




*Upcoming in October*  
**Breast Cancer  
 Awareness Month**  
**Sweetest Day**  
 OCTOBER 20<sup>TH</sup>  
**Halloween**  
 OCTOBER 31<sup>ST</sup>

## Discover The Origin of Halloween

Why do we have a day that is supposed to do nothing but scare the dickens out of us? Why do we dress up like ghost and goblins? These questions can be answered by looking back at the origin of Halloween.

Over 2,000 years ago, the Celtics were a proud, fierce and combative tribe which inhabited Ireland, the northern areas of France, and the United Kingdom. Their new year started on November 1st. The beginning of November marked the end of warm weather and the growing season.

As the hours of darkness prevailed, much of the time was spent spinning yarns and retelling stories which had been passed from generation to generation.

**One of the beliefs that had been passed down was the belief that the dead returned on the night before the beginning of the New Year; October 31st.**

It was believed on this night they returned to avenge the wrong deeds done to them and to bring forecast of the events to occur in the New Year.

Eventually over a period of time, October 31st became known as "SamHain." In order to mark this day, the Celts had a monstrous bonfire in their villages. Each of the villagers came to the bonfire, disguised in different animal skins. The celebration was a way of showing thanks to the Celtic gods for the harvest and good things of the year past.

Christianity began to spread and entered the land of the Celts. Around 800 A.D., Pope Boniface IV declared November 1st "All Saint's Day," which coincided with the Celtic pagan holiday of the beginning of the New Year. The night before All Saint's Day, SamHain to the Celts, was now called "All Hallow's Eve" or "All Hallow's Mass."

**As the centuries passed and cultures were absorbed by other cultures, the origins of Halloween became known as Halloween night.**

## From the Library



It is October! Where has the year gone? Where did you go? I went to Zululand, England, South America, and 3 states. I met lots of people that made my day, other left me crying with tears running down my cheeks. I met them all between the pages of books. I can hardly wait to see who I'll meet next and where I will travel to in October. Maybe I'll bump into someone we both know. Bon Voyage to all!

Jean D., Volunteer Librarian

## ZENSATIONAL

WELLNESS AT MEDILODGE OF MONTROSE

zen•sa•tion•al noun /zen'sāSHənəl/

1. A state of mind and an active process where you join with MediLodge on your journey to Recover, Rejuvenate, Revitalize and Return Home.
2. A whole person wellness centered philosophy, experienced in a relaxed and soothing environment.

*"Life does not hurry, yet everything is accomplished."*

MediLodge's approach to zensational wellness is an active process in which each lodger and employee are encouraged to make choices toward personal growth in seven dimensions of zensational wellness: physical, social, emotional, spiritual, intellectual, occupational and vocational. The goal of our whole person wellness program is to recognize the unique individuality of every person at our Haven for Healing.



# Happy Birthday

## Staff

Rita L.	October 1st
Alicia C.	October 2nd
Darci T.	October 6th
Sylena H.	October 6th
Gregory T.	October 9th
Kelly D.	October 11th
Danielle F.	October 21st
Keri R.	October 21st
Shana C.	October 22nd
Bernardo R.	October 24th
Frieda K.	October 25th
Sally P.	October 25th
Nicole W.	October 27th
Marissa D.	October 28th
Wendy M.	October 29th

## Residents

Leadora M.	October 4th
Onalee S.	October 5th
Darold H.	October 6th
Irma R.	October 7th
Jenni O.	October 11th
Berly E.	October 12th
Emmajean F.	October 21st
Lotta M.	October 22nd
Chester D.	October 22nd
Thelda A.	October 24th
Joseph F.	October 25th
Andy K.	October 25th
Janet W.	October 25th
William V.	October 29th
Yolanda B.	October 31st



## October is Physical Therapy Month: At-Home Physical Therapy Exercises

Physical therapy exercises are intended to restore strength and endurance, increase range of movement, and also improve balance and coordination. To increase the effectiveness, physical therapists use physical therapy exercises treatment along with external stimulations such as heat, coldness, ultrasound, electricity, infrared or UV light, traction, water, and massage. All are applied externally to a specific area, or internally, in order to relieve pain or reducing swelling.

A major factor to assure the success of the exercise methods is to consistently perform them correctly. As long as properly prescribed, physical therapy exercises are the most effective method for treating certain injuries or restoring basic functions.

Physical therapy exercises performed during office visits alone is inadequate. For quick recovery, physical therapists also teach patients how to exercise at home. Here are some examples of physical therapy exercises to do at home:

with a towel around one of your outstretched feet (or around one bent knee.) Pull the foot towards your body (or the knee upwards) to feel the stretch. Hold for 3-5 seconds. Do alternately, and repetitively 2-3 times per day.

**Standing Wall Push:** Position your body against/ facing a wall with one foot behind slightly lunging. Hold the heel down while gently pushing your hands towards the wall to feel the stretch. Hold for 3-5 seconds. Do alternately, and repetitively 2-3 times per day.

