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The Glendale

— ASSISTED LIVING —

5020 Ryan Rd, Toledo, OH 43614 P: 419-389-0800 F: 419-389-0819 OCTOBER 2020



This Halloween, there's one more monster lurking: *the coronavirus*. As many people in the United States begin to plan for fall and winter holiday celebrations, the Centers for Disease Control and Prevention unveiled its guidelines for celebrating safely on Oct. 31. The health organization advised against traditional trick-or-treating this year and suggested lower-risk activities.

CDC Ranks Halloween Activities by Risk

Lower Risk Activities

Carving or decorating pumpkins with members of your household and outside, at a safe distance, with neighbors or friends.
Decorating your home.
Having a Halloween scavenger hunt where children are given lists of Halloween-themed items to look for while walking outside.
Having a virtual Halloween costume contest.
Having a Halloween movie night with people you live with.
Having a scavenger hunt for treats with your household members in or around your home.

Moderate Risk Activities

Participating in one-way trick-or-treating where individually wrapped goodie bags are lined up for families to pick up.
Attending an outdoor costume party where everyone wears protective masks and people can stay more than 6 feet apart. (Costume masks can't be a substitute for a cloth mask.)
Pumpkin patches or orchards where people wear masks and use hand sanitizer before touching pumpkins or picking apples and maintain social distancing.

Higher Risk Activities to Avoid

Participating in traditional trick-or-treating where treats are handed to children going door to door.
Going to indoor haunted houses where people are crowding together and screaming.
Going on hayrides or tractor rides with people who from different households.
Traveling to a rural fall festival in another community if you live somewhere with increased COVID-19 transmission.

INDOOR VISITS

Indoor visits at Ohio nursing homes and assisted livings will be allowed to resume Oct. 12 for the first time since the coronavirus crisis began in March, though with a number of restrictions and limits.

Under the change, announced by Ohio Department of Aging, such visits can only take place if they are scheduled in advance, last half an hour at most, and are held in a designated visitation area. No more than two visitors will be allowed at a time, and all visitors must obey social-distancing rules and wear masks supplied by the facility.

GET READY FOR A SPOOKY SPECTACULAR!



Join us for a
HALLOWEEN TRICK OR TREAT PARADE

SATURDAY, OCT 31 AT 2:00PM

Put on your costume, pull up in your car, and let us fill your bag with treats!

This event is FREE and open to the public. Don't miss all the fun! All participants must come in a vehicle; no walk-ups will be permitted. We encourage visitors to dress up and decorate their vehicles.





October's Two Full Moons

October has two full Moons this year: the full Harvest Moon on October 1 and the full Hunter's Moon on the 31st—Halloween!

One thing that sets the Harvest Moon apart from other full Moon names is that it's not associated with a specific month, as the others are. Instead, the Harvest Moon relates to the start of Fall, with the full Moon that occurs nearest to the equinox being the one to take on the name "Harvest Moon."

Many moons ago, Native Americans named the bright Hunter's Moon for obvious reasons. The leaves are falling from trees, the deer are fattened, and it's time to begin storing up meat for the long winter ahead. Hunters could easily see fox and other animals that come out to glean from the fallen grains of the harvested fields.



October to Feature a Rare Halloween 'Blue Moon'

October will feature the moon event of the year. The month will have two full moons, including one on Halloween night, Oct. 31. The next time we'll see an equally spooky Halloween full moon is 2039, so plan your werewolf costumes accordingly.

The last time that a Halloween full moon was visible in all U.S. time zones was 1944, according to the Farmers' Almanac.

The Halloween full moon will be a so-called "blue" moon because it's the second full moon of the month.

Usually months have only one full moon, but occasionally a second one sneaks in, NASA reports. Full moons are separated by 29 days, while most months are 30 or 31 days long; so it is possible to fit two full moons in a single month. This happens every two-and-a-half years, on average.



