



Origins of October Traditions

Carving Jack-o'-Lanterns

The tradition of carving Jack-o'-Lanterns originated in Ireland using turnips instead of pumpkins. It is allegedly based on a legend about a man named Stingy Jack who repeatedly trapped the Devil and only let him go on the condition that Jack would never go to Hell. But when Jack died, he learned that Heaven did not want his soul either, so he was forced to wander the Earth as a ghost for eternity. The Devil gave Jack a burning lump of coal in a carved-out turnip to light his way. Locals eventually began carving scary faces into their own turnips to frighten away evil spirits.

Trick-or-Treating

There is much debate around the origins of trick-or-treating, but generally there are three theories. The first theory suggests that during Samhain, Celtic people would leave food out to appease the spirits traveling the Earth at night. Over time, people began to dress as these unearthly beings in exchange for similar offerings of food and drink.

The second theory speculates that the candy boon stems from the Scottish practice of guising, which is a secular version of "souling." During the Middle Ages, generally children and poor adults would collect food and money from local homes in return for prayers for the dead on All Souls' Day. Guisers dropped the prayers in favor of non-religious practices with the inclusion of songs, jokes, and other "tricks."

A third theory argues that modern American trick-or-treating stems from "belsnickeling," a German-American Christmas tradition where children would dress in costume and then call on their neighbors to see if the adults could guess the identities of the disguised. In one version of the practice, the children were rewarded with food or other treats if no one could identify them.

More Halloween traditions can be found on the Library of Congress BLOGS

Leadership Team

Cherie Long
Executive Director

Erin Baumann
Business Office Manager

Britny Loehr, LPN
Wellness Director

Jeannette Singler
RN Oversight

Cameron Stone
Dining Services Director

Rita Frazier
Life Enrichment Director

Amy Johnston
Plant Operations



Upcoming Events

(Sign-up required for all outings)

New Resident Meet & Greet

Monday, October 2nd at 4pm

Outing: Harvest Days in Pleasant Hill

Wednesday, October 4th at 1pm

Outing: Emerald Lanes Bowling

Wednesday, October 11th at 1pm

Vocalist Sara Scofield

Thursday, October 12th at 2pm

Bristol Hospice Presents: Death Cafe

Thursday, October 12th at 5:30

Lunch Outing: The Pub at Laurelwood Golf Course

Wednesday, October 18th at 11:30

Timothy Patrick on Guitar

Thursday, October 19th at 2pm

Outing: St. Vinnie's

Sunday, October 22nd at 1:30

Family & Friends Buffet

Thursday, October 26th at 5pm
(Happy ½ hour at 4:30)

October Birthdays Celebration

Monday, October 30th at 3:30



Life Enrichment for All

"And all at once, summer collapsed into fall."

- Oscar Wilde.

Fall has certainly announced it's arrival! Get ready for sweater weather, Mother Nature's glorious show of turning leaves and, of course, pumpkins! Our Emerald Valley calendar will reflect the season too. Be sure to sign up early for the upcoming planned outings that will give you the opportunity to see it for yourself! If staying in is more your style notice there are some new games, fun projects and favorite activities to enjoy – all from the comfort of home! And, as I often like to suggest: try something new this month!

-Rita

Wellness for All

Please notify staff at the front desk of all appointments. Staff will prepare paperwork for you to take to your doctor for review. We ask that you bring this back to the med tech after your appointment. This will help streamline your care and ensure that you're taking medications as directed. If you have any questions, please talk with Britny.

Flower of the Month



Calendula officinalis, or the pot marigold, is a member of the daisy family. These lovely flowers are easy to grow and typically bloom quickly (under two months from seed to bloom) in bright yellows, reds, and oranges throughout the summer and well into the fall. The petals of the calendula plant are edible and have been used for medicinal purposes since at least the 12th century. An ancient beverage made from a mixture of calendula blossoms in wine was said to soothe indigestion

Regular Events

Monthly Birthday Celebration

Last Monday of the month

Shopping Outings

Monday mornings
(sign-up required)

Resident Council

Last Monday of the month

Food Council

Last Tuesday of the month

Activity Planning Meeting

First Monday of the month

New Resident Meet & Greet

First Monday of the month

Evening Television

Documentary: Sunday 6pm

Movie: Tuesday 6pm

Series: Thursday 6pm

Doctor Transport

Tuesday from Noon to 4:00pm &

Thursday from 8:00am to Noon (sign-up required)



Love our FETCH Therapy dog visits!



