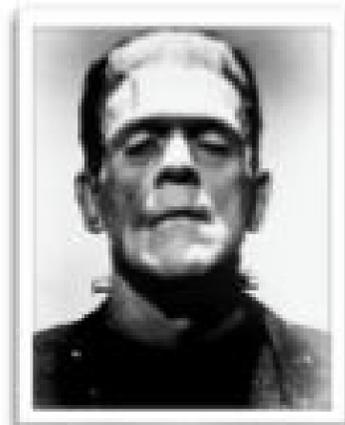


The Monster Match

Match the clue to the well-known monster.

- | | |
|---|---------------------------|
| 1. Wrapped movie monster _____ | A. Sasquatch |
| 2. Legendary sea monster _____ | B. King Kong |
| 3. Vampire count _____ | C. Mummy |
| 4. Snake-haired woman _____ | D. Frankenstein's monster |
| 5. Fictional destroyer of Tokyo _____ | E. Zombie |
| 6. Hairy man-monster _____ | F. Kraken |
| 7. One of the undead _____ | G. Gremlin |
| 8. Wailing woman of lore _____ | H. Cyclops |
| 9. One-eyed monster _____ | I. Goblin |
| 10. Glitch-causing gnome _____ | J. Dracula |
| 11. Abominable snowman _____ | K. Werewolf |
| 12. Bigfoot _____ | L. Poltergeist |
| 13. Small, grotesque sprite _____ | M. Medusa |
| 14. Noisy ghost _____ | N. Godzilla |
| 15. Giant gorilla _____ | O. Yeti |
| 16. Tall pieced-together creature _____ | P. Banshee |



October 2020 Newsletter



October is a HOOT

In October, the black of night is deep and dark. Chill winds blow away the veil of clouds shrouding the crescent moon so that it casts faint shadows in the forest. A deep hoot echoes, sending a shiver down your spine. October is considered Owl Month for good reason. This is the time of year that many great horned owls are active. They begin to set up territory and look for a mate. Hooting, screeching, and other vocalizations are integral to these rituals. For this reason, October is sometimes called the hooting season.

For millennia, humankind has shared myths that depict owls as emissaries of doom, death, and evil magic. The ancient Greeks and Romans believed that witches could transform themselves into owls. The Hopis of North America believe that burrowing owls, which nest and roost underground, are associated with Maasaw, the god of the dead and the night. During the Gaelic festival of Samhain, which takes place on the night of October 31, the barrier between the living and the dead thins so that the spirits of deceased relatives can find their way home. Owls, it was believed, could snatch those wandering souls and eat them. Is it any wonder then that owls, with their midnight hooting and hunting on silent wings, are associated with Halloween? As creatures of the night, they are the perfect symbols for a festival that reveres all things spooky. Not all cultures have feared the owl. The Greek goddess Athena, fed up with the trickster crow, adopted the owl as her companion animal thanks to its perceived wisdom and seriousness. Some Australian aboriginal groups believe that owls are the sacred spirits of women and are revered. In Afghanistan, it is said that the owl brought humans the gifts of flint and iron, tools to make fire. In return, humans gave owls their feathers. Owls are unique amongst birds. Their unusual characteristics—nocturnal nature, hooting calls, large eyes, and their uncanny ability to rotate their necks—all have captured our imaginations and, in many ways,

let our fears get the better of us. Thankfully, most cultures have learned to share these myths while preserving the species, ensuring the survival of these magnificent animals for generations to come.

Welcome New Residents:

