

Searching for October

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.

Q M N O I P R O C S N H L M W

U A E C O S M O S M A I R S X

A R E I K J H U U R B U F M P

D I W S M C I T O R P L A P O

C G O J F C U T A P B G M X W

O O L F R A T H I D K M W P U

I L L T H A N K S G I V I N G

P D A U H R M B O S S S D A Y

R E H C M O E U F A R A V S H

O H M P Y B R B Q W L R K F S

C I N I B Y U N O B D G N S C

S E E Y A D T S E T E E W S A

T D V R B Z D K D A C X E C L

A A S Z V K O S D A D O Q F E

T G S A O I D V C B Y A E H S

AUTUMN
BOSS’S DAY
COLUMBUS DAY
COSMOS
HALLOWEEN
LIBRA
MARIGOLD
OCTOBER



OPAL
SCALES (Libra)
SCORPIO
SCORPION (Scorpio)
SIMCHAT TORAH
SWEETEST DAY
THANKSGIVING (Canada)
YOM KIPPUR

CRAIGLEE NEWS



Welcome to the October Newsletter. The Craiglee October Programs calendar is filled with activities for our residents to enjoy. An individualized, well thought-out activities program is at the heart of a quality life for residents in our home. Activity programs are creative and stimulating for the mind and designed to meet the interests of each resident in accordance with the comprehensive assessment of their physical, mental, and psychosocial needs.

Craiglee offers unique monthly programs such as cooking, amazing arts & crafts projects, sensory stimulation, musical programs, socials, movies and ethnic programs, just to mention a few.

October programs highlights are: Thanksgiving Socials on each unit prepared by the activity staff, Residents’ Council, Halloween events and pumpkin carving.

Remember Ayesha, Carmelita, Kazumi, Moises, Pearl, Taylor, Paulette, and Viviana are always ready to help and guide you regarding programs on each floor. Please do not hesitate to give us your input and bring new ideas and suggestions regarding the programs calendar.

Celebrating October

Happy Thanksgiving
October 11

Residents’ Council
October 12 ,1st Floor

Residents’ Council
October 13, 2nd Floor

Residents 'Council
October 14, 3rd Floor

Jack –o’-Lantern Day
October 310

Halloween
October 31



Happy Thanksgiving

A Canadian Thanksgiving

In Canada, Thanksgiving is celebrated on the second Monday in October. The first Thanksgiving was observed around 1578. Martin Frobisher, an English navigator who, like many other early explorers, was searching for a Northwest Passage to the Orient and for riches in the form of gold or spices, anchored his ships in Frobisher Bay— between the islands of Baffin and what is now Newfoundland.

He established a settlement and held the first Thanksgiving in Newfoundland to celebrate surviving the long sea journey. Note that this Canadian Thanksgiving predated the Thanksgiving celebrated by the Pilgrims and Native Americans in what is now Massachusetts by more than 40 years. In fact, the Native Americans’ first words to the Pilgrims when they arrived were, “Welcome, Englishmen,” since they had learned English from fishermen and previous settlers to the New World!



Other Reasons for Celebration

In the early 1600s, French explorer Samuel de Champlain arrived with French settlers in what is now Canada. He also held feasts of thanksgiving called the “Order of Good Cheer.” Like the Pilgrims some years later, they also shared the feast with their Native American neighbors as a token of goodwill.

Other early Canadian thanksgiving celebrations honored military victories. Records from Port Royal (Nova Scotia) state that on October 10, 1710, a day of thanksgiving was held to mark the return of the town from the French to the English. In 1760, a day of thanksgiving at Halifax marked the victory of British General Jeffrey Amherst’s troops at Montreal. In 1763, Halifax celebrated the end of the Seven Years’ War with a day of thanksgiving.

