

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.



Ione Evens- 4th

Alyssa Moravec- 6th

Hank VonRuden- 10th

Karlene McKenna- 11th

Carrie Charlton- 13th

Phil Anderson- 14th

Rose McCourtney- 15th

Pat "Nezzy" Nesburg- 19th

Lorraine Carlander- 20th

Gerry Erickson- 21st

Alyssa Malecha- 22nd

Shauna Cherro- 22nd

Bob Creighton- 25th

Elaine Kenow-Beaupre- 28th

Kiersten Kuchinka- 29th

Mavis Keilen- 29th

Amy West- 31st

Handle with Flair



Purses, pocketbooks, satchels, totes, clutches—whatever the handbag, it's worth celebrating on October 10, Handbag Day. Technically, a purse is

only supposed to hold coins, whereas a handbag is a complete carryall. These days, anything goes in a handbag: wallet, keys, sunglasses, cell phone, mints, gum, pen, umbrella, baby toys.... Truly, some handbags carry as much as a small suitcase. The first handbags were made of leather, metal, or fabric studded with ornaments. The oldest surviving bag, dating back to c. 2500 BC, features beadlike rows of canine teeth on fabric. At just 700 years old, the bag pictured above (reputed to be a horseman's saddlebag) is intricately inlaid with gold and silver, depicting scenes of an enthroned couple, musicians, and hunters. It's kept for display at London's Courtauld Gallery.

October 2025

Faribault Senior Living

843 Faribault Rd Faribault, MN 55021 | 507-331-6510 | www.faribaultseniorliving.com



Celebrating October

Ergonomics Month

**Organize Your Medical
Information Month**

Cookbook Month

**Balloons Around the
World Day**
October 1

James Bond Day
October 5

World Day of Architecture
October 6

Pet Peeve Week
October 12–18

Train Your Brain Day
October 13

Chemistry Week
October 19–25

Count Your Buttons Day
October 21

International Artists Day
October 25

Halloween
October 31

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.

The Quiet Crusader



On October 21, 1854, Florence Nightingale and her staff of trained female volunteer nurses set out for Crimea near Ukraine's Black Sea. Reports had reached Britain of injured soldiers still fighting in the Crimean War. When Nightingale arrived, she discovered medicine was scant, infections were rampant, and food was in short supply. The hospital itself was overcrowded, poorly ventilated, and backed up with sewage, so Nightingale pleaded for government help in an article written to Britain's leading newspaper, *The Times*.

The response was overwhelming. The government would build a new hospital in Britain that could be transported to and reconstructed in Crimea. Six months after Nightingale's arrival, the British Sanitary Commission ventured to Crimea to fix the hospital's most pressing problems. Surgeon and biographer Stephen Paget believes Nightingale's actions were responsible for reducing the hospital death rate from 42% to 2%.

Florence Nightingale's persuasive tactics to improve hospital hygiene—with the government's help—are only part of her legacy. During the Crimean War she earned the nickname "The Lady with the Lamp." After the medical officers had left each night, Nightingale would visit all the wounded soldiers, one by one, with a lamp in her hands. This type of round-the-clock care, coupled with her insistence on sanitation, helped revolutionize modern nursing. She returned to Britain a heroine and promptly organized the Nightingale Fund to pay for the improvement of Britain's hospitals and the Nightingale Training School to become the first professional school for nurses. That legacy has endured through the ages. Indeed, the Florence Nightingale Museum in Britain hails its namesake as the most influential woman to have lived in Victorian Britain, Queen Victoria excepted.

From Holy Cows to Home Runs

Holy cow, October 13 is Silly Sayings Day. While this saying's origins are a little obscure, many believe it was an expression used by baseball players in the early 1900s to tamely express disgust while avoiding the ire of umpires. It most likely references the cows held sacred by Hindus.

Perhaps silly sayings and baseball have a special link, for one of the silliest sayers of all was former New York Yankee Yogi Berra. He said of his sport, "Baseball is 90% mental and the other half is physical." When giving directions to his home, he once explained, "When you come to a fork in the road, take it." When he saw Mickey Mantle and Roger Maris repeat their feat of hitting back-to-back home runs, he exclaimed, "It's déjà vu all over again."