**Tightening Legs Over a Ball:** With one knee bent over a ball, straighten the knee by trying to tighten the muscle on your upper thigh. Be sure to keep the bottom of your knee on the ball. Hold for 3-5 seconds. Do alternately, and repetitively 2-3 times per day.

Note that the repetitions and frequency of the exercises may be modified by you or your physical therapist. If you are ever unsure of a movement above be sure to ask your PT to ensure the movement is safe and works for you!

**Sitting Stretch:** Sit on the floor



# National Fire Prevention Week

## October 7– 13th

In the U.S. alone, there are more than 500,000 residential fires every year that are serious enough to require a call to the fire department. Stay safe with these fire safety tips:

**Plan an Escape Route** – If a fire does break out, you must get out fast. Being awakened by a smoke alarm at 2:00 a.m. is not the time to have to think through how to get to safety. You must plan ahead.

**Beware of Smoking** – The leading cause of fire deaths is careless smoking. Cigarettes can smolder under and around upholstered furniture unnoticed only to ignite into a full blaze minutes later.

**Take Care Cooking** – Never leave your cooking unattended. To avoid accidental spills of hot oil or boiling water, be sure

the handles of pots and pans are turned inward on the stove so they can't be bumped or grabbed by anyone.

**Space for Space Heaters** – Whether electric, kerosene or some other fuel, space heaters need *space*. They should be kept at least three feet away from anything that can burn. Never leave them unattended when you leave home.

**Use Electricity Carefully** – Promptly replace cracked or frayed cords on appliances. If an appliance sparks, smells or smokes, unplug it immediately and have it repaired or replaced. An all-too-common cause of electrical fires is the improper use of extension cords. Never run extension cords under rugs and never use an extension cord to overload a circuit.

## October 14<sup>th</sup> is National Dessert Day!

A "dessert" is a meal course that usually comes after dinner. Most often dessert foods are of sweet food but can also be of a strongly flavored food, such as cheese cake. The word dessert comes from the Old French word "*desservir*", which means 'to clear the table'. Often times in the English language dessert is confused with the word desert (note only one "s"). A simple way to remember the difference in spelling is: *Dessert has an extra S, because everyone always wants an extra slice of cake.*

It wasn't until after the 19th-century when the rise of the middle class, and the mechanization of the sugar industry, brought the privilege of sweets into the general public. This was because sugar became cheaper

and more readily available to the general public. As sugar was widely spread, so was the development and popularity of desserts.

In today's culture, dessert recipes have become a popular item for discussion, as they are a way to win people over at the end of any meal. This is partly because if you serve a mediocre meal but with an excellent dessert, people will remember you for the dessert and may forget about the meal.



## Tips for a Better Nights Sleep

- 1. Room temperature:** Keeping the temperature in your bedroom at 70 degrees Fahrenheit or below is recommended. Studies show that the body can better relax with temperatures at 70 degrees or slightly below.
- 2. Reduce caffeine.** The effects of caffeine last much longer than most people expect. The result is difficulty falling asleep. Studies have shown better sleeping patterns if no more caffeine is consumed after 6.00 PM.
- 3. Avoid alcohol.** Alcohol will keep the body from reaching the deeper stages of sleep, where the body does most of its healing and resting. The result of drinking can be a very light sleep or difficulty falling asleep in general.
- 4. Beds are for sleeping.** If you are used to watch TV in bed or even work while being in bed, you may find it much harder to relax and to fall asleep. Sleep requires your brain to slowly shutdown and any distraction will cause sleeping problems.
- 5. Go to bed at around the same time every day.** Don't change your bedtime back and forth. Having a certain schedule developed will make it easier to fall asleep pretty much at the same time every day. A recurring schedule will help your body to get into a sleep pattern and make it easier to fall asleep.
- 6. Remove the alarm clock from your view.** Staring at the time will only create the feeling that you have to sleep, but you are not. Losing track of time and how long you have been awake has shown to improve healthy sleep.



# MEDILODGE OF MONTROSE

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Nurse Managers

Mary Nance  
Director of Nursing

Alicia Strappazon  
Education Coordinator

Melissa Nagel  
MDS Coordinator

Jill Claspell  
Reservations Coordinator

Brandon Maas  
Certified Dietary Manager

Courtney Wendling  
Karla Davis  
Life & Leisure Coordinators, Social Services

Marilou Perkins  
Life & Leisure Coordinator, Activities

Gail Sweers  
Finance Coordinator

Tonya Barger  
Therapy Program Manager

Lori McMichael  
Accommodations Coordinator

Dave Barrett  
Maintenance Coordinator



# October – Word Search

Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. (No backwards.) Good luck!

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

See solution in the September newsletter!

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

SEPTEMBER SOLUTION PUZZLE

## Word List

- BRAIN
- CANCER
- DESSERT
- FIRE
- HALLOWEEN
- PREVENTION
- PUMPKIN
- PUZZLE
- SLEEP
- SPIDER
- STRETCH
- SUDOKU
- SUGAR
- THERAPY
- WALK