying Up to date:

- ✓ The Covid-19 vaccine helps protect you from severe disease, hospitalization and death.
- ✓ Vaccine protection decreases over time so it is important to stay up to date with your Covid-19 vaccine.
- ✓ The new 20224-2025 Covid-19 vaccines are updated to give you the best protection from the currently circulating strains.

Getting the 2024-2025 Covid-19 vaccine is especially important if you:

- ✓ Never received a Covid-19 vaccine
- ✓ Are at high risk for severe Covid-19
- ✓ Are living in a long-term care facility
- ✓ Want to lower your risk of getting Long Covid



Swinging Seniors: Older Voters Are Still Up for Grabs in 2024

“Move over soccer moms and millennials: Grandma and Grandpa just may prove to be the key swing voters of 2024” writes Gerald F. Seib, *Wall Street Journal* 9/12/24.

“Though attention has been lavished lately on young voters’ allegiances and their need for housing and student debt relief, old folks stand today as the most engaged and powerful demographic in a fractured electorate. The nation’s population of senior citizens is growing faster than any other age group, they are disproportionately represented in this year’s key swing states, and they vote in higher proportions than anyone else.

“In a race where, broadly speaking, Democratic nominee Kamala Harris figures to do well among young voters and Republican Donald Trump shows strength among the middle-aged, the balance could well lie with senior citizens.

“There’s a fight, tooth and nail, for these voters, no doubt about it,” says Tony Fabrizio, the main pollster for the Trump campaign.

“Surveys suggest that, after a summer of swaying back and forth, those senior voters are up for grabs. They first leaned toward Democrat Joe Biden, then shifted quickly away from him after his disastrous early-summer debate against Trump. With Harris now atop the Democratic ticket, seniors appear closely divided. Taken together, the last two Wall Street Journal national polls show Harris and Trump in a statistical tie among those aged 65 and over.

“This population isn’t merely bigger than ever before; it’s also different. As a group, senior citizens today are more racially diverse and better educated than ever before, and they are working longer.

“They also are politically engaged. “They vote,” says Democratic pollster John Anzalone. “They show up. They are the biggest age tranche and they come out.”

“Indeed, in every presidential election since 1996, older voters have had the highest turnout of any demographic, and the margin is getting bigger. According to data compiled by the U.S. Elections Project, in 1996 66 percent of those 60 and over voted. By 2020, the figure had risen to 78 percent.

“This year, AARP has commissioned a series of swing-state polls that underscore the trend. In Michigan, Ohio, Georgia, Nevada and Wisconsin, those aged 50 and over were found to be the most committed to voting this fall. Thus, wooing an older voter may be a wiser investment for a campaign than wooing a younger voter, because that older voter is a far better bet to show up at election time.

Swinging Seniors (Continued)

“That’s particularly true in the small number of states that figure to determine the outcome of the presidential race, where the population trends older than it does in the nation as a whole. Four of those swing states—Michigan, Wisconsin, Pennsylvania and Arizona—are among the 20 states with the highest share of population aged 65 and over....

“There’s nothing monolithic about the older vote, of course, and the fluctuations this summer leave pollsters on both sides thinking sentiments haven’t settled in. There is also a gender gap among older voters, just as there is among younger voters. Older men are more likely to support Trump while older women are more likely to back Harris.

“Whoever wins in November, the political power of seniors is likely to have important policy implications long after this election. For example, Social Security’s trustees project the program’s trust fund will become insolvent in 2033, and Medicare’s trustees project the same fate for its main trust fund in 2036. But with this year’s campaign pushing both parties further away from reforming the major entitlement programs, it isn’t clear what the country’s leaders will do after the election to shore them up. Today’s unwillingness to ask more of seniors means that the likeliest solution will be to divert funds from elsewhere, continuing a trend toward shifting national resources from younger Americans to older ones.

Seniors also have seen their net worth rise faster and farther in recent years than younger people. That may presage tax and inheritance policies, in Washington and state capitals, that are friendlier to them.

“The political influence of seniors is likely to grow even stronger in the decades ahead. Not only is the population growing older, but as the MIT Technology Review recently reported, “A few key areas of research suggest that we might be able to push human lifespan further, and potentially reverse at least some signs of aging.”

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Gerald F. Seib, the Journal’s former executive Washington editor and Capital Journal columnist, now serves as a visiting fellow at the Robert J. Dole Institute of Politics at the University of Kansas.



Did You Know....

1. Vegetables can make you tan.

Eating veggies has plenty of health benefits, but it also has cosmetic ones, according to researchers at Leeds University and the University at St. Andrews. They found that those who consumed vegetables with high levels of red and yellow pigments had a healthy yellow glow compared to those who did not. This is due to a process called "carotenoid colorization."

2. Humans are the only animals that blush.

Speaking of getting a little color, it appears that humans are the only animal that tends to get a little red in the face. While scientists don't know why this is, many believe that it's because we are the only species capable of feeling embarrassed.

3. There's only one letter that doesn't appear in any U.S. state name.

Nope, it's not "z." Remember Arizona? If you haven't already guessed, the answer is "q." It doesn't appear in a single name of a state or territory.

4. Ben's Original Rice was air-dropped to U.S. troops during World War II.

The product was actually only used to help feed military personnel up right until the end of the war.

5. You'll spend almost nine years looking at your phones throughout your lifetime.

According to a recent survey, the average person spends a little over 76,500 hours on their smartphones over the course of their lifetime. If you do the math, that works out to 8.74 years. Yikes!

6. There's a fruit that tastes like chocolate pudding.

The black sapote is a tropical fruit native to Central and South America and known for its flavor, which happens to be strikingly similar to that of chocolate pudding. It also has a creamy, cocoa-colored flesh that only adds to the comparison.