Another source says that some early Thanksgivings celebrated the birth of royal children and that the celebrations of early Scottish settlers of Nova Scotia emphasized the religious aspect of giving thanks. Another historian claims that in 1762 Halifax was the first community to give thanks for “a bountiful harvest.” A decade or two later during the Revolutionary War, many Americans who were loyal to England moved to Canada and brought American



Famous October Birthdays

The following people were born in October. Can you find their **last names**? Search horizontally, vertically, diagonally, forward, and backward.

- A. Julie **ANDREWS**
- B. Jimmy **CARTER**
- C. Matt **DAMON**
- D. Jesse **JACKSON**
- E. Nancy **KERRIGAN**
- F. John **LENNON**
- G. Penny **MARSHALL**
- H. Luciano **PAVAROTTI**
- I. Pablo **PICASSO**
- J. Eleanor **ROOSEVELT**
- K. Pat **SAJAK**
- L. Margaret **THATCHER**

C	A	R	T	E	R	U	G	I	D	T	N
J	X	V	P	S	V	D	G	M	S	H	O
Z	O	H	F	A	Z	C	K	C	W	A	S
R	O	O	S	E	V	E	L	T	B	T	K
L	L	A	H	S	R	A	M	J	O	C	C
D	E	A	B	R	W	S	R	S	C	H	A
A	S	N	I	A	A	E	S	O	E	E	J
M	H	G	N	J	O	A	R	O	T	R	U
O	A	L	A	O	C	M	S	D	W	T	T
N	D	K	G	I	N	U	M	N	N	D	I
F	L	S	P	W	J	I	K	W	N	A	N
F	Q	Q	F	C	D	Z	S	G	E	R	U

Bonus: Match the person to the correct clue.

1. Game show host ____

2. Actress/director ____

3. U.S. president ____

4. Female prime minister ____

5. Painter ____

6. Rock singer ____
7. *Sound of Music* actress ____

8. Political wife ____

9. Actor ____

10. Civil rights leader ____

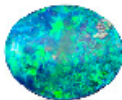
11. Figure skater ____

12. Opera singer ____

October IQ

"Fall" in love with all things October by taking our October IQ quiz.

- 1. Which October event occurred first in history?
 - A. *The Jazz Singer* debuted in New York City.
 - B. The People's Republic of China was founded.
 - C. The first Model T was produced in Detroit.
 - D. East and West Germany reunited.
- 2. Born on October 1, 1935, Julie Andrews starred in all but which of the following movies?
 - A. *The Sound of Music*
 - B. *My Fair Lady*
 - C. *Mary Poppins*
 - D. *Thoroughly Modern Millie*
- 3. October's birthstone, opal, was initially discovered in what country?
 - A. Australia
 - B. India
 - C. Russia
 - D. South Africa
- 4. True or false? The Anglo-Saxon term for October was *Winterfylleth*.
- 5. The U.K. celebrates Apple Day each year on or around October 21. Which of the following is **NOT** a type of apple?
 - A. Granny Smith
 - B. Braeburn
 - C. Concord
 - D. Fuji
- 6. John Lennon was born on October 9, 1940. What was the name of his band? _____
- 7. True or false? One of October's zodiac signs is Sagittarius.
- 8. The first *Peanuts* comic strip debuted on October 2, 1950. Who wrote and illustrated it? _____



- 1.(C) *The first Model T was produced in Detroit in October of 1908. The Jazz Singer opened on October 6, 1927. The People's Republic of China was founded on October 1, 1949. East and West Germany reunited as the Federal Republic of Germany on October 3, 1990.*
- 2. (B) *My Fair Lady. Julie Andrews was in My Fair Lady on Broadway, but Audrey Hepburn starred in the movie version of that play.*
- 3. (A) *Australia. Discovered around 1850, Australia has produced nearly 95 percent of the world's opals.*
- 4. *True. They believed winter began after the first full moon in October. Winterfylleth combined their words for "winter" and "full moon."*
- 5. (C) *Concord. Concord is a type of grape, not apple. The first Apple Day was held on October 21, 1990.*
- 6. *The Beatles. John Lennon was born during a German air raid in WWII.*
- 7. *False. October's zodiac signs are Libra and Scorpio.*
- 8. *Charles Schulz. Schulz had called the comic Li'l Folks, but when Shultz began working with United*