OCTOBER 2020 LONG RANGE WEATHER FORECAST FOR LOWER LAKES

- Oct 1-13** Rainy periods, mild
 - Oct 14-18** Sunny, warm
 - Oct 19-24** Showers, then sunny, cool
 - Oct 25-31** Rainy periods, quite mild
- Temperature 57°, Precipitation 2"
The Old Farmer's Almanac

FEATURED EVENTS

- Oct 1 - Make and Take: Aroma Sachet
- Oct 9 - Hocus Pocus & Hot Apple Cider
- Oct 14 - Canvas Painting: Hello Pumpkin
- Oct 16 - Nightmare Before Christmas & Popcorn
- Oct 23 - Happy Hour!
- Oct 31 - Trick or Treat - Parade of Cars



OCTOBER WORD SEARCH

- Bats
- Bewitched
- Black Cat
- Boo
- Broomstick
- Candy
- Eyeballs
- Fangs
- Fog
- Frankenstein
- Goblins
- Grim Reaper
- Halloween
- October
- Potions
- Spirits
- Rip
- Skeleton
- Pumpkins
- Poltergeist
- Haunted House
- Hocus Pocus
- Jack O Lantern



"Modern" Words Are Much Older Than You Thought

You surely know that words fall in and out of popularity throughout the years. It can often seem like a word or phrase is everywhere one year and gone the next. But you may not realize that some popular words that seem distinctly "modern" are, in fact, not.

SPORK

The term for a spoon/fork combo has been around since at least 1909 when it appeared as an entry in the *Century Dictionary*. The utensil itself has been in use since the mid-1800s.

OMG!

This shorthand for "oh my God," a favorite lingo choice of middle schoolers and texters of all ages, dates back about a hundred years! The Oxford English Dictionary recorded a use of it in 1917, in a letter from a 76yr old admiral to Winston Churchill.

UNFRIEND

Surprisingly and hilariously, this verb actually dates back to long before the advent of Facebook. Back before the days of social media—way back, in the 1600s—this word simply meant ending a friendship with someone.

LEGIT

Legit as a shortening of *legitimate* has been around since the 1890s. It started as theater slang for things associated with legitimate drama (versus vaudeville or burlesque). From the 1920s on, it referred to authenticity. If you were "legit," you were being honest.

BLUETOOTH

OK, so this one's an honorable mention. Yes, "Bluetooth," the term for the networking technology that connects your devices, predictably came to be in the 20th century. But the origin of the term "Bluetooth" itself is comically old—the tech was named for a 10th-century Danish king, Harold Bluetooth, who helped unite warring Scandinavia.

Test Your October IQ

There's more to October than goblins and ghosts.

1. Which of the following does NOT occur in October?

- A. Halloween
- B. Thanksgiving Day in Canada
- C. German Unity Day
- D. Chinese New Year

2. True or False? October was the eighth month in the Roman calendar.

3. Which October event occurred first?

- A. Thurgood Marshall was sworn in as a Supreme Court justice.
- B. Chuck Yeager broke the sound barrier.
- C. The Erie Canal opened.
- D. Jackie Kennedy married Aristotle Onassis.

4. What are the two zodiac signs for October?

- A. Libra and Scorpio
- B. Sagittarius and Capricorn
- C. Gemini and Cancer
- D. Virgo and Libra

5. True or False? The first Oktoberfest festival celebrated the marriage of Prince Ludwig and Princess Therese von Sachsen-Hildburghausen.

6. Henry Ford introduced the Model T on October 1, 1908. What color was it?

7. Artist Pablo Picasso was born on October 25, 1881. What was his nationality?

- A. Italian
- B. Spanish
- C. German
- D. Portuguese

8. What is the birth flower for October?

- A. Marigold
- B. Calendula
- C. Rose
- D. A and B

9. Bill Gates was born on October 28, 1955. What company did he co-found?

- A. Apple
- B. Microsoft
- C. Facebook
- D. Twitter

10. Ray Bradbury published a collection of short stories titled The October Country in 1955. What else did he write?

- A. War of the Worlds
- B. Fahrenheit 451
- C. The Great Gatsby
- D. Catcher in the Rye

11. What Glenn Miller song begins "A, B, C, D, E, F, G, H, I" and topped the charts during the entire month of October in 1942?