Van Outings Policy



To assure effective time use and planning, **ALL** outings with the van to events, shopping, drives, etc. will require residents to sign up in advance.

Three residents are the minimum number of passengers for any outing, so if there are not at least 3 people interested in each outing, the event will be cancelled.



Plant Operations Director

Hello everyone! My name is Amy Johnston, I am the new Plant Operations Director here at EVAL. I am a Eugene native, born at Sacred Heart. I moved around a lot as a child but settled here in 1996 when my son was a baby. I have been married 23 years, I have 1 son and 1 stepdaughter. We also have 2 granddaughters, and a nearly 3-year-old Border Collie/Lab named Luna. I have been in property management maintenance for the past 10 years, but have experience in senior care, housekeeping, janitorial, and student housing. I enjoy the outdoors exploring waterfalls, going to concerts, visiting wineries and breweries, and spending time with family.



RN Oversight

I was asked to write a little about myself. I have been a RN for 36 years and have worked in lots of different settings – assisted living is my favorite. I love getting to know our residents, and I take pleasure in helping each of you however I can.

I am married to a wonderful man named Tim; I have two beautiful daughters and a granddaughter. I love to quilt, and I even owned a quilt store called the Country Bumpkin. When I retire I plan to open another quilt store. I also love to work in my backyard, where I've created my own personal retreat.

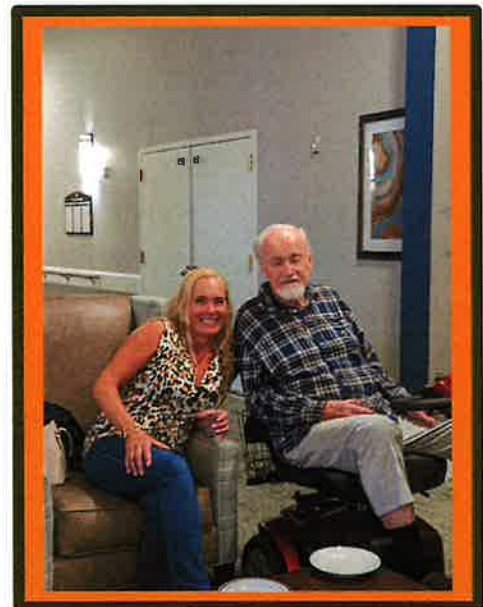
I look forward to getting to know each of you!

Sincerely,
Jeannette

October is the tenth month of the year in the Gregorian calendar, though its name stems from the Latin octo, meaning "eight." In early Roman times, October was the eighth month of the calendar until January and February were added, making it the tenth. In Old England it was called Winmonath, meaning "wine month," as October's temperatures were ideal for making wine and cider. They also called it Winterfylleth, or "winter full moon," because it marked and celebrated the beginning of winter.



Happy ½ hour fun...





Good Friends Make Good Neighbors Program

From our elegantly appointed interior and beautifully maintained grounds to the exceptional healthcare programs and services provided by our professional staff, residents who introduce Cascade Living Group's Living Well philosophy to their friends or family members could receive credit(s) applied towards their rent.



**FOR MORE INFORMATION,
PLEASE CALL
541-345-9668**

INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE

How it Works...

When a resident or family member refers a new potential resident to a Cascade Living Group community and that person moves in for at least 90 days, the referring resident will receive a \$2,500 credit, applied to their base rent.

In order to qualify as a new potential resident, the person being referred must not already be on our contact list.

To make a referral and to ensure you receive proper credit for making the introduction, please provide your name and the name of your friend or family member to our Executive Director or Director of Sales and Marketing prior to the inquiry of the tour.



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