

Leafy Legend



Kale is no ordinary leafy green. It's one of the healthiest foods on the planet. It's so dense with nutrients that one cup, at only 33 calories, has vitamins A, K, C, B1, B2, B3, and B6, as well as minerals calcium,

manganese, potassium, magnesium, copper, and more iron per ounce than beef. With all this good news about the vegetable, it's no wonder kale has its own holiday, Kale Day, which falls on October 1 this year.

Why else is kale hailed as a superfood? It's high in antioxidants, which provide powerful anti-inflammatory benefits and can lower blood pressure. Kale has also been studied for its effects on lowering cholesterol and is loaded with substances known to fight cancer. Perhaps this is why kale is taking kitchens by storm. People have even taken to putting "Eat More Kale" bumper stickers on their cars and wearing kale T-shirts.



But kale is no passing fad. The healthiest way to enjoy kale is raw—in a salad or as a wrap for hot foods. But for those who may not like the slight bitterness of the greens, there

are other ways to enjoy kale's many benefits. Steaming it softens the leaves. Baking the leaves in the oven with olive oil and spices produces kale chips. Or you can hide the kale. Blend it with fruit for a nutritious smoothie. Mince it finely, and add it to hamburgers or meat loaf. Do you like pesto with your pasta? Substitute kale for half of the basil.

Kale is also easy to grow in the fall, since it thrives in cool temperatures. It became a staple in Britain during World War II as a supplement to rationed diets. Today, kale enjoys its place as the centerpiece of many dinner tables.

October Birthdays

Resident Birthdays

Sharon D. 10/03
 Stephen S. 10/11
 Birgitta S. 10/26

Staff Birthdays

Breanna G. 10/20
 Amarachi I. 10/23
 Michelle D. 10/27

In astrology, those born between October 1–22 balance the scales of Libra. Libras seek harmony and value fairness and justice. Although they'd rather avoid conflict, they are excellent team players—tactful and polite at soothing those embroiled in an argument. If you're born between October 23–31, you are a Scorpio. Scorpions are powerful investigators who stay abreast of all the comings and goings of their peers, take control, and lead the way to success. Celebrities born in October include:

Salon

Need a Haircut?

Women
 Bang Trim \$5.00
 Haircut \$25.00
 Shampoo and Set: \$25.00
 Shampoo, Haircut, Styling \$35.00
 Hair Coloring \$55.00 and up
 Perm \$75.00
 Perm and Styling \$85.00



Men
 Haircut \$20.00
 Shave \$15.00

Book an Appointment today! Walk-In clients are also welcomed. For inquiries, please call Nancy (503) 656-7415

Deerfield Gazette

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The Bright Side of October

Orange is one of the most iconic colors of the fall season. From the changing leaves to ripe pumpkins and Halloween decorations, it's everywhere in October. But beyond its seasonal spotlight, orange has an interesting history and set of associations that make it stand out year-round.

The word *orange* didn't appear in English until around the 1300s, borrowed from the Old French *orange*, which came from Arabic *nāranj*—originally referring to the fruit. Before that, people in English-speaking areas would describe the color as "yellow-red." It wasn't until the fruit became common in Europe that the word was used to describe the hue. In many cultures today, it represents creativity, change, and enthusiasm.

In nature, orange often signals warmth and energy. It's the color of fire, sunsets, and autumn leaves. In October, orange becomes especially visible. Pumpkins, perhaps the most famous fall symbol, take center stage during Halloween. Originally, jack-o'-lanterns were carved from turnips in Ireland, but when the tradition came to America, pumpkins were more plentiful and easier to carve. Their natural orange color made them perfect for the holiday's spooky glow. Orange also pairs well with black, Halloween's other signature color. While black represents darkness and mystery, orange balances it with brightness and warmth, making the two a striking seasonal combo.

Aside from Halloween, orange pops up throughout fall in decorations, wreaths, seasonal foods, and clothing. It evokes the cozy, crisp feel of the season and reminds us of harvest time. Even sports teams and schools often use orange in their autumn promotions and uniforms to reflect that seasonal energy.

While orange is not everyone's favorite color year-round—only five percent of people choose it as their favorite—it has certainly carved out a place in October's spotlight. Whether you're admiring the leaves, carving a pumpkin, or just sipping something cinnamon-spiced, you're likely soaking in a little bit of orange this season.

Meet Our Team

Executive Director

Milissa Wright

Community Relations

Director

Taylor Hilker

Resident Service

Director

Stephanie Paxton

Wellness Director

Karen Harrison

Life Enrichment

Director

Danielle Yochum

Dining Services

Director

Sean Moss

Plant Operations

Director

Craig Fouche

Concierge- Business

Office Manager

Robin Reynolds

Outings

October 3rd @ 10AM Fred Meyers
 October 10th @ 11AM CeramiCafe Art Lounge
 October 17th @ 10AM Dollar Tree
 October 24th @ 11AM Pumpkin Patch
 October 31st @ 10AM Winco

Important Outing Information

Our trip to the Ceramicafe is **free** for residents. This is a place where you pick out a ceramic piece and paint it at the shop.