<i>Kwok Chu Leung</i>	<i>Oct 1</i>
<i>Myrna Johnson</i>	<i>Oct 2</i>
<i>David Barnes</i>	<i>Oct 2</i>
<i>Dawn Robinson</i>	<i>Oct 4</i>
<i>Oriel Peterson</i>	<i>Oct 6</i>
<i>Mario Marchado</i>	<i>Oct 6</i>
<i>Lorraine Fleury</i>	<i>Oct 8</i>
<i>Kanesho Sinnathurai</i>	<i>Oct 10</i>
<i>Leroy Campbell</i>	<i>Oct 13</i>
<i>Boneza Molin</i>	<i>Oct 17</i>
<i>Navaratham Sinnathamby</i>	<i>Oct 27</i>



Birthdays are good for yor health. Studies show that people who have more birthdays live longer.

October Birthdays

In astrology, those born between October 1–22 balance the scales of Libra. Libras epitomize fairness and balance, often striving to minimize conflict and seek compromise. They achieve this with their charming, sincere, and lovable personalities. Those born between October 23–31 are Scorpions of Scorpio. Scorpions are passionate and asser-tive yet are known to keep cool and calm. This composure makes them good, steadfast leaders and loyal and honest friends.

Happenings at Craiglee



Celebrating Moon Festival at Craiglee! This festival dates back to the Tang dynasty in 618 A.D. As with many celebrations in China, there are ancient legends closely associated with it. Moon cakes remain one of the oldest traditional ways to celebrate the festival. Our residents enjoyed the unique program performed by Kazumi with traditional costume, dance and food.



A fall can lead to severe complications for seniors

Every year one out of every 15 elderly persons is likely to have a fall, resulting in a fracture. Increasingly more patients above 85 years of age and some even above 100 years need to undergo surgery for these fractures. Even with modern advances in medicine and surgery, this is a huge setback and very often the person never recovers to their pre-fall status. Falls also cause a fear of falling again, avoidance of daily activities, social isolation and ultimately a poorer quality of life.



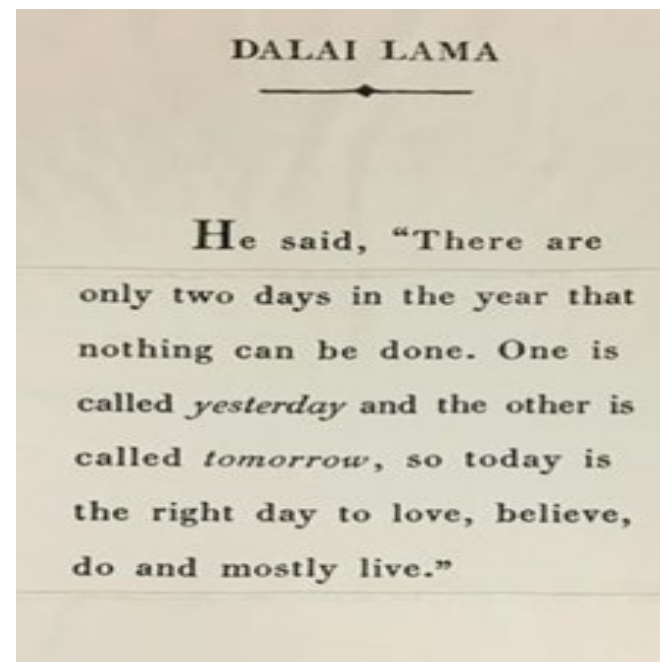
So how do we minimize the risk of a fall, at the same time maintaining an active lifestyle? The following simple precautions can be taken to minimize the risk of a fall:

Exercise, sit to change your clothes, declutter your room, keep the room well lit, wear non slip shoes, don't wear long clothes, and don't rush. Make sure you eat foods that are rich in calcium and vitamin D to keep your bones strong. And eat regularly to ensure your blood sugar level is sufficient to avoid light-headedness. Also, drink enough liquids so you don't get dehydrated.