Gene And Betty M

Nancy T

Joanne S

Celebrating Resident

Francis M. 10/5

Maxine W. 10/31

Brenda F. 10/14

Harriet B. 10/16

Becky VV. 10/19

Melia S. 10/20

Diane K. 10/25

Larry W. 10/26

Staff Birthdays

Dominique Brock 10/3

Scott G 10/9

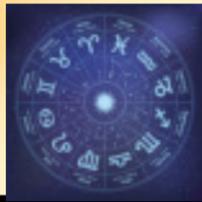
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B—Bistro (1st Floor) CR—Card Room (2nd Floor) CY 1—Courtyard 1 (Behind Bistro) CY 2—Courtyard 2 (Behind WC) DR—Dining Room (1st Floor) L—Library (3rd Floor) T—Theater (3rd Floor) WC—Wellness Center (1st Floor) S—Salon (1st Floor) MC—Memory Care (1st Floor) WD—Welcome Desk (1st Floor)	Important Times to Know MEAL TIME Breakfast 8:00—9:00 A.M. Lunch 12:00—1:00 P.M. Dinner 5:00—6:00 P.M. Hydration Times 10a.m, 4pm & 7pm Snacks & Hydration offered throughout each day!		All Activities (Date, Time, Place) Subject to Change More details will be given on weekly activities schedules	1 10:00 Coffee & Garden Talk CR 11:00 Brain Teasers CR 2:00 Matinee Movie T 2:00 Hangman Groups CR 3:00 Community Social B 5:00 Daily Chronicles B 6:15 Bistro Card Games B	2 10:00 Morning Painting Class B 11:00 Fun with Food B 2:00 Netflix and More T 3:00 Table Bowling B 4:00 Happy Hour B 5:00 Daily Chronicles B 6:15 Movie Night: T	3 10:00 Cranium Crunches B 11:00 Sunrise Fitness Kick T 2:00 Can you Picture This? CR 3:00 BINGO with Amanda DR 4:00 Cranium Crunches B 5:00 Daily Chronicles B
4 9:30 Coffee/Muffins B 10:30 Church Service B 3:30 Pampered Hands S 4:00 Daily Chronicles B	5 10:00 Cardio Classic T 10:30 Devotion L 11:00 Arm Chair Travel T 2:00 Comedy Movie Time T 3:00 BINGO DR 5:00 Daily Chronicles B 6:15 Movie Night: T	6 10:30 Sunrise BINGO DR 11:30 Brain Exercise B 2:00 Hydration Corner DR 2:30 Seated Exercise w/Santino T 3:30 Puzzle Time CR 5:00 Daily Chronicles B 6:15 Movie Night T	7 10:00 Its Yoga & Breathing T 11:00 Tony Washington Live Music. MCC 2:00 Pampered Hands S 3:00 BINGO DR 5:00 Daily Chronicles B	8 10:00 Aromatherapy Game CR 11:00 5 Second Rule CR 2:00 Matinee Movie T 3:00 Wellness Center Seminar T 5:00 Daily Chronicles B 6:15 Bistro Card Games B	9 10:00 Coffee & Current Events B 11:00 Making Halloween Cookies B 2:00 Darts Competition B 3:00 Fun with Food B 4:00 Happy Hour B 5:00 Daily Chronicles B 6:15 Movie Night: T	10 10:00 Gadgets and Gizmos B 11:00 Sunrise Fitness Kick T 2:00 Snack Crate B 3:00 BINGO with Amanda DR 4:00 Cranium Crunches B 5:00 Daily Chronicles B
11 9:30 Coffee/Muffins B 10:30 Church Service B 3:30 Pampered Hands S 4:00 Daily Chronicles B	12 Columbus DAY 10:00 Sit and Stretch w/ Tino T 10:30 Devotion L 11:00 Columbus Day Trivia and Puzzles CR 2:00 Columbus Day Doc T 3:00 BINGO DR 5:00 Daily Chronicles B	13 10:30 Sunrise BINGO DR 11:30 Wheel of Fortune B 2:00 Hydration Corner DR 2:30 Seated Exercise w/Santino T 3:30 Family Feud B 5:00 Daily Chronicles B 6:15 Movie Night T	14 10:00 Its Yoga & Breathing T 11:00 Devotion L 11:30 Cranium Crunches B 2:00 Pampered Hands S 3:00 BINGO DR 4:00 Community Council B 5:00 Daily Chronicles B	15 10:00 Cards to Take CR 11:00 Resin Mold Madness CR 2:00 Matinee Movie T 2:30 Pictionary CR 3:30 Wellness center seminar T 5:00 Daily Chronicles B 6:15 Bistro Card Games B	16 10:00 Morning Painting Class B 11:00 Community Crossword B 2:00 Resin Mold Madness CR 3:00 Music with Tom Fisch. MCC 4:00 Happy Hour B 5:00 Daily Chronicles B 6:15 Movie Night: T	17 10:00 Cranium Crunches B 11:00 Sunrise Fitness Kick T 2:00 Netflix Documentary T 3:00 BINGO with Amanda DR 4:00 Cranium Crunches B 5:00 Daily Chronicles B
18 9:30 Coffee/Muffins B 10:30 Church Service B 3:30 Pampered Hands S 4:00 Daily Chronicles B	19 10:00 Cardio Classic T 10:30 Devotion L 11:00 Netflix and More T 2:00 Comedy Movie Time T 3:00 BINGO DR 5:00 Daily Chronicles B 6:15 Movie Night T	20 10:30 Sunrise BINGO DR 11:30 Community Crossword B 2:00 Hydration Corner DR 2:30 Wellness Center Explore WC 3:30 Group WALK WD 5:00 Daily Chronicles B 6:15 Movie Night: T	21 10:00 Its Yoga & Breathing T 11:00 Devotion L 11:30 Sensational Sounds CR 2:00 Pampered Hands S 3:00 BINGO DR 5:00 Daily Chronicles B	22 10:00 Hangman Group CR 11:00 Who What When? CR 2:00 Matinee Movie T 2:00 Door Decorating Contest B 3:00 Community Social B 5:00 Daily Chronicles B 6:15 Bistro Card Games B	23 10:00 Coffee & Current Events B 11:00 This day in History B 2:00 Halloween Figurine painting CR 3:00 Jewelry Making CR 4:00 Happy Hour B 5:00 Daily Chronicles B 6:15 Movie Night: T	24 10:00 Gadgets and Gizmos B 11:00 Sunrise Fitness Kick T 2:00 Grab Bag CR 3:00 BINGO DR 4:00 Cranium Crunches B 5:00 Daily Chronicles B
25 9:30 Coffee/Muffins B 10:30 Church Service B 2:00 Cross words B 3:00 Pampered Hands S 4:00 Daily Chronicles B	26 10:00 Sit and Stretch w/ Santino T 10:30 Devotion L 11:00 Arm Chair Travel T 2:00 Comedy Movie Time T 3:00 BINGO DR 5:00 Daily Chronicles B 6:15 Movie Night T	27 10:30 Sunrise BINGO DR 11:30 Brain Exercises B 2:00 Hydration Corner DR 2:30 Seated Exercise w/Santino T 3:30 Building WALK WD 5:00 Daily chronicles B 6:15 Movie Night: T	28 10:00 Its Yoga & Breathing T 11:00 Devotion L 11:30 Word Search and Brains CR 2:00 Pampered Hands S 3:00 BINGO DR 4:00 Community Social B 5:00 Daily Chronicles B	29 10:00 Grab Bag CR 11:00 Who What When? CR 2:00 Matinee Movie T 2:00 Craft Time /Paint Time B 3:00 Halloween Costume Social B 5:00 Daily Chronicles B 6:15 Bistro Card Games B	30 10:00 Coffee & Current Events B 11:00 This day in History B 2:00 Pumpkin Decorating B 3:00 Junk Drawer Detective B 4:00 Trunk or Treat FP 5:00 Daily Chronicles B 6:15 Movie Night: T	31 Halloween 10:00 Halloween Trivia & Ghoulish Candy B 11:00 Witches Brew Class/Dry ICE B 1:30 Pumpkin Carving B 3:30 BINGO DR 5:00 Movie Night Hocus Pocus T



