

October 2025

# Waterford Digest

Waterford Grand | 600 Waterford Way | 541 636 3329 | Other information



## OUR LEADERSHIP TEAM

### Executive Director

Jill Berry

### Associate Executive Director

Dr. Laura Calles

### Wellness Director

Akaela Smith

### AL Resident Services Director

Jessica McKnight

### Memory Care Wellness Director

Mackenzie Henderson

### MC Resident Services Director

Lexis Bray

### Life Enrichment Director

Brett Twede

### Dining Room Services Director

Emmett Codd

### Community Relations Director

Adrienne Blomgren

### Community Relations Director

Apryl Krouy

### Community Relations Director

Tracey Smith

## The Bright Side of October

Dear Residents, Families, and Friends,

Happy October! The air is crisp, the leaves are turning, and we're ready for a month filled with fun, connection, and celebration here at Waterford Grand.

We're kicking off the month with Oktoberfest Happy Hour on Friday the 3<sup>rd</sup> and an inspiring event — the Walk to End Alzheimer's on Sunday, October 5<sup>th</sup>. This special walk brings us together in support of the Alzheimer's Association, raising awareness and hope for a world without Alzheimer's.

October also brings us plenty of opportunities to gather and celebrate:

- Orange Wine Tasting – A chance to sip, savor, and socialize.
- Live Music & Entertainment – We'll welcome performers like Gus Russell and Julie Nedele to keep our toes tapping.
- Special Celebrations – Don't miss National Color Day, our festive October Birthday Celebration, and of course, the Halloween fun with Trick-or-Treating and a spirited Halloween Happy Hour.
- Engaging Outings & Activities – From shopping trips and lunch outings to Hobby Hangouts, Brain Games, and Tech Help, there's something for everyone this month.

And as always, our EverFit exercise classes, meditation sessions, and lively games like Bingo and Phase 10 help us stay active, connected, and well.

We're looking forward to sharing the joys of autumn with you. Here's to a month of warmth, friendship, and community spirit!

## October Word Search

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

GOURD  
SPICE  
PUMPKIN  
HARVEST  
LEAVES  
CIDER  
CRISP  
MAPLE  
AUTUMN  
APPLE  
ACORN  
SWEATER  
BONFIRE  
CORNUCOPIA  
COZY

### Staying Active in October

Staying active is one of the most important ways to maintain health, independence, and overall well-being—especially as we age. Regular exercise can improve balance, strengthen muscles, boost heart health, and even sharpen the mind. It also helps reduce the risk of falls, supports flexibility, and increases energy for everyday activities. Beyond the physical benefits, movement plays a key role in lifting mood, decreasing stress, and encouraging social connection.

At Waterford Grand, we are proud to offer our EverFit Program, led by Chris Parish, who brings energy, knowledge, and encouragement to every session. Residents can participate in safe, guided workouts that are tailored to meet varying levels of mobility and strength. Whether it's improving endurance, building flexibility, or simply keeping joints moving, Chris ensures that everyone can participate and benefit in a way that feels comfortable and enjoyable.

Our Everfit Gym and Pool are located on the first floor of our building; we have a robust schedule and offer personal training. We want to help you thrive!

## 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.

## Street Eats Hit the Road

While Oscar Mayer's hot-dog-shaped Wienermobile may be the best-recognized food-themed truck around, it's the food made on trucks that brings customers to the curb. Rather than make a reservation at a fancy restaurant, hungry foodies visit parking lots to find open-sided trucks serving sushi, tacos, Brazilian barbecue, Jamaican chicken, brick-oven pizza, pancakes, cupcakes, cookies, and even vegan and gluten-free menus. October is a great time to visit your favorite food trucks before they close or reduce hours for the winter.

It's no wonder chefs have turned to restaurants on wheels. Even small restaurant spaces can cost millions of dollars to build and maintain, while a truck costs a mere fraction of the price. Even better, food trucks can go where the people are, sometimes making many stops over the course of a day. Food truck owners often post their locations and menus on social media to notify fans. Once you know a truck's location, just plan your lunch hour accordingly and step outside. Food trucks truly are a food revolution.

## Avoiding Scams

Are you concerned about online scams?

Visiting Facebook, reading emails or shopping online doesn't have to be scary if you know what to look for.

- Why Do Scams work?
- Understanding Common Scams
- Advice on making yourself safer

**Join Brett Vannatta from Gray Matter Tech Services on Monday, October 20th at 3:00 in the Theatre to hear about how to be safer online!**

## Cider Press



On **Tuesday, October 22nd at 2:30 PM**, join us out on the patio for a true taste of fall! We'll be pressing fresh apples into delicious cider right here at the community. Residents will have the chance to see (and help with!) the process of turning crisp apples into refreshing cider, then enjoy a glass together while taking in the autumn air. To make the afternoon even sweeter, we'll be serving seasonal snacks to pair with our cider. It's the perfect way to celebrate the flavors of fall, spend time with friends, and enjoy the season.



Apple cider has a long and flavorful history that dates back thousands of years. The earliest records of cider-making trace to the Celts in Europe around 3,000 years ago, who fermented wild apples into a refreshing drink. As apple cultivation spread, so did cider traditions, becoming especially popular in England and France during the Middle Ages. When European settlers came to America, they brought apple seeds and cider-making knowledge with them. Because apples grew easily in the New World, cider quickly became a staple beverage—often safer to drink than water at the time.

Traditional cider pressing involved grinding apples into pulp and pressing them to release their juice, which could be enjoyed fresh or fermented. Today, cider pressing remains a cherished autumn tradition, connecting us to the harvest season and centuries of history.

## October Birthdays

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:

Groucho Marx (comedian) – Oct. 2, 1890  
Margaret Thatcher (PM) – Oct. 13, 1925  
Roger Moore (actor) – Oct. 14, 1927  
Evel Knievel (daredevil) – Oct. 17, 1938  
Jennifer Holliday (performer) – Oct. 19, 1960  
Joyce Brothers (doctor) – Oct. 20, 1927  
Mickey Mantle (ballplayer) – Oct. 20, 1931  
Annette Funicello (performer) – Oct. 22, 1942  
Jonas Salk (scientist) – Oct. 28, 1914

## 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.