The risk of falling is a very real one as we get older, and it is important that it is taken seriously. If you are worried about yourself or a loved one, share your concerns with a health professional, friends and family.

SPIRITUAL PAGE

Happenings at Craiglee



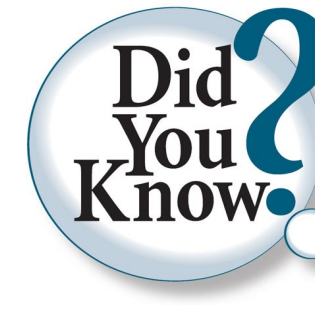
A Prayer for Thanksgiving

Loving God,
We turn our hearts to you on this
day for giving thanks, mindful of
your many gifts.
For each one, we are grateful.
For each one, we are blessed.
For each one we are opened to the
abundance of your love.
May this Thanksgiving Day offer a
reminder to be generous with others,
as you are with us.
We praise you.
We rejoice in you.
We give you thanks.
Amen.

People are often unreasonable and self-centered
FORGIVE THEM ANYWAY
If you are kind, people may accuse you of ulterior motives
BE KIND ANYWAY
If you are honest, people may cheat you
BE HONEST ANYWAY
If you find happiness, people may be jealous
BE HAPPY ANYWAY
The good you do today may be forgotten
DO GOOD ANYWAY
Give the world your best and it may never be enough
GIVE YOUR BEST ANYWAY
for you see, in the end it is between
You and God
It was never between you and them anyway
-Mother Teresa