7. St. Lucia is the only country in the world named after a woman.

Sadly, this is totally true. The Caribbean nation was named after **Saint Lucy of Syracuse**, the patron saint of the blind. According to local legend, French sailors were shipwrecked on the island on Dec. 13, the feast day of Saint Lucy, and decided to name the island in her honor.

Did You Know (Continued)

8. Headphones increase the amount of bacteria in your ears.... by a lot.

Wearing headphones for just an hour could increase the bacteria in your ear by 700 percent. Now how's that for a disgusting, albeit interesting fact.

9. The actors who played Mickey and Minnie Mouse were married.

Yup, actors **Wayne Allwine** and **Russi Taylor**, who gave Mickey and Minnie Mouse their voices, were actually married in real life. The pair stayed together for almost 20 years until Allwine died in 2009.

10. You can't own just one guinea pig in Switzerland.

If you're interested in investing in this kind of pet in Switzerland, you better make room for two. Apparently, these animals are so social that the country considers it animal abuse to get just one.

11. The woman who holds the world record for "Most Prolific Mother" has 69 kids.

According to the Guinness World Records, **Mrs. Vassilyeva** of Shuya, Russia birthed more children than any other mother to date. The case was reported to Moscow by the Monastery of Nikolsk on Feb. 27, 1782, asserting that Vassilyeva had given birth to 16 pairs of twins, seven sets of triplets, and four sets of quadruplets.

12. "Dreamt" is the only English word that ends in the letters "mt."

Only the word's derivatives, including undreamt, daydreamt, and redreamt, end with the same letters.

13. There are only four words in the English language which end in "dous."

They include: tremendous, horrendous, stupendous, and hazardous.

15. Kim Kardashian knows the alphabet in sign language.

Apparently, the *Keeping Up With the Kardashians* star used the skill to cheat on tests with her friends in high school.



October

October
national days
word search
printable
from Always
the Holidays

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

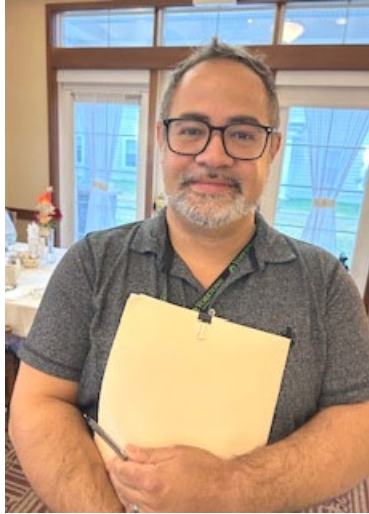
HALLOWEEN
BLACK CAT DAY
MAGIC DAY
VODKA DAY
BLACK POETRY DAY
PUMPKIN DAY
VEGETARIAN DAY

CANDY CORN DAY
TACO DAY
DIVERSITY DAY
PASTA DAY
MENOPAUSE DAY
COMING OUT DAY
HAIR DAY

TEACHERS DAY
SAMHAIN
CAT DAY
MENTAL HEALTH DAY
NUT DAY
CURVES DAY
PUG DAY

(Will send Amanda Grieve's page separately)

September Memories.....



Our new Director of Clinical Services: Alex Gonzalez



Grace Colesanti pets two Pet Therapy visitors – Hazel and Blue – two friendly goats.



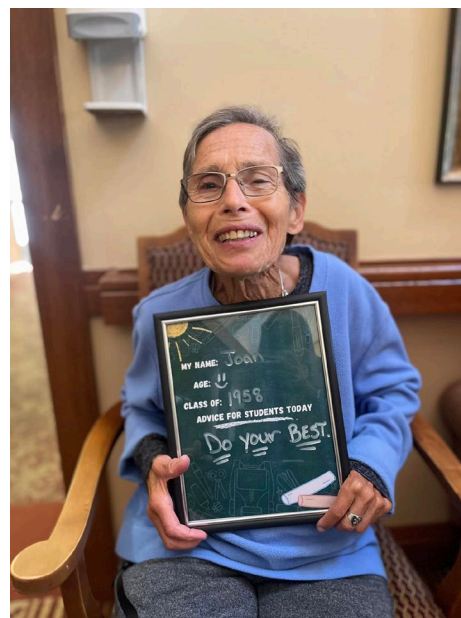
Amanda MacConnell hugs Nelly Squicciarini at her farewell party.



Happy Birthday John Neudeck



Happy Birthday Lucille Neidhardt



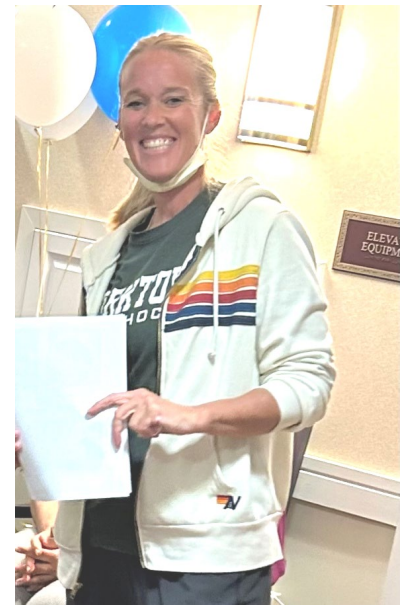
For Back To School Day, Joan Fontana offers the following advice to teachers: "Do your best."



Our Oktoberfest party October 25



Cold Beer and Pretzels!



Amanda Grieve reviews the history of Oktoberfest



Dotty Fischetti, Jerry Ringland and Chandler Hom enjoy Oktoberfest



Happy Birthday Joan Whalen



Our new entertainer Jody



Chef Tom wishes Nanci good luck at her farewell party.



Olive Singh works hard at her Tie-Dye project