When it comes to silly sayings, Mark Twain may offer the best advice: "It is better to keep your mouth closed and let people think you are a fool than to open it and remove all doubt."

Trapped at Sea

It was a pastime practiced by sailors tired of looking at the endless seas day after day after day: building a model ship and putting it inside a bottle. At first, this seems a magical feat. How did that tall ship fit inside the bottle? In reality, the process is rather simple. The ship's masts fold flat across the deck of the miniature ship. Once the ship is fit through the bottle's neck, tiny threads are used to raise the masts and sails. Of course, this "simple" trick requires expert craftsmanship. Miniature model ships can be very elaborate and cost thousands of dollars, with every last detail finished to perfection. On October 4, Ship in a Bottle Day, you can attempt this old seaman's trick yourself—or maybe just marvel at the efforts of an expert.



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.

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.



A Friendly Reminder

Assisted Living residents, when leaving for an appointment, paperwork for you to take is located in black hanging basket above resident sign out (Near Front Desk).

Papers will be in an envelope with your name on it.

- Please see Jenafer at front desk before entering offices, as we may be busy or on the phone.
- No plastic bags of any kind in recycling bins, these are not allowed by our service provider and results in contamination charges for the facility.
- Post your weekly Activities calendar where you can see it. Try something new this month!
- In the interest of building safety and security, residents should not open doors for people they are unfamiliar with. Visitors may contact a staff member for entry

FSL WIFI

Username: FSL Family
Password: Smiles@843!

New Neighbors

Betty Spitzack- 216



In our home, Love, Laughter, and Friendship are always welcome.

Employee Anniversaries

Rebecca Floer- October 11th
1 year

Dani Hogate- October 13th
2 years

Kristy Christenesen- October 15th
1 year

Adrian Murray- October 23rd
2 years

Asia Wade-Moore- October 23rd
2 years

Thank you for all the time, care, and effort you give to make FSL a WONDERFUL place to live and work.



Helpful Phone Numbers for Seniors

Buckham Memorial Library 334-2089	Meals on Wheels 800-277-8418 ext. 328
Fashions on Central 334-9242	Rice County Public Health 332-6111
Faribault City Hall 334-2222	Rice County Social Services 332-6115
Faribault Community Center 334-2064	Senior Companion Program 330-1867
Faribault Senior Center 332-7357	Senior Dining 332-7680
Hiawathaland Transit- bus system 866-623-7505	Senior LinkAge Line 800-333-2433
Veterans LinkAge Line 888-546-5838	Social Security 800-772-1213

FEELING LONELY?

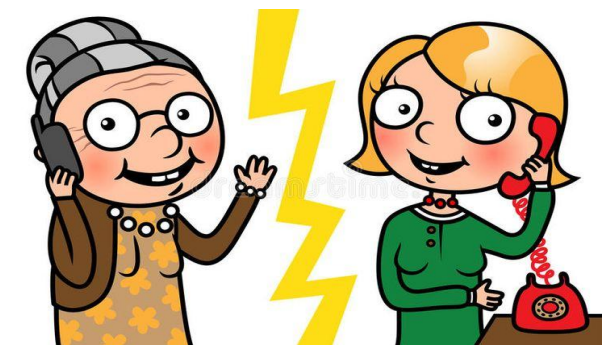


Senior Friendship Line 800-971-0016

The Institute on Aging offers a **Senior Friendship Line** that anyone can call toll free.

The friendship line is available 24 hours a day and you can both call in whenever you like and receive calls from them.

The people on the other end of the line will provide emotional support, check in on your well-being and provide any needed counseling. The main goal of the line is suicide prevention, but it can be a resource worth trying out when you feel lonely, even if you're not at risk of suicide.



