



October is Owl Month, and owls are also associated with Halloween, so it's wise to celebrate the owl in addition to the other October holidays. We will be spending time with some OWLsome programs that are designed to bring out everyone's TALON-ts. October is a hoot!



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.



- 1st - Jess K.
- 16th - Angie N.
- 22nd - Cole F.

*There are no resident or Heritage House Birthdays in October.



All residents who wish to vote have been registered and will be receiving their ballot in the mail this year. Staff will be available to assist residents with their ballots if needed. We hope everyone takes a minute to vote and have their voice heard.



October Joys:

Cool days and nights

Colorful leaves

Hot apple cider

The scent of a bon fire

Frosty mornings

Hot cocoa

Halloween treats

Kids in costumes

Pumpkin pie

Freshly tilled soil

Chrysanthemums

A Message from our Administrator

Dear Resident/Family Member/Responsible Party:

I am reaching out to let you know how we are responding to recent visitation guidance issued by the federal agency, CMS (Centers for Medicare & Medicaid Services). CMS has given the Minnesota Department of Health (MDH) 30 days to determine how this fits into their existing guidance. I ask you for your continued patience as we wait for MDH to provide further direction to use in modifying our own visitation policies. I thank you so much for your support and understanding the past 7 months!

The CMS guidance has specific criteria to help us determine when we can safely re-open to visitors. Our decisions about reopening Halstad Living Center to visitors needs to be based on careful monitoring of data and COVID-19 cases here, in our local community, and in our county.

Our county is currently experiencing a slight increase in the number of positive cases. I will factor this into our planning.

I understand the toll these past months have taken on you and your family. As difficult as it may be, I ask that you give our team at Halstad Living Center the time we need to carefully review the federal guidance as well as recommendations from the MDH to make sure we are reopening as **safely** as possible. If you have questions about our process or if you want more details, please feel free to contact me at any time.

Please know we continue to offer outdoor visitation, window visits and visits through technology, as well as support compassionate care visits and essential caregivers for designated residents, in an on-going effort to decrease the impact decreased visitation may have on residents.

The coming cooler months will continue to challenge us in limiting the impact of COVID-19 on our community. You are key partners in this effort, and I truly appreciate your patience as we prepare to host safe visits and other activities. We all look forward to the days ahead when we're able to enjoy the simple pleasures of hugs, handshakes, and warm in-person greetings again. Personally, I cannot wait for that day! ☺

Thank you again for being partners with us in fighting the COVID-19 virus. Please do not hesitate to reach out to me at 218-456-2105 or angielnelson@rvv.net if you have any questions or concerns.

With kind regards and a grateful heart,
Angie Nelson, Executive Director, LNHA, HSE

DO I NEED A FLU VACCINATION?

GOOD QUESTION! HERE'S A SIMPLE CHART TO HELP YOU DECIDE.

ARE YOU A HUMAN?

YES

NO

WHETHER YOU'RE A DOG, HOUSEPLANT, ROCKING CHAIR, OR WHATEVER - CONGRATS ON BEING ABLE TO READ. VERY IMPRESSIVE!

ARE YOU OVER 6 MONTHS OF AGE?

YES

NO

IT'S TOO EARLY FOR YOU, LITTLE ONE! ENJOY THOSE NAPS! YOU'LL MISS THEM SOMEDAY.

DO YOU EVER GO OUT IN PUBLIC?

YES

NO

YOU SHOULD GET OUT MORE. YOUR FLU RISK MAY BE LOWER... BUT IS IT WORTH IT?

DID YOU ENJOY READING THIS CHART?

YES

NO

DOESN'T MATTER.

YOU STILL NEED A FLU VACCINATION.



GETTING YOUR VACCINATION IS EXTREMELY SIMPLE. ASK US HOW!

TeleVox



We will be using this app to sign up for visits in October. Stay tuned for more information!

