

Hello 
OCTOBER

2024

Dates to Remember

October 18th-Trick or Treat Event

October 31st- Halloween Party



From Your Administrator By Kim Pederson

Fall Vaccines to Consider

October 17 – 23rd is Infection Prevention Week. During this time, we do extra staff education about important ways they can help prevent the spread of infection. It's also a timely reminder about fall vaccine availability for the seniors we serve.

As always, we will be offering our patients, residents and staff the annual flu vaccine. In addition, we always have access to the latest COVID booster and routinely make this available to staff and residents. This year, we will also have a vaccine available for RSV.

What to know from the CDC:

- Three RSV vaccines are licensed by the U.S. Food and Drug Administration for use in adults ages 60 and older in the United States.
- 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.
- If you have already gotten an RSV vaccine, you do not need to get another one at this time.

Additional information and consent forms for the vaccines will be coming out soon. If you have any questions about whether you or your loved one should be vaccinated, please feel free to reach out to your health care provider.

Kim Pederson,

Administrator

October

October is derived from the Latin word *Octo*, which means eight. In early Roman times, it was the 8th month of the year until January & February were added. In England, it was called *Winmonath*, which means wine month, because the temperatures were ideal for making wine and ciders.

Birthdays

Pam P.	October 1 st
Corrine W.	October 7 th
Nancy F.	October 13 th
Don P.	October 26 th
Helen H.	October 29 th
Julie A.	October 26 th

Zodiac Signs

Libra- Oct. 1st-22nd

Traits: diplomatic, intelligent, kind

Scorpio- Oct. 23rd-31st

Traits: determined, brave, loyal



Random Tidbits

- *Oct. 1st, 1950, the comic strip *Peanuts* debuted from the pen of Charles Schulz of Minneapolis. *
- *Oct. 3rd, 1990, East & West Germany were united when the Berlin Wall officially came down. *
- *Oct. 8th, 1944, the first broadcast of *The Adventures of Ozzie and Harriet* played on the radio. *
- *Oct. 9th, 1888, the Washington Monument opened to the public. The steam elevator ride to the top was 10 minutes long and was deemed "too dangerous" for women and children. *
- *Oct. 10th, 1933, Proctor and Gamble introduced the first synthetic detergent, Dreft. *
- *Oct. 12th, 1933, the San Francisco Island of Alcatraz became a maximum-security prison. There were 14 separate escape attempts by 36 prisoners until its closure in 1963. 5 escapees are unaccounted for. *
- *Oct. 14th, 1987, A national media frenzy ensued after 18-month-old Jessica McClure fell into an abandoned well on her aunt's property. After 2 days, she was miraculously rescued. *
- *Oct. 15th, 1905, President Grover Cleveland wrote an article published in *Ladies' Home Journal* writing, "We all know how much further women can go than men in their social rivalries and jealousies. Sensible and responsible women do not want to vote." *
- *Oct. 20th, 1917, American Suffragette Alice Paul began her 7-month jail sentence for peacefully protesting women's right to vote. *
- *October 24th, 1939, nylon hosiery was introduced, promising women consumers comfort and confidence. *
- *Oct. 25th, 1955, the first microwave was put on the market, which claimed it could cook eggs in 22 seconds. *

Birthstone- Opal

This month's birthstone is known for its beautiful sparkles and magical changing colors. Opals diffract light and are found in a number of different hues- from reds to yellows, blues to greens, shades of purple and many more. The most common color is opaque, which is milky white. It is said that opals have healing powers and enable the wearer to find their true love.

Flower- Calendula

The Calendula, also known as a marigold, is a member of the daisy family. They bloom in bright yellows, reds, and oranges throughout the summer months and well into fall. Their pedals are edible and have been used for medicinal purposes since at least the 12th century. An ancient beverage was made from a mixture of their blossoms and wine to cure indigestion.

October

Trick or Treat Event

Join us for our annual Trick or Treat Event, during MEA break, on Friday, October 18th @ 10:30! For this event, residents sit in their doorways & in the Fireside Lounge and pass out candy to trick or treaters as they parade through the building. Please plan on arriving around 10:15 where trick or treaters will be gathering as a group in the Chapel. Children and grandchildren of residents, families, and staff are invited! All residents, trick or treaters, and staff are encouraged to dress up in costume to make this event extra fun. The candy for the residents to pass out is provided by Park River Estates. See Linnea Maki, Director of Therapeutic Recreation, with any questions! 763-210-7012.

