

OCTOBER 2024

“The trees are in their autumn beauty, the woodland paths are dry. Under the October twilight the water mirrors a still sky.”

~ William Butler Yeats

October is National:

ADHD Awareness

Breast Cancer Awareness

Colon Cancer Awareness

Depression Awareness

Domestic Violence Awareness

German-American Heritage

Health Literacy

Hispanic Heritage

Italian-American Heritage

Liver Cancer Awareness

National Book

National Vegetarian

Sober October

World Animal

Month

Just to name a few!

Symbols of October:

Birthstone: **Opal & Tourmaline**

Flowers: **Calendula**

Zodiac Signs: **Libra & Scorpio**



October: A Month of Transformation and Celebration

As October unfolds, we embrace the vibrant transition of seasons, with nature showcasing a stunning palette of reds, oranges, and yellows. This month invites us to revel in the beauty of fall, offering a perfect backdrop for outdoor adventures and cozy gatherings.

Harvest Time and Seasonal Treats

October marks the peak of harvest season, with farmers' markets brimming with pumpkins, apples, and squash. It's a great time to indulge in seasonal favorites like apple cider, pumpkin spice treats, and hearty soups. Many communities celebrate with harvest festivals, where you can enjoy local produce and crafts.

Mindfulness and Reflection

Beyond the festivities, October invites moments of reflection. As the year draws to a close, consider taking time to set new intentions or simply appreciate the changes around you. The crisp air and shorter days remind us to slow down and enjoy the little things.

As we dive into October, let's celebrate the season's richness and all the joyful experiences it brings.
Happy October!



Take a Look it's in a Book

Check out the newly organized Oak Meadows Library. All of the books have been gone through and sorted. You will find that the books have been categorized into one of the following sections: Reader's Digest (Condensed Books), Classics, Health, Religion & Inspirational, Paper Back, Series, Biography and Autobiography, Minnesota, World History, Reg. Print, and Christmas. A special thanks to all of the residents that put their time and effort into this project. It looks wonderful!



Take Your Best Shot at Avoiding the Flu and COVID!

Fairview Pharmacy will be on-site providing a vaccine clinic for Flu and COVID

Wednesday, October 23rd

1-4pm

Please wear loose fitting clothing and remember to bring your medical and pharmacy insurance cards. Consent forms must be filled out prior to clinic time.

*You must sign up for a time to receive your shots!
This is NOT a first come first serve clinic!*

Chaplain's Corner

Grace and Peace to each of you today and always,

I am writing to each one of you today to let you know of a change in hours for the Chaplain's office...i.e. myself. As of January 1, 2025, I have decided to reduce my hours at Oak Meadows to Sunday mornings for Chapel services, and full days on Monday through Wednesday. This was not an easy decision to make, but I made the decision independently of any other persons. With the extra day off, I hope to explore parts of the cities and surrounding area I have yet to discover and perhaps take a few more short vacations. As always I hope to be as attentive to your needs when I am here as I hope I have always been. God bless you all.

Chaplain John Syvertson



Happy October Birthday!

Tenant October Birthdays

- 10/1 - Kathy W.
- 10/3 - Marilyn M.
- 10/15 - Lorraine S.
- 10/17 - Kay S.
- 10/19 - JoAnn B.



Staff October Birthdays:

- Mekenzie Burington 10/9
- Kristina Dichausen 10/10
- Juliette Ghong 10/20



Birthdays Lunch will be served at 11:30 on October 10th in the dining room!

We are currently looking for more Recycled card volunteers. The group meets in the Multipurpose Room on the 2nd and 4th Wednesday of the month at 11am. Please help us keep this program up and running!

The Oak Tree Poem by John Ray Ryder Jr

A mighty wind blew night and day
It stole the oak tree's leaves away
Then snapped its boughs and pulled its bark
Until the oak was tired and stark

But still the oak tree held its ground
While other trees fell all around
The weary wind gave up and spoke,
"How can you still be standing Oak?"

The oak tree said, "I know that you
Can break each branch of mine in two
Carry every leaf away
Shake my limbs, and make me sway.

But I have roots stretched in the earth
Growing stronger since my birth
You'll never touch them, for you see
They are the deepest part of me.

Until today, I wasn't sure
Of just how much I could endure
But now I have found, with thanks to you
I'm stronger than I ever knew."





*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**