- A. "(I've Got a Gal in) Kalamazoo"
- B. "(I've Got a Gal in) Kissimmee"
- C. "(I've Got a Gal in) Topeka"
- D. "(I've Got a Gal in) Killarney"

12. Apple Day is celebrated in October. What apple is considered the "most favorite snacking apple"?

- A. Granny Smith
- B. Gala
- C. Honeycrisp
- D. Red delicious

1. (D) 2. True. 3. (C) 4. (A) 5. True. 6. Black. 7. (B) 8. (D) 9. (B) 10. (B) 11. (A) 12. (D)



The wearing of Halloween costumes in America reaches back into the country's cultural history. This shared American folk ritual is a window on the diverse ethnic and religious heritage of the people who settled the United States. People in rural America really embraced the idea of Halloween. They wore scary, frightening get-ups, which were made at home with whatever was on hand: sheets, makeup, improvised masks. Anonymity was a big part of the costumes. The whole point of dressing up was to be completely in disguise.

By the 1920s and 1930s, people were holding annual Halloween masquerades, aimed at both adults and children, at rented salons or family homes. Marketers played heavily on that as Halloween became more commercialized. Costume manufacturing companies began licensing images of fictional characters like Popeye, Olive Oyl, Little Orphan Annie and Mickey Mouse around this time. People also became fascinated with impersonating characters at the fringe of society, pirates, gypsies, witches, and even homeless people became common.

After World War II, as TV brought pop culture into family homes, American Halloween costumes increasingly took after superheroes, comic characters and entertainment figures.

The '60s marked a shift in the way people dress up for Halloween. Costumed donnors started ditching masks and full-on coverage, opting to show their faces. Costumes became a way to play a lighter, special version of oneself: showing the world you 'were' Wonder Woman or Superman.

But there was still a place for scary outfits, encouraged by a slew of splatter-horror movies that started emerging in the 1970s.

AMAZING OCTOBER FESTIVALS & TRADITIONS

If your fall bucket list includes carving jack-o'-lanterns, sipping apple cider, and toasting s'mores over a bonfire, you're in good company. But when you stop to think about it, many of our autumnal traditions—like scooping out pumpkin guts, asking strangers for sugar, and wandering aimlessly through cornfields—are pretty bizarre. Here are the reasons behind some of our favorite fall pastimes.

OKTOBERFEST

This suds-filled celebration, which starts the third weekend of September and ends the first Sunday in October, was created to commemorate the wedding of Bavarian Crown Prince Ludwig to Princess Therese of Saxony-Hildburghausen on October 12, 1810. Citizens celebrated again the following year, and the year after that, and the year after that. The party grew as the years passed—and by 1896, the beer stands had given way to beer tents.

CORN MAZES

Wandering through a confusing crop configuration is a relatively recent tradition. The first corn maze was created in 1993 at Lebanon Valley College in Annville, Pennsylvania.

TRICK-OR-TREATING

Going door-to-door for food on specific holidays dates at least back to the Middle Ages. It became popular in the United States in the 1920s and '30s, but had to be put on hold during WWII due to the sugar rations. When the war was over, the practice returned with a vengeance.

HOMECOMING

Several colleges claim to have held the first homecoming, but whether it was the University of Missouri, Baylor, or the University of Illinois, the tradition dates from the early 1900s and was invented to encourage alumni to come back to visit.

APPLE BOBBING

Trying to grab a Red Delicious with your teeth wasn't always an autumn tradition. It was once a British courting ritual, where each apple was assigned the name of an eligible bachelor, and each woman would try to grab the apple representing the man she was interested in. Getting it on the first try meant a "happily ever after" ending.

HAUNTED HOUSES

The idea of an attraction designed specifically to creep people out has been around since 19th-century London, when Madame Tussaud exhibited eerily accurate wax replicas of famous French people getting their heads lopped off by the guillotine. But walkthroughs of macabre mansions filled with all manner of spooks and scares was first popularized in 1969 with Disneyland's Haunted Mansion. It's the start of the haunted attraction industry. Within a few years, copies had popped up all over the country.

CARVING JACK-O'-LANTERNS

Why do we carve pumpkins? Because it's better than carving turnips. As far back as the 1500s, Irish people told a story about Stingy Jack, a blacksmith who made a deal with the Devil to never claim his soul—but when he died, God wouldn't let him into Heaven, either. So Jack was doomed to walk the Earth with only a burning coal to light his way—which he carried in a turnip he had carved out. Irish immigrants brought the tale to the U.S. Since pumpkins were plentiful in the U.S. and allowed more room for candles, they quickly became the veggie of choice.