October Birthdays

In astrology, those born between October 1–22 balance the scales of Libra. Libras have strong intellects and keen minds and so need constant stimulation. Libras are also masters of compromise and diplomacy, acting as wise mediators between friends and colleagues. Those born from October

23–31 are Scorpio's scorpions. Scorpions are passionate and intense, yet you may never know given their calm demeanors. They value truth, loyalty, and justice in friends and family.



RESIDENT SPOTLIGHT

This month we are shining our light on the very bright Katie Blumer! We are so lucky to have you here at Waterstone on Augusta. Katie is a resident ambassador and helps us welcome new residents that move in. She is warm and so approachable. You can find Katie playing the piano downstairs by the fireplace right after dinner. We are so thankful for this angel in disguise. Love you KATIE



The Clinical Stages of Alzheimer's Disease

The number of stages assigned to Alzheimer's disease varies depending on the source. The Alzheimer's Association designates three broad categories that include early-stage, middle-stage, and late-stage. Other resources such as the Mayo Clinic include a pre-clinical category, which develops long before any symptoms are apparent. This stage can be identified only in research settings and can last for years and possibly even decades. The early or mild stage of Alzheimer's is one where people still live normally and independently but may experience memory lapses beyond what is considered "normal aging." We've all blanked on someone's name, misplaced our keys or phone, or walked into a room and forgotten why we went there. Usually we laugh it off as having a "senior moment," and that is essentially what it is. As we grow older, most of us notice we're just not as quick as we used to be and that it may take longer to learn and recall information, which is why it's important to keep our brains active and maintain good health.

With early-stage Alzheimer's, memory deficits are more noticeable and include forgetting the right name or word for something familiar, having difficulty performing usual tasks, forgetting what was just read, and having trouble with planning and organizing. People may also experience mood changes and become more easily upset or frustrated. During this time, it's important to seek medical advice and continue to live well by taking control of overall health and wellness. It's time to focus on what's important and make plans for the future to address legal, financial, and social needs. Though the rate of progression varies, it is estimated this stage can last anywhere from two to four years.