Contact Us

Main Line: 507-331-6510

Fax: 507-331-7252

Office Hours:

**Monday-Friday
8:00am-4pm**

Executive Director

Sarah Valentyn (LALD): 507-331-6521

sarahv@faribaultseniorliving.com

Assisted Living Director

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Office Coordinator

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Activities Coordinator

Donna Boyer

activities@faribaultseniorliving.com

FSL Monthly Blood Pressure Clinic

Thursday, October 16th

10:30-11:30a

Lounge

Come see our nursing team to have
your vitals and weight checked!!



FARIBAUT SENIOR LIVING
843 FARIBAUT RD.

HALLOWEEN
Trick or Treat

🎃 Grab your costumes and join us for a safe & sweet Halloween celebration!

EVENT WILL BE HOSTED ON
THURSDAY, OCTOBER 30TH, FROM 4:00 - 6:00 PM.

🍬 Candy Donations Welcome!

We're inviting our wonderful community to help make this a spook-tacular success! To fill our treats all the little ghouls and goblins, we're accepting candy donations of any kind. Donations can be dropped off at our community and placed in the Halloween box at the front office.

🍷 Thank you for your generosity in helping us create a fun, festive, and memorable Halloween for everyone!

What is there to do at Faribault Senior Living?

As the weather gets cooler, we will be spending more time indoors.

Take a tour of the building and get to know what there is to offer!

A variety of activities are offered daily. You will receive a new calendar each week at your door. Hang it up somewhere you can see it each day. If you need another, they are at the Activities office on the first floor by the Library.

- **-1 (Basement level):** Exercise Room, Vending Machine, garage parking access
- **1st Floor (Main):** Library, Lounge, Dining Room, Front Desk, Activities Office, Back Patio (through the dining room), Front parking lot, "Reflections" Living Area
- **2nd Floor:** Community Room (*Room can be reserved for parties/gatherings*)
- **3rd Floor:** Hair Salon (*Call Kathryn for appt. 507-838-0492*)
- **4th Floor:** Movie Theater & Craft Room

If you need help navigating, you can ask staff, or your neighbors and we will help you find your way.

COVER YOUR COUGH

Stop the spread of germs!

Use a tissue to cover your mouth and nose when you cough or sneeze

Throw your tissue in the waste basket



OR



Cover your cough or sneeze with your inner elbow, not your hands

Wash Your Hands



After coughing or sneezing, wash for 20 seconds with soap and warm water or clean with hand sanitizer

TOP 5 REASONS TO GET THE FLU VACCINE TODAY



- 1 THE FLU SHOT CAN SAVE YOUR LIFE.
- 2 YOU CANNOT CATCH THE FLU FROM THE FLU VACCINE.
- 3 HEALTHY PEOPLE BENEFIT FROM THE FLU VACCINE, TOO.
- 4 THE FLU IS NOT JUST A "BAD COLD".
- 5 THERE ARE DIFFERENT WAYS TO GET VACCINATED.

Vaccine Clinic

When: Wednesday, October 15th

Where: 4th Floor Theater

You must have signed up ahead of time with our nursing team to get vaccine at this clinic.

If you have signed up, nursing will provide you with an appointment card with your time slot to receive your vaccines.



The Loft Salon on 3rd

(Open by Appointment)

Kathryn #: 507-838-0492

Hello, from Kathryn!
Set up your hair,
manicure, or Pedicure
Services!

*Please let the salon know
if you will not be coming
to your hair appointment.*

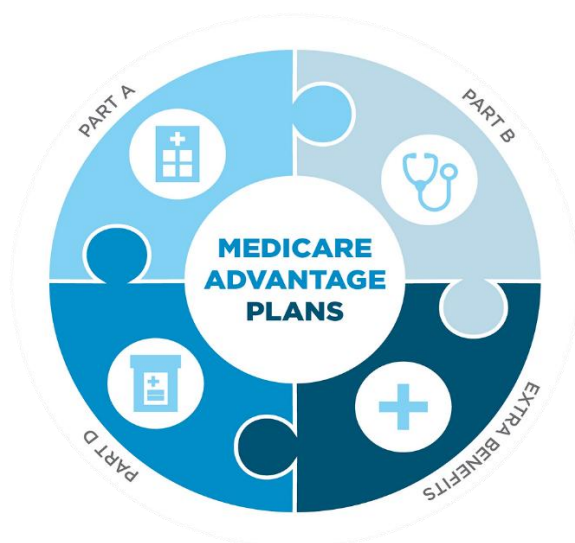


Date(s): 4th Tuesday of the month

Time: 5:30—7:00 p.m.