October 2020 Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Resident Birthdays Ovella K. 10/2 Ana S. 10/5 Vera W. 10/9 Virginia H. 10/11 Betty A. 10/12 Fredrick J. 10/15 Joanne S. 10/17 Wilda I. 10/24 Elaine P. 10/24	10:00 Nail Salon [AR] 1 2:00 Make and Take: Aroma Sachet 3:30 Infusion Bar 4:30 Four Word Phrases	10:00 BINGO 2 1:30 Road Warriors 4:00 Card Sharks	Room Packets/ Handouts 3 2:30 Puzzle Club
			Room Packets/ Handouts 4 10:30 Church on TV WTVG 13 (CW) 2:30 Sunday Afternoon Musical	9:45 Stretch & News 5 10:00 Hymn Sing a Long 11:30 Resident Forum 2:00 LINKO! 3:30 Treeval: Word Game Bingo 4:30 Trivia!	9:45 Stretch and Bad Jokes!! 6 10:00 M.H. Christmas Craft Club 1:30 Road Warriors 3:00 Snack Cart 4:00 Pictionary	10:00 Shop Meijer 7 3:30 TLC Library Bookmobile 4:00 Balloon Volleyball
Room Packets/ Handouts 11 10:30 Church on TV WTVG 13 (CW) 2:30 Sunday Afternoon Musical	Columbus Day 12 9:45 Stretch & News 10:00 Hymn Sing a Long 1:30 Road Warriors 2:00 Haunting the Halls 4:30 Trivia!	9:45 Stretch and Bad Jokes!! 13 10:00 M.H. Christmas Craft Club 1:30 Triominos 3:00 Snack Cart 4:30 Wacky Weeding	9:45 Stretch and News 14 10:00 Scrabble 2:00 Canvas Painting: Hello Pumpkin 3:30 Ladder Bolo	10:00 Nail Salon [AR] 15 1:30 Road Warriors 2:00 UNO 3:30 Infusion Bar 4:30 WaCkiE WoRdiEs	10:00 BINGO 16 1:30 Parachute 3:00 Nightmare Before Christmas & Popcorn 4:00 Card Sharks	Room Packets/ Handouts 17 2:30 Puzzle Club
Room Packets/ Handouts 18 10:30 Church on TV WTVG 13 (CW) 2:30 Sunday Afternoon Musical	9:45 Stretch & News 19 10:00 Hymn Sing a Long 1:30 Road Warriors 3:30 Treeval: Word Game Bingo 4:30 Trivia!	9:45 Stretch and Bad Jokes!! 20 10:00 M.H. Christmas Craft Club 1:30 Not Quite Jeopardy 3:00 Snack Cart 4:30 Wacky Weeding	10:00 Shop Meijer 21 1:30 Road Warriors 2:00 1:1 Room Visits 3:30 Sorry!	10:00 Nail Salon [AR] 22 2:30 Birds of North America Matching 3:30 Infusion Bar 4:30 Bean Bag Toss	10:00 BINGO 23 1:30 Rummikub 3:00 Happy Hour! 4:00 Card Sharks	Room Packets/ Handouts 24 2:30 Puzzle Club
Room Packets/ Handouts 25 10:30 Church on TV WTVG 13 (CW) 2:30 Sunday Afternoon Musical	9:45 Stretch & News 26 10:00 Hymn Sing a Long 2:00 Dominoes [AR] 4:30 Trivia!	9:45 Stretch and Bad Jokes!! 27 10:00 M.H. Christmas Craft Club 1:30 Road Warriors 3:00 Snack Cart 4:30 Wacky Weeding	9:45 Stretch and News 28 10:00 Scrabble 1:30 Farkle! 3:00 Mask Decorating	10:00 Nail Salon [AR] 29 1:30 Road Warriors 2:00 Chicken Dominos 3:30 Infusion Bar	10:00 BINGO 30 2:00 Birthday Celebration 4:00 Card Sharks	Halloween Room Packets/ Handouts 31 2:00 Trick or Treat - Parade of Cars