With middle-stage or moderate Alzheimer's, the symptoms of dementia are more pronounced. Words may be confused, and thoughts expressed with increased difficulty. The performance of usual tasks and routines may require some level of assistance. There may be confusion about time and place and increased difficulty controlling bowel or bladder functions. This stage is estimated to last anywhere from two to 10 years.

In late-stage Alzheimer's, symptoms are severe. The ability to engage and respond to the environment is essentially lost. Loved ones may not be recognized, and communication becomes much more difficult. At this point, around-the-clock personal care is generally required. It's important to maintain interaction through such things as family visits, gentle touch, and the playing of relaxing music. It is estimated this stage can last from one to three years.

It is important to remember that people may not fit neatly into specific stages and that stages can overlap. People need to be assessed individually, and their care should be tailored to who they are and what they need at any given point in time.

A Home for the "Gentle Giants"

The massive redwood trees have graced the coast of California for thousands of years, yet it wasn't until October 2, 1968, that Redwood National Park was founded to protect these "gentle giants" as national treasures. After the discovery of gold along the Trinity River in 1850, Northern California experienced a mini-gold rush, and many miners turned to logging, which decimated the redwood population. Various conservation groups attempted to save the old-growth forests, and many stands of trees were saved. The outbreak of World War II led to a construction boom, and once again the trees were eyed as a rich source of lumber. It was not easy for President Lyndon Johnson to sign legislation establishing Redwood National Park, especially in the face of opposition from timber companies. But thankfully, 58,000 acres of forest were set aside for preservation. Today that number has grown to over 130,000 acres, providing a vast coastal shelter for the tallest trees in the world. Nurtured by the dense fog of the coast, some of these trees soar more than 300 feet into the sky. Even the smallest specimens are wondrous to behold.

What's Happening in October....

- Country Music Month
- Global Diversity Awareness Month
- Emotional Wellness Month
- World Smile Day October 2
- World Teachers Day October 5
- Indigenous Peoples Day October 12
- Character Counts Week October 18–24
- International Chefs Day October 20
- International Artist Day October 25
- Halloween October 31

Pasta's Path to ITALY

Pasta is a food beloved by cultures all over the world. While many associate this pantry staple with Italy (thanks to gorgeous visions of spaghetti mounds topped with meatballs), nearly every country has its own version of noodles made from flour, water, and eggs. On October 25, World Pasta Day, enjoy spaghetti from Italy, lo mein from China, ramen from Japan, orzo from Greece, or spaetzle from Germany. Many myths describe how pasta was brought from China to Italy during the 13th century by explorer and merchant Marco Polo. Historians believe it is more likely that noodles originated in central Asia thousands of years prior. Noodles reached East Asia and even moved westward to Europe long before the triumphant return of Marco Polo. Yet none can dispute that in Italy pasta was transformed and refined, thanks to the cultivation of durum wheat, which is high in gluten and long-lasting on the shelf. The Mediterranean climate was suited to growing vegetables and herbs, which led to the development of the many tomato-based sauces that are today synonymous with pasta.



Max for the MINI

October 30, 1965, was the day of the Melbourne Cup Carnival at the Flemington Racecourse in Melbourne, Australia. It was a day of horse races, entertainment, fashion, food, and culture, but the attention was not on the racehorses. Twenty-two-year-old English supermodel Jean Shrimpton, known as “the most beautiful girl in the world,” had arrived wearing a simple white shift dress, yet there was nothing simple about the fact that the hem of the little minidress ended four inches above her knees. Moreover, she wore no hat, gloves, or stockings. The Melbourne Cup may have been known as “the race that stops a nation,” but Shrimpton’s skimpy attire had stopped the nation’s heart. Australia was scandalized, and the supermodel had singlehandedly launched a fashion revolution. Was Shrimpton’s shocking choice intentional? She had been hired by Dupont to promote its new Orlon fabric and had been sent rolls of the stuff prior to Derby Day. Shrimpton and London dressmaker Colin Rolfe went to work crafting a dress, but Rolfe soon discovered that he did not have enough Orlon to finish his design. Shrimpton advised him to settle on the modern and minuscule white shift. Miniskirts were in vogue amongst the youth of London, largely thanks to the work of fashion designer Mary Quant, so the decision must have seemed a natural one to Shrimpton. It was not deemed acceptable by mainstream Australian society. The newspapers chided her for her poor taste. Dupont immediately found a Melbourne designer to design more appropriate clothes for Shrimpton’s subsequent Derby appearances. Shrimpton wore the new conservative clothes, but she could not escape the scandal of her white minidress. By the end of the Carnival, she had unapologetically returned to her modern look, saying, “I feel Melbourne isn’t ready for me yet.” By the next year’s Carnival, Melbourne designers had copied Shrimpton’s look. Any hemline below the knee was now old-fashioned.