Halloween Then and Now

The celebration of Halloween has changed throughout the years. Here is a comparison between the way it was celebrated in the 1950s (when many of us were young or had young children) compared to the way it is celebrated now:

Costumes



- The 1950s:** Costumes were simpler. Many were homemade. The most popular costumes of the 1950s were those of cowboys and cowgirls and popular TV characters of the time such as Superman, Zorro, or Davy Crockett. Ghosts were fashioned from sheets with holes for eyes, and rock and roll made its presence known with girls in poodle skirts and boys made up to look like Elvis. There were also lots of witches, clowns, and adult heroes such as police and firemen.

- Now:** Costumes are largely store-bought and expensive. By a number of reports, the average cost for a child's costume is around \$30. The most popular costumes include those of action heroes and superheroes, Disney princesses, and characters from movies such as Star Wars, Harry Potter, and Frozen. And, never fear, witches and ghosts will always have their place among costumes. Additionally, many people delight in dressing up their dogs (not too many cats will tolerate such a thing), with the most popular costume for them being a pumpkin.

Treats



- The 1950s:** Some of the most popular treats were boxes of raisins, assorted candy such as candy corn, jelly beans, Necco wafers, lollipops, gum, apples, homemade treats such as cookies or popcorn balls, coins, or even small toys. Some of the most popular chocolate bars were made by Mars and included Milky Way, Snickers, and Forever Yours

- Now:** Everything given as a Halloween treat these days must be wrapped or the child is not allowed to eat it. Chocolate candy is the favorite, and miniature candy bars bought in big variety bags are the choice of many homeowners. Any household giving out regular-sized candy bars is sure to be a big hit. The most popular Halloween candy includes: Reese's peanut butter cups, M&M's, Snickers, Hershey bars, and Kit Kats.

Source: ActivityConnection.com, Oct20_ADOBE_Halloween_Discussrecall-HallowedHalloween

Reminders about Visits:



If you would like to come and do a window or patio visit, you must call and make an appointment prior to arriving.

You must stop at the front door to get screened before you have any type of visit.

Use hand sanitizer, keep your mask on and maintain at least 6 feet of distance between you and whom you are visiting.

Our Visitor's Vista is ready to use as the weather continues to grow colder.

We do have assistive devices available for those who are hard of hearing. Please talk to Jess in activities for more information.



Enjoying the beautiful weather with some bike rides. Dietary Manager, Kim, goes on a date with her husband, Bruce, HLC resident.

Missing Items
If you notice your family member is missing something please let someone know right away so we can do our best to locate it for you.



Call Kristen Hanson, Environmental Services Manager, or Lorie Paulsrud, SSD, – 218.456.2105 – to give a description of the item.



Wisdom Biscuit: Why is October the 10th Month of the Year not the 8th?

Answer:

The Roman calendar had 10 months, starting at the vernal equinox in Martius (March). January and February were added later to the beginning, shifting each month back by 2 months.

The early Roman calendar had **10 months** named Martius, Aprilis, Maius, Junius, Quintilis, Sextilis, September, October, November, and December. In that calendar, the last 6 months used the recognized numerical prefixes.

This calendar had a major flaw in that the days in all the months didn't add up to a full year. A couple of centuries later, January and February were added to the calendar to bring the calendar closer to 365 days.

When these two months were prepended to the calendar it seems that it didn't occur to them to rename the others (or to add January and February to the end). So now the prefixes don't match the numerical order.

In 44BC Quintilis was renamed to July to honor Julius Caesar. Later in 8BC Sextilis was renamed to August to honor Augustus Caesar.



**Apartments Available:
1 bedroom and 2 bedroom**

Apartment Features:

- Retirement community
- Each unit has kitchen, living room, bedroom and ample storage
- One level with garages available
- Continental breakfast served daily
- Community kitchen and living room area
- Commons with fireplace and TV
- Exercise room
- Worship services in-house
- Connected to Halstad Living Center & Sanford Health
- Emergency call system and "I'm OK" program

Visit our website www.halstadlivingcenter.com or call Lorie Paulsrud at 218.456.2105 for more information

(Wisdom Biscuit cont.)

Over the centuries, the Roman calendar was replaced with the Julian calendar, and then finally (for now) the Gregorian calendar. The number of days in each month and the names of the months were tweaked to get to where we are today.

Source: wisdombiscuits.com