Happenings at Craiglee



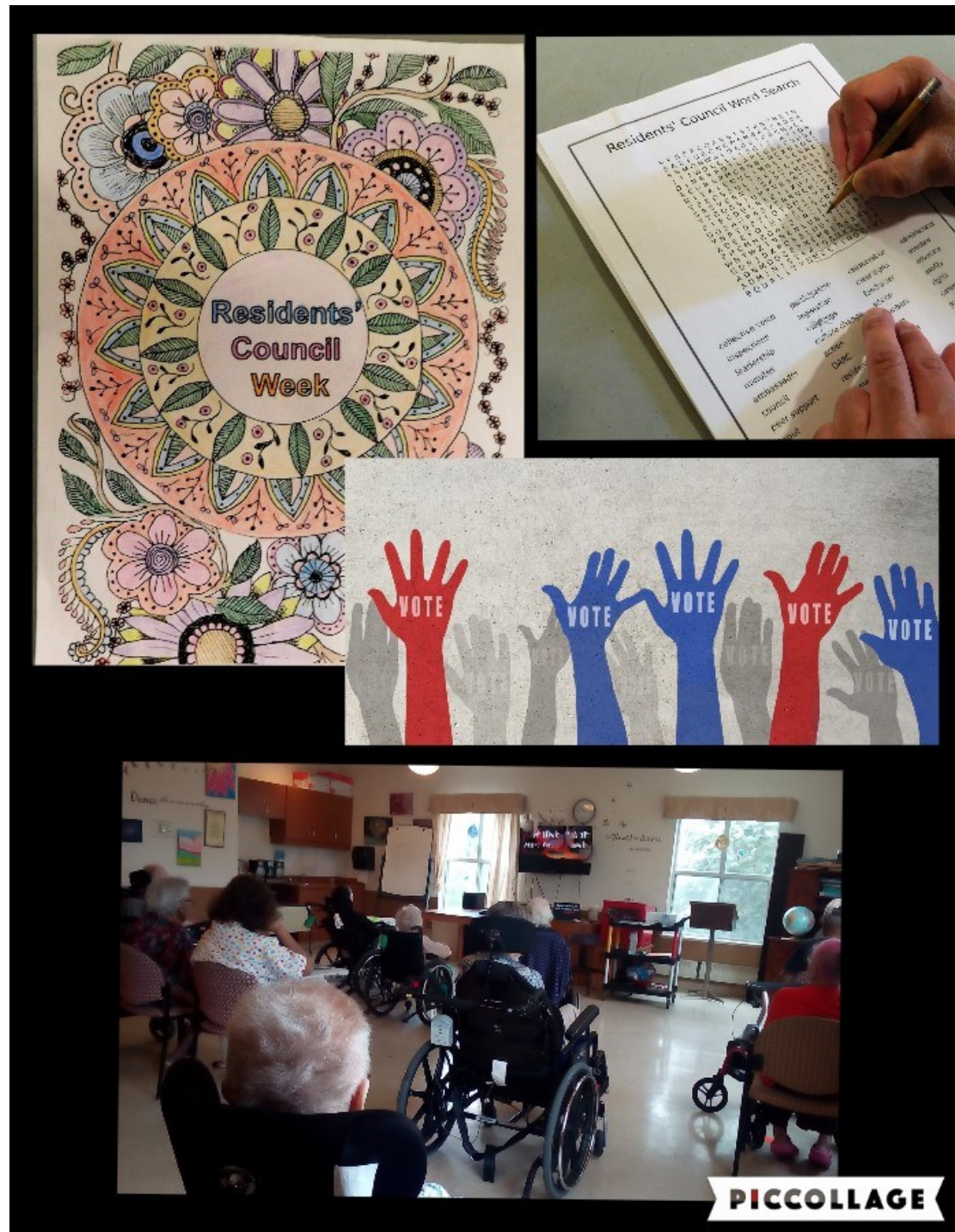
Jack of the Lantern

Every October, once pumpkins have grown fat and orange, these gorgeous gourds are picked and used in a wide variety of ritual activities from baking pumpkin pie to carving jack-o'-lanterns for Halloween. But there's no need to wait until October 26, Pumpkin Day, to make the most of your favourite pumpkin traditions.

Pumpkins have been grown in North America for 5,000 years. While these gourds are native to Central America and Mexico, the tradition of carving pumpkins began across the Atlantic Ocean in Ireland. The practice of carving "jack-o'-lanterns" began with an Irish folktale about a man named "Stingy Jack."

The legend says that Stingy Jack invited the Devil to have a drink, but then the tightfisted fellow did not want to pay. Jack tricked the Devil into transforming himself into a coin he could use to buy the drinks, but Jack put the coin into his pocket next to a silver cross. The Devil, so near a cross, could not change back into his devilish self. Jack made the Devil promise not to claim his soul should he die. The Devil had no choice but to agree. However, when Jack did die, God would not allow someone who caroused with the Devil into heaven. In the end, Jack was sent into the dark of night with nothing but a lamp fashioned from a carved-out turnip, lit with a lump of glowing coal. For this reason, the Irish have long carved images of "Jack of the Lantern" from turnips and, later, potatoes or beets. The scary, glowing faces were used to frighten away Stingy Jack and any other evil spirits.