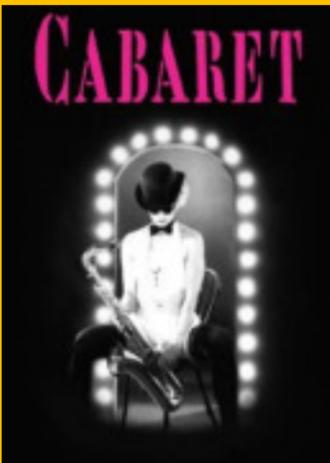
Pleasure in the Post

The first full week of October brings International Postcard Week. Experienced deltiologists (the official term for postcard collectors) value postcards for their rarity, beauty, and condition, yet anyone can collect postcards as a fun and enjoyable hobby. Postcards are often set into two categories: those depicting topographical and social history, such as photos or illustrations of historical scenes; and subject or “topical” cards created by notable artists. Of course, International Postcard Week is not just for collectors. Many people celebrate by creating their own postcards and mailing them to someone they love. You never know, your postcard could end up in a deltiologist’s collection someday.



Life is a Cabaret

On October 6, 1889, the Moulin Rouge cabaret opened in the Montmartre section of Paris. Europe was in the midst of an economic and social reawakening after the horrors of the Franco-Prussian War. Europeans attempted to heal the scars of the recent past by diving headfirst into a period of carefree frivolity. For those seeking fun, freedom, and joie de vivre during this Belle Epoque, there was no better refuge than the bohemian haven of Montmartre. Savvy businessmen Joseph Oller and Charles Zidler enjoyed instant success after the opening of their cabaret. They gave Parisians what they wanted, an atmosphere of decadence and glamour replete with dancing girls in suggestive costumes and free-flowing libations. The well-to-do came to enjoy nights of debauchery. Artists soaked up the atmosphere as inspiration. Even humble laborers could afford to buy a drink, watch a show, and marvel at the glittering chandeliers and mirrored walls. No one could miss the massive red windmill standing outside—an homage to earlier windmills of Montmartre that had been converted to drinking establishments—or the colossal model elephant in the adjoining garden, a prop left over from the Universal Exhibition of 1889. Everything at the Moulin Rouge was larger than life. The fame of the Moulin Rouge spread, thanks largely to its reputation for the French cancan. The scandalous dance featured a chorus line of high-kicking dancing girls who felt no shame in revealing black stockings, garters, lace, and anything else underneath their frilly skirts. The cancan may not have been invented in Paris, but it was certainly made famous thanks to the talents of La Goulue, Nini pattes-en-l’air, and Miss Jenny, the most notable cancan dancers of the time. Even the great French painter Henri de Toulouse-Lautrec was drawn to the cabaret, and he captured the frenetic excitement of the Moulin Rouge in his most famous works. Visitors still flock to the iconic red windmill, and after 130 years it remains as alluring as ever.



History Happenings with Vanessa

THE AMERICAN CIGAR FACTORY Greenville, SC

By 1900, Greenville was on its way to becoming the Textile Capital of the World. Not wanting to have an industrial economy focused solely on cotton, when city leaders learned that J. B. Duke was looking to expand tobacco factories, they made a deal with Duke. The city would provide the land on Court Street, build the building and Duke would move a cigar factory into it. The building was designed by Joseph E. Sirrine, built in 1903 and could be easily converted to a cotton mill should the cigar factory be unsuccessful.

The factory employed 250 young white women at a “man’s salary” of \$6-\$8 a week for a 60-hour work week. However, some young teenaged boys were also employed, as my grandfather’s older brother and sister were both working there in 1910. Within the first 6 months, the factory was producing 60,000 cigars a week.

Although the factory did well, by the 1920s it was becoming outdated and 10 years later in 1930, the doors were suddenly closed putting 300 out of work during the Depression. Shortly after, the Piedmont Shirt Company moved in and 10 years later in 1942, Eugene Stone purchased it for his apparel company.

In 1997, the building was completely renovated by Mark Kent and is now known as Kent Place.