Location: Buckham West
Commons 507-332-7357

Are you helping an elder with daily living activities? Then you are a caregiver. Join us on the 4th Tuesday of the month at Buckham West ~ 19 Division St. W. in Faribault for conversation with other caregivers. Open to all; no charge.



Medicare Supplement Open Enrollment

You do have the option to change your Medicare supplement or drug plan between October 15 – December 7th! Please be very cautious and do not agree to anything over the phone if the person called you. If you wish to continue with your current plan, you should not have to do anything. There are some aggressive sales people that may try to trick you on the phone by trying to say your plan is not active but anything legitimate will be sent to you in the mail to review. Please talk with your insurance agent or financial planner if you have questions or concerns. Every person has a different situation so there is no blanket answer as to what plan is best. This is based on the type of medications you take and the type of illnesses you commonly doctor for and how frequently you need medical attention. The facility cannot advise you on these types of financial questions either due to everyone's situation being different. All we ask is that you do not agree to anything over the phone if the person called you with a proposal as this cannot be trusted.

There is a 128 page "Medicare and You" handbook available at www.Medicare.gov/plan-compare We did print a short introduction to the handbook & it is available in the lounge.

You can call 1-800-633-4227 (Medicare) or 1-800-333-2433 (MN Aging Pathways) with questions about appropriate plans for our area and for you.

The Faribault Area Hospice Foundation (FAHF) is hosting the **40th Annual Light Up A Life Tree Lighting Ceremony** on December 1st in the parking area by the Faribault Medical Center-Surgery Center. You may sponsor a light for \$5 in memory of friends & loved ones lost. The Faribault Area Hospice Foundation (501c3) was formed in 2014 to provide additional comfort therapies and support to area hospice patients, that are facing financial hardship. This is eligible to people in the Faribault area, under the care of any hospice program. Donations made to the FAHF go directly to the patient in need and has provided support such as: assisting with utility bills, groceries, gas, providing additional massage therapy sessions, providing equipment or supplies not covered by hospice, clothing needs, and temporary assistance with licensed in-home care givers or facility care. The FAHF also loves to support a *final wish* trip or event such as providing medical transportation to go back to the family farm or go fishing once more or even a simple pizza party for a sweet 100-year-old lady!

An average of \$50,000 has been granted annually in the Faribault area.

You can mail in the card below or return to Calista in the nursing office or follow the QR code to donate online

You're invited

Light Up A Life

Outdoor tree lighting ceremony
First Monday in December at 7 p.m.

Refreshments will be served.
District One Hospital Surgery Center Lobby
1st Street entrance
Faribault, Minn.
(Please keep this side as a reminder)

Donation for lights on the Light Up A Life tree:
Enclosed: \$_____ for _____ light(s). (\$5 per bulb/name)
In memory of honor of: *(please print clearly)*
1. _____
2. _____
3. _____
4. _____
5. _____
Donated by _____
Address _____
Telephone number _____
Names will be recorded and displayed in a memory book.
If you prefer your name not be published, please check here. ☐ **FSL**

Light up a life in memory or honor of a friend or loved one. Your gift of \$5 will support patient programs and light up a bulb on the Light Up A Life tree from the first Monday in December through January 1.

Please make checks payable sent to:
Faribault Area Hospice Foundation
200 State Avenue
Faribault, MN 55021
Contributions are tax deductible.

Scan the QR Code to Donate

The Faribault Area Hospice Foundation was formed in 2014 and exists to provide comfort therapies and support to area patients in hospice programs. Please call 1-866-506-7049 with any questions or go to faribaultareahospicefoundation.org for more information.

Light Up A Life

OUTDOOR TREE LIGHTING CEREMONY

Hosted by
Faribault Area Hospice Foundation