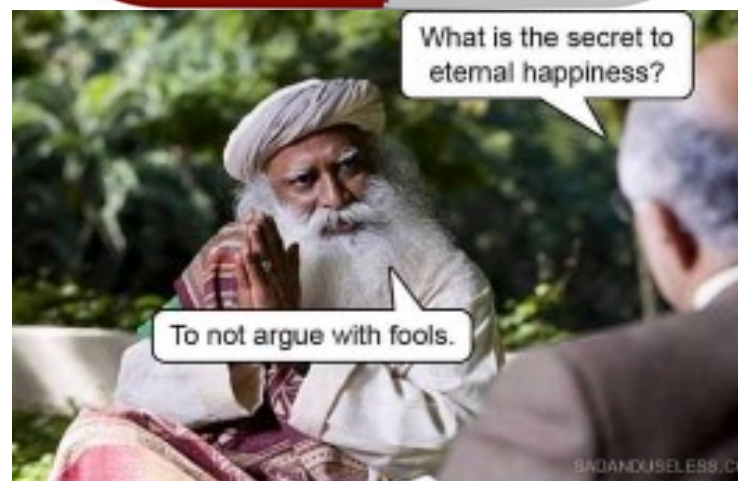
When Irish immigrants came to North America, they discovered a new medium for their jack-o'-lanterns: pumpkins. With their hollow centers and wide, thick, orange shells, these gourds were a perfect vessel. Today, pumpkins are grown on every continent except Antarctica, and people around the world use them to carve jack-o'-lanterns.



A very busy week at Craiglee, celebrating the importance and role of the Residents' Council; meetings on each floor, trivia, election for the RC leadership team. Member of the council have an opportunity to impact the lives of all residents in the home. Thank you, residents, for making us aware of any gaps and for constructively participating as partners in problem-solving.

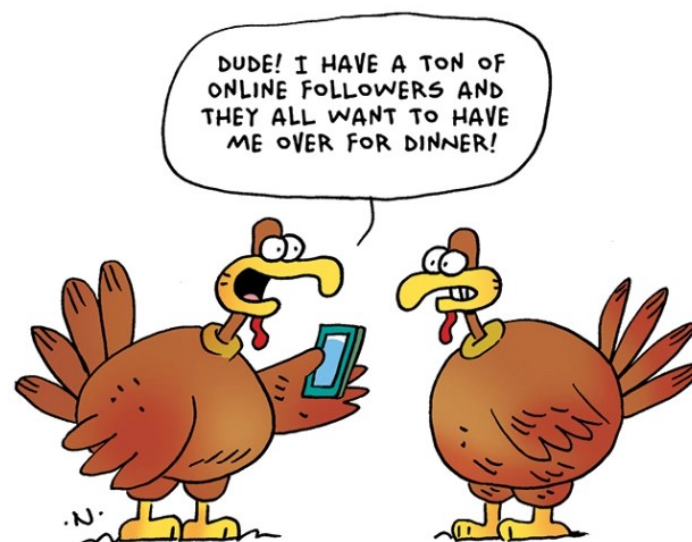
Happenings at Craiglee

LAUGHTER is the best medicine



The wife said:
"Here's \$20, get
the dog a jacket.

If there's any
money left over,
get yourself a beer!