Due to limited space on the bus for wheelchairs/ scooters we will be starting a lottery style selection if there are more than 2 wheelchair/scooter spots needed.

Note* If we have less than 3 people signed up, the outing will be rescheduled.

Medical Transportation

Medical transportation is available on Wednesday and Thursdays. Appointments should be scheduled between 12:00 PM and 4:00 PM. To arrange a ride, please see Robin at the front desk for assistance in scheduling. Make sure to have Date, Time, and Address.

Same day appointments may not work, please give at least a 24-48hr notice for transportation.

Entertainment

Join us on Tuesday October 28th at 2:30PM for goodie while we listen to the infamous Storyteller Ken Iverson! He will be sharing his Halloween tales with us!

As always, we will be having an entertainer perform during our monthly birthday celebration. TBD

All performances will be held in the Dining Room.

Welcome to Deerfield



New Residents & Move-In Anniversaries

New Residents

Greg W.
 Donald "Don" B.

Welcome home to our new residents.

Move-In Anniversary

John J. 4 years
 Kathy J. 4 years

We are so grateful for you!

Events

****MARK YOUR CALENDARS!****

This will be the biggest event of the year! Join us for our fall festival on Saturday, October 25th from 2-4pm. There will be games, delicious food, prizes, face painting, local vendors, and so much more! Bring the entire family to enjoy the festivities!

Updates

Join us on Thursdy October 9th @ 2:30PM in the dining room for our monthly Resident Meeting!

Your Activity Planning Meeting will take place or Friday October 10th @ 1:30PM in the Activity room.

The Food Committee Meeting is now being held on the first Thursday of every month. October's meeting is on Thursday the 2nd @ 1:30PM in the dinina room

Paper Alchemy



World Origami Days run from October 24 to November 11—Origami Day in Japan. During these two and a half weeks, paper folders around the world will share their enduring pastime with seminars, exhibits, folding classes, and more.

The art of paper folding, known as *origami*, was invented in China around AD 105. The practice soon spread to Japan and western Europe. Paper folding, over its 2,000-year history, seems not to have gone out of style. In the 1950s, a woman named Lillian Oppenheimer made *origami* a household word in America. Oppenheimer, an origami devotee, teacher, and advocate, would go on to become an origami celebrity on TV programs such as *The Jack Parr Tonight Show*. Her birthday became the first day of World Origami Days.

What is the allure of origami? For many, it's an art form. Simple sheets of paper are transformed into elaborate sculptures: animals, plants, boxes, and *orizuru* (paper cranes). Monks are credited with bringing origami to Japan, though some say origami didn't flourish in Japan until after the invention of paper known as *washi*. Washi is ultrathin and made from the fibers of gampi tree bark, the mitsumata shrub, or the paper mulberry; it's sometimes mixed with bamboo, hemp, rice, or wheat. Once washi became available to the masses, everyone was able to participate in origami. Another theory for origami's popularity in Japan is its "folding culture," where the Japanese wisely make use of limited space. After all, futons are folding beds. Perhaps folded paper is just another natural outlet of this wisdom.

Either way, the folding of exquisite shapes delights the soul and challenges the fingers. Try it for yourself. Start with a frog, fan, hat, or even the crane, Japan's symbol of peace. And if you really want to be wowed, view the work of origami grandmaster Akira Yoshizawa. You may never see a piece of paper the same again.

Good Friends Make Good Neighbors Program

Residents love living at Deerfield Village and, since our residents are often our best spokespersons, we've created the Good Friends Make Good Neighbors Program to show our appreciation.

How it Works

When a Deerfield Village 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 \$4,000 credit applied to their base rent.

*In order to qualify as a new potential resident, the person being referred may not already be on our contact list. To make a referral and 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 Community Relations Director prior to the inquiry or tour.

The Peanut Gallery

On October 2, 1950, cartoonist Charles Schulz debuted his *Peanuts* comic strip. Schulz actually hated the name *Peanuts*. He had originally named the strip *L'il Folks*, but his publishers feared that this title was too similar to a comic strip called *Little Folks*. Schulz then decided to call it *Good Old Charlie Brown* after its lead character, but once again his publishers intervened. Without even seeing the strip, they named it *Peanuts*, which was a common term for children in the 1950s, thanks to *The Howdy Doody Show's* "Peanut Gallery." The name stuck, and Charlie Brown, Snoopy, Lucy, Linus, Sally, and the whole *Peanuts* gang have become international stars, appearing in 2,600 newspapers all around the world.



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