General Election Absentee Voting

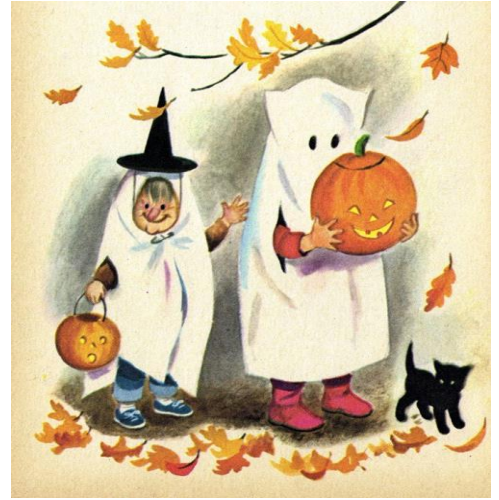
The Anoka County Elections Office will be at Park River Estates on Wednesday, Oct. 23rd at 10:00. LTC residents will be able to vote absentee for the General Election on this day. If you are a LTC resident, who has not voted since moving to Park River, you can register here at the time of voting. Voting will take place in the Activity Room. If you have any questions, please contact Linnea Maki, Director of Therapeutic Recreation.

Halloween Party

We will be celebrating Halloween this year on Thursday, October 31st @ 2:00! Dress in your best costume and join us for cocktails, treats & live music with Lady Di!

Halloween Trivia Answer Key-

- | | |
|------|------|
| 1. A | 8.A |
| 2. C | 9.B |
| 3. A | 10.B |
| 4. C | 11.A |
| 5. B | 12.C |
| 6. B | 13.B |
| 7. C | |



Chaplain's Corner

Family History

October is National Family History Month. We are encouraged to learn more about our family heritage.

My siblings and I have been remembering family experiences through monthly FaceTime visits on our cell phones. We can see each other, all six of us, and talk about our growing up years. It helps us appreciate what it means to be a "Lane."

Perhaps your family name is unique and has a story surrounding it. "Lane" is a Norwegian name derived from the locale in Norway called Lanne. Grandpa's last name was shortened probably when he came through Ellis Island.

Sometimes people feel disconnected from family. Perhaps your siblings have all passed and the next generation is busy. It is then that our spiritual family, the Family of God, becomes even more significant. **What do you know about your spiritual family heritage? Consider this:**

- **God made you and me** (Psalm 139:13 *For You created my inmost being; You knit me together in my mother's womb.*)
- **I'm adopted into the family of God through my faith in Jesus' sacrifice.** (Galatians 3:26 *So in Christ Jesus you are all children of God through faith.*)
- **I have many brothers and sisters in God's family.** We must learn to love one another and get along! (John 13:35 *"By this everyone will know that you are my disciples, if you love one another."*)
- **Jesus is preparing a place for each of His family members in the Father's house where we will live forever.** We will never be alone. (John 14:1-3)

That's my forever family!! I also appreciate being part of the Park River Estates family!

+ Chaplain Sherree Lane



Halloween Trivia

Answer Key on Page 3!

1. What famous magician passed away on Halloween?
A) Harry Houdini B) David Copperfield C) Harry Blackstone Sr.
2. Which first lady was the first to decorate the white house for Halloween?
A) Jackie Kennedy B) Lady Bird Johnson C) Mamie Eisenhower
3. What is the origin of the term jack-o'-lantern?
A) Irish folklore B) Canadian folklore C) English folklore
4. What are the Zodiac signs for October?
A) Sagittarius & Aquarius B) Capricorn & Taurus C) Libra & Scorpio
5. What country gifted the Statue of Liberty to the United States in October of 1886?
A) Switzerland B) France C) Austria
6. In which country did Halloween originate?
A) Romania B) Ireland C) Netherlands
7. Every Halloween, Charlie Brown helps Linus wait for what character to appear?
A) The Great Ghoul B) The Great Ghost C) The Great Pumpkin
8. Which vegetable were jack-o'-lanterns originally made?
A) Turnips B) Squash C) Pumpkins
9. Transylvania is a region in which country?
A) Serbia B) Romania C) Albania
10. Which First Lady is said to haunt the White House Rose Garden?
A) Martha Washington B) Dolly Madison C) Abigail Adams
11. Where do the Munster's live?
A) Mockingbird Lane B) Blackbird Lane C) Raven bird Lane
12. What is the number one city for trick or treating in the U.S.?
A) Boston B. New Orleans C) San Francisco
13. In which state is it a misdemeanor and punishable offense to dress up as a nun or a priest for Halloween?
A) Massachusetts B) Alabama C) South Carolina

Key Facility Contacts:

Administrator.....Kim Pederson
Chaplain.....Sherree Lane
Dir. of Admin. Services.....Dani Van Beek
Dir. of Compensation.....Lori Jumper
Dir. of Culinary Services.....Heidi Kildahl
Dir. of Enviro. Services.....Connie Riley
Dir. of Finance.....Marti Bullock
Dir. of Health Info.....Pam Carpentier
Dir. of Maintenance.....Kurt Becker
Dir. of Nursing.....Alicia Leavitt
Dir. of Rehabilitation.....Tom Kylo
Dir. of Social Services.....Chris Neely
Dir. of Staff Development.....Sue Sellner
Dir. of Therapeutic Rec.....Linnea Maki
Infection Preventionist.....Sam Graff