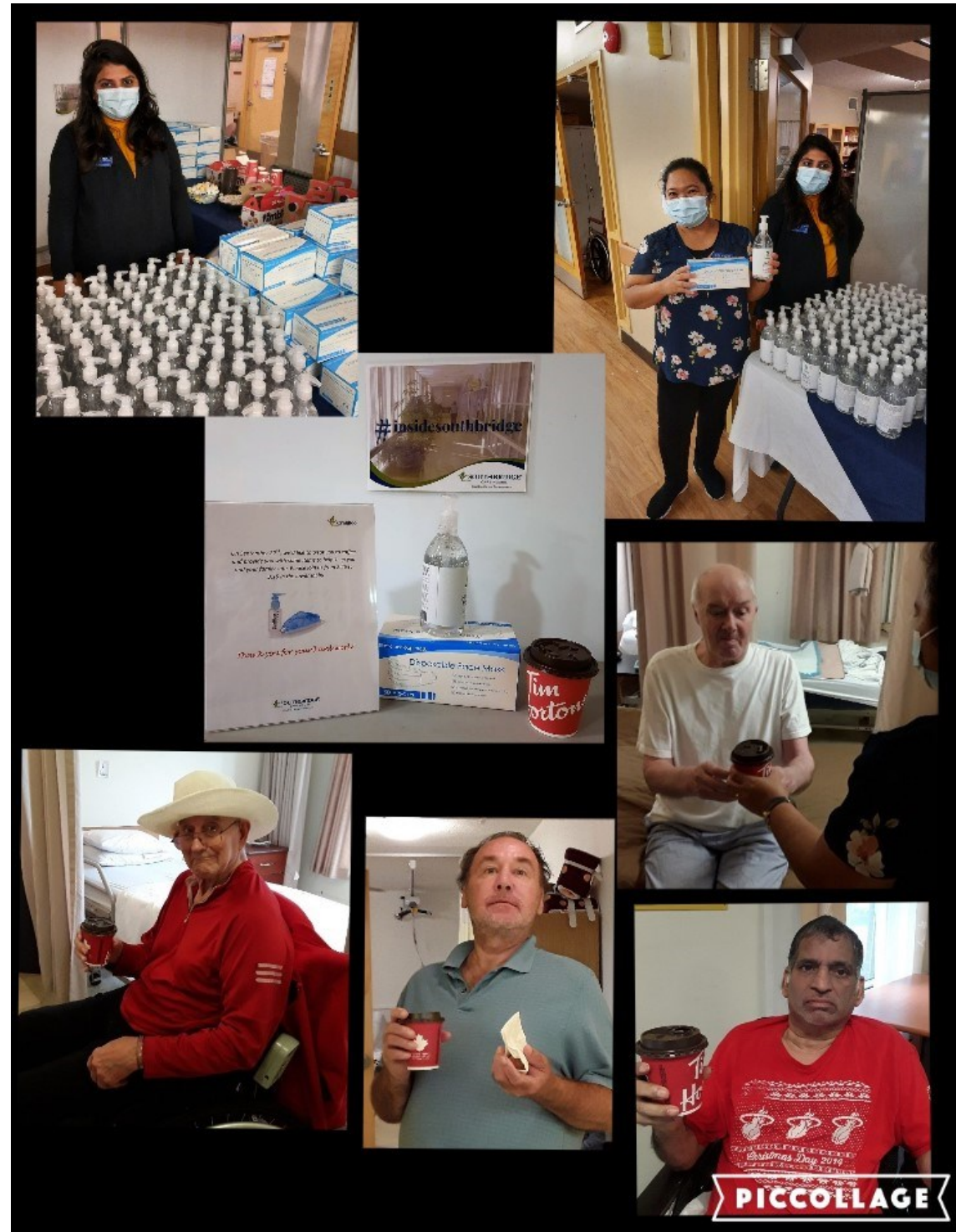
**A man asked a fairy
to make him desirable
& irresistible to all
women.**

**She turned him into
a credit card.**



*An excellent way to end the Resident's Council
Awareness Week was voting for the Federal Election.*

Happenings at Craiglee



*Tim Horton's day for our staff and residents.
Our amazing staff have been provided you with some items to help keep
them and their families safe.
Thank you all for the hard work and*

Happenings at Craiglee



*A unique craft project thanks to a student from Ryerson University
Architectural Science, who donated a couple of unique house mod-
els. Our artists enjoyed painting them and admired the modern
design.*

Happenings at Craiglee



Arts & Crafts can be especially good for your mental health! On the second floor, the residents are painting all they can put their hands on, even the tin cans. Many craft hobbies require concentration which helps with stress and anxiety and can lead to a more general feeling of contentment and mindfulness. Craft has an incredible power to bring people together, from making gifts or Bingo prizes. Thanks to Ayesha, the recreationist from the 2nd floor, our residents have a “job” every day.



Happenings at Craiglee



It is a Craiglee annual tradition to cook green fried tomatoes from our garden. Delicious!!!

Happenings at Craiglee



So glad that we can still enjoy the outdoor sunny afternoons. As the season progresses toward chillier days and nights, it is nice to change the scenery in our garden.

Happenings at Craiglee

