



Celebrating October

Country Music Month

Popcorn Poppin' Month

Shemini Atzeret

September 30-October 1

Guardian Angels Day

October 2

Simchat Torah

October 1-October 2

Spinning and Weaving Week

October 1-7

Birthday Dinner

October 11

International Top Spinning Day

October 14

International Artists Day

October 25

Pumpkin Carving

Strangely enough, the tradition of carving pumpkins at Halloween is a relatively new tradition, that blends together several older traditions. People in America were carving faces into pumpkins long before they were making jack o' lanterns. The first mention of carved pumpkins associated with Halloween was in 1866. At least 50 years prior to that John Greenleaf Whittier included a line in his poem about pumpkins that went, "When wild, ugly faces we carved in its skin." It is thought that at that time, pumpkin carving was not associated with Halloween at all but was instead related to the harvest.

They placed lit coal inside the carved-out gourds and set them outside of their homes or in their windows. There are two reasons for why they might have done this. Both reasons are related to that fact that they thought the veil between the dead and the not dead was thinnest at that time. It has been suggested that the lit faces were carved out to welcome the spirits. The other idea is that the carved-out faces were placed in the windows to scare away unwanted spirits.

The tradition seemingly was born in the United States as Irish immigrants began telling old tales and carving faces



out of pumpkins. They told an old Irish folk tale of a man named "Stingy Jack" who carries pieces of burning coal in a lantern and because of that he is called "Jack of the Lantern" or "Jack O' Lantern" for short.

Join Kutz Senior Living Campus and Lodge Lane Assisted Living October 24th for our annual pumpkin decorating contest. Staff from both buildings will be teaming up to create festive pumpkins. We are calling on residents to judge the contest.

October Events

October 11th, 2018:

"Organizing Your Legacy for Your Family."
Janis Harlow with Paper Tigress personal finance care will be doing a breakfast and learn on "Organizing Your Legacy for Your Family at 9:30am.

October 20th, 2018:

Alzheimer's Walk
8:00am: Registration
9:00am: Ceremony
9:30am: Walk Start

Location:

Riverfront Wilmington
0 Shipyard Dr.
Wilmington, DE 19801

Kutz Senior Living Campus will be sponsoring the "Puppy Table." Hope to see you there!

October 24th 2018

Marcus Hook Pharmacy will be on site to answer questions and look at/review Medicare Part D plans during the open enrollment period.
Oct 24th 5:30pm-7:30pm in the chapel.

This will be an opportunity to review costs of current medications and see if there is a better prescription plan available to save money. This is for families and residents who manage their own affairs.

Featured Photo



Jessica, Tonyia and Melissa modeling in our fashion show for National Assisted Living Week.

Mystery Month

The world is full of mysteries. But as we push further into our technological age, that shroud is quickly growing thinner. Still, though, there are a few mysteries left -- and that is what's truly creepy.

There are some historical mysteries that may never be solved. Sometimes, it's because new evidence is unlikely to come forward or the surviving evidence is too vague to lead scholars to a consensus.

America's number one mystery that may never be solved, is the identity of Jack the Ripper. This name has been heard in many books and television shows. He had been accused of murdering several women in London in the early 1800's. However, he was never identified.

Join Lodge Lane in October for our Murder Mystery Game. Can you guess whodunit? Check out the October calendar for more details.

The Golden Ticket

The first day of October brings International Willy Wonka Day, in honor of the fictional candy-maker who first appeared in Roald Dahl's children's book *Charlie and the Chocolate Factory*. The holiday does not commemorate the popular book but rather the 1971 film adaptation, *Willy Wonka & the Chocolate Factory*. One of the differences between the book and the movie is important to note, for it explains why Willy Wonka Day is celebrated on October 1. In the book, young Charlie Bucket wins a Golden Ticket that entitles him to enter Willy Wonka's chocolate factory on February 1. However, in the movie version, Charlie Bucket's Golden Ticket directs Charlie to the chocolate factory on "the first day of October." Why the difference? The movie was filmed in Munich, Germany, during the autumn, between August and November. The weather at the location simply did not look like a February winter, so the date on the ticket was changed to October 1. Check out October's activity calendar for the viewing of *Willy Wonka and the Chocolate Factory*.

October Superfood: Pumpkins

Are you skeptical about taking the pumpkin out of the pie (or cup)? These health benefits may change your mind. Pumpkins can help with weight loss, sharp vision, better immunity, and younger looking skin. With all these great things in mind, don't pass up the next opportunity to eat pumpkins. Why wait, try out this delicious pumpkin square recipe below.

Pumpkin Squares

Ingredients

- 4¼ oz butter, softened
- 3¾ oz dark brown soft sugar
- 4¼ oz plain flour
- 2 oz porridge oats
- 2 eggs
- 5 oz caster sugar
- 1 tin pumpkin purée
- 12 fl oz evaporated milk
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves

Preparation method

Prep: 20 min | Cook: 35 min

1. Preheat oven to 180 C / Gas mark 4.
2. In a medium bowl, cream together butter and brown sugar. Mix in flour. Fold in oats. Press into a 23x33cm (9x13 in) baking tin. Bake in preheated oven 15 minutes, until set.
3. In a large bowl, beat eggs with caster sugar. Beat in pumpkin and evaporated milk. Mix in salt, cinnamon, ginger and cloves. Pour over baked pastry base.
4. Bake in preheated oven an additional 20 minutes, until set. Let cool before cutting into it.

Thank you, Lodge Lane Staff!

We set a goal to make and capture memorable moments for National Assisted Living Week 2018. We met, and even surpassed what we set out to achieve. Thank you, staff and residents who participated in the week-long events. Many pictures were taken, and we will be composing "yearbooks" containing those photos. Families will have an opportunity to purchase a yearbook for a small fee. More details to come next month.

October Birthday Babies

Anna Marie B. Oct 7
 Judith B. Oct 21
 Dolores D. Oct 30
 Abigail H. Oct 6
 Marge M. Oct 30
 Louis N. Oct 27
 Margaret S. Oct 19
 Sherita Oct 12

Celebrity Birthdays

Julie Andrews (actress) – October 1, 1935
 Jesse Jackson (activist) – October 8, 1941
 Luciano Pavarotti (singer) – October 12, 1935
 e. e. cummings (poet) – October 14, 1894
 Angela Lansbury (actress) – Oct. 16, 1925
 Johnny Carson (TV host) – October 23, 1925
 Mahalia Jackson (singer) – October 26, 1911
 Bill Gates (billionaire) – October 28, 1955

Deli Days

Lodge Lane Deli Hours
Tuesdays and Thursdays
Noon- 1:30 p.m.

Serving Deli Sandwiches & Sides
Cash Purchases Only

Please see the Front Desk for current pricing

Featured Photo



2018 National Assisted Living Week Olympic winners.

Your Return Address
Street Number and Name
City, State ZIP Code

Postage
Information

Your Mailing Address
Street Number and Name
City, State ZIP Code

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Words of Wisdom

*"Every day may not be a good day but
there is good in every day."*

-Anonymous

*"The advantage of being eighty years old is
that one has many people to love."*

- Jean Renoir

*"Empty pockets never held anyone back.
Only empty heads and empty hearts can
do that."*

- Norman Vincent Peale

*"If we have the attitude that it is going to be
a great day it usually is."*

- Catherine Pulsifer

*"Life is more meaningful when you are
always looking to grow and working toward
a goal."*

